

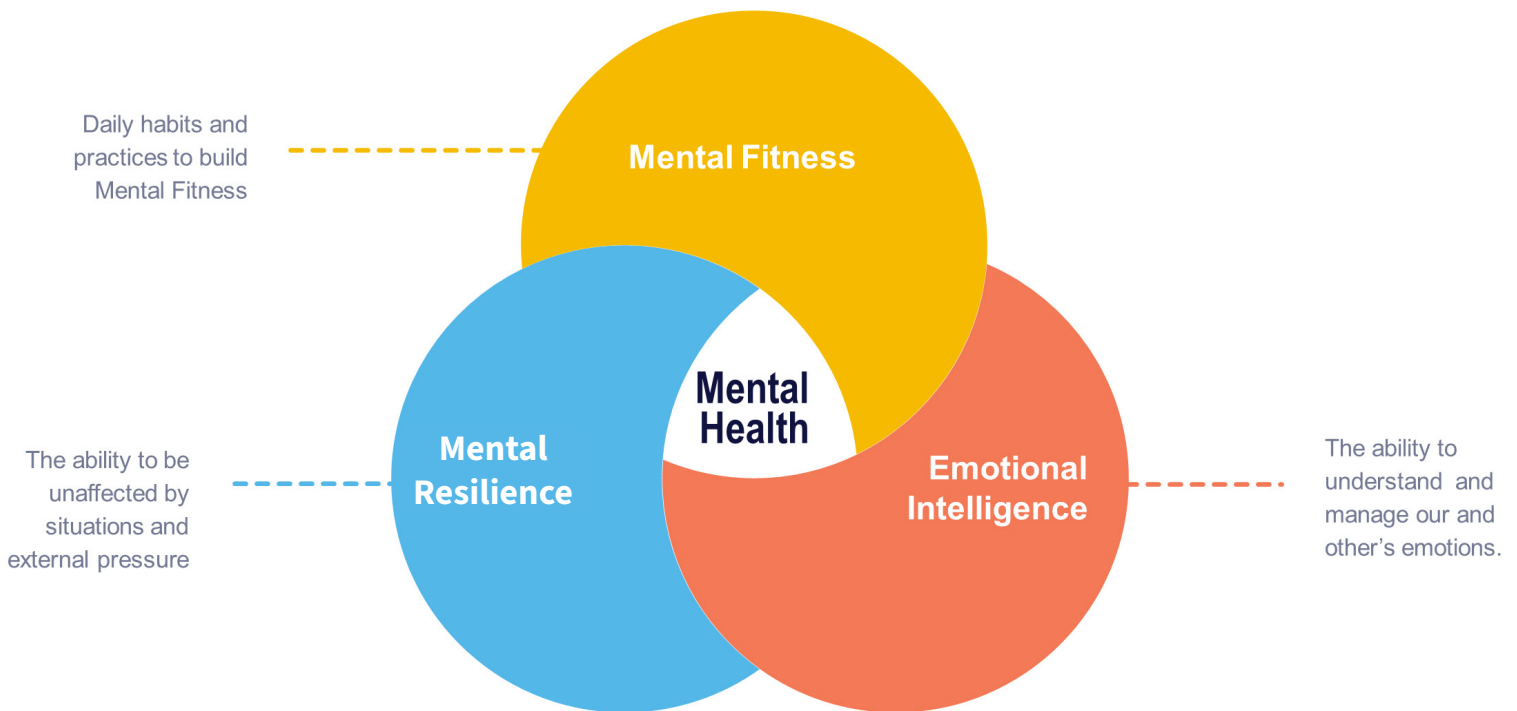
MENTAL HEALTH & RESILIENCE



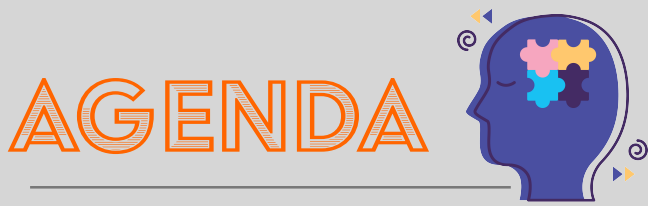
Workshop to help you improve your team's
Mental Health, Wellbeing & Resilience

Mental Health

Mental Health = Mental Fitness x Resilience x Emotional Intelligence



This workshop focuses on improving mental health and developing mental toughness through proactive approaches and practical tools. Participants will explore foundational concepts of mental well-being, learn effective strategies for overcoming stress and anxiety, and understand the importance of mental health in the workplace. The workshop aims to foster resilience, emotional intelligence, and a growth mindset, providing participants with actionable insights and exercises to create a positive mental environment both personally and professionally. The programme can be delivered on a single day as a 3.5 hours workshop or as four 50 minute Lunch and Learn Sessions



Session 1: Introduction & Setting the Stage

Welcome & Introduction

Icebreaker Exercise

How to get the most out of the training

Session 2: Foundations of Mental Health

Understanding Mental Health: Emotional, psychological, and social well-being

The Flow Curve: Happiness & performance

Pro Active Approach

3 Foundations for Mental Health - Mental Fitness, Resilience, & Emotional Intelligence

Session 3: Practical Tools for Mental Toughness & Resilience

Tools for Overcoming Anxiety & Overthinking

Exercises to improve your mental wellbeing

Breathing Techniques: Practical stress relief techniques

Mental Resilience

Session 4: Mental Health in the Workplace

Importance of Mental Health in the Workplace

Enhancing productivity, reducing absenteeism, improving creativity

Positive culture and work-life balance

4 A's Framework - Awareness, Access, Assistance, Action

Group Exercise: Ideas to implement the 4 A's

Session 5: Final Reflections & Tools for Growth

Overcoming Mental Health Stigma: Myths vs. Facts

Creating a Productive Mental Environment: Acceptance, Neutral thinking, Possibility

The Pygmalion Effect: Influence of perception on behaviour

Final Group Exercise: Reflect on key takeaways and set actionable goals

Closing Remarks and Q&A

Materials:

Visual handouts to explain the 3C framework.

Worksheets for action planning and reflection.



TOTAL COST

6 - 10 Attendees

£ 150 + VAT per attendee

11 - 20 Attendees

£ 140 + VAT per attendee

20 or more Attendees

Get in touch for a quote

WHAT OTHERS ARE SAYING

"Really insightful and inspiring workshop"



Kevin M. (Director, Acumen Financial)

"Excellent training. We received great feedback from every member of the team"



John B. (CFO, Sentinel Marine)

"Very powerful presentation and given me so much to think about"



Laura M. (Director, Northwood)

"I would recommend Anurag to any individual or organisation looking to maximise their capabilities and reach full potential."



Lawrence J. (CEO, Scarf)

ABOUT YOUR TRAINER

ANURAG RAI (MBPsS FIoL)

Best Selling Author | Leadership Expert
Registered Organisational Psychologist



Featured In:



Anurag Rai, founder of Superhuman In You and AMHWAL Academy, is a celebrated best-selling author of "The Power Within", "Mind 2.0" and "Leading with Human Quotient".



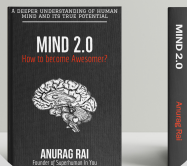
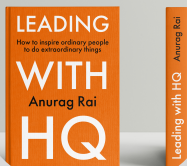
An award-winning coach and Registered Leadership Faculty with British Psychological Society, he is recognized for his expertise in leadership and human psychology.



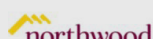
His achievements include running multiple successful businesses and leading diverse teams to success.



Honoured as the UK's most sought-after Executive Coach by Bark Magazine and the most Empowering Coach in Scotland in 2022, Anurag was also named Leadership Coach of the Year in 2023, and most innovative business leadership coach in 2024, making him a distinguished figure in the coaching community.



Worked With Multinational Organisations in Various Sectors





**Empowering Minds
Transforming Leaders
Improving Business & Wellness**

Founded in 2022, AMHWAL Academy is one of the leading training providers in Scotland for Mental Health, People and Leadership Development. Our trainings are fun, practical, and transformational. The training combines the elements of neuroscience, psychology, and executive coaching to enable and empower trainees to change behaviours and personalities.

Our training programs are regularly updated to include the latest research in the fields of mental health, leadership, and human psychology. Our mission is to make corporate training more transformational and less educational.

AMHWAL Academy has experience working with small, medium, and large organisations in the public and private sectors.

MEMBERSHIPS & AFFILIATIONS



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