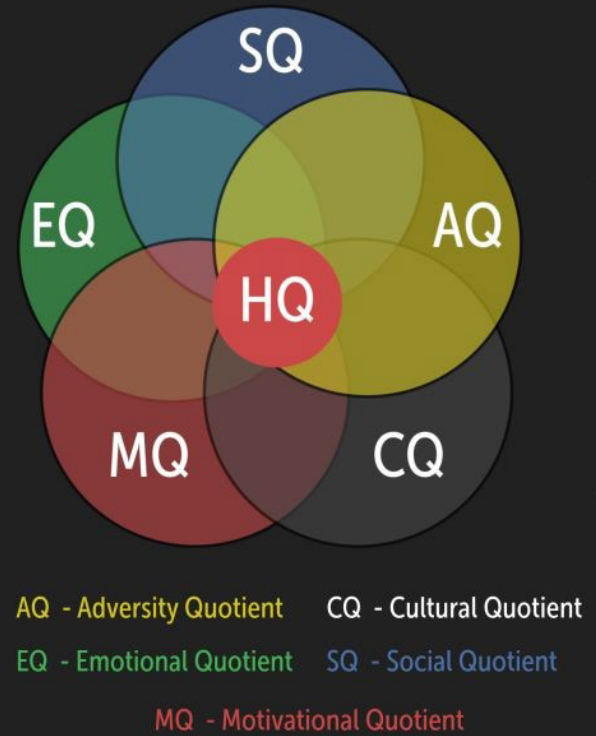
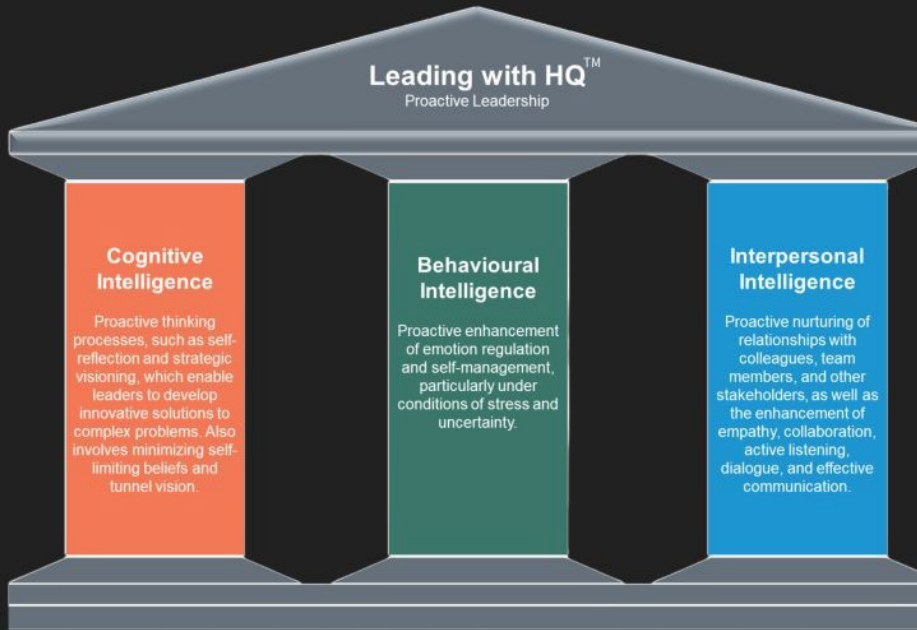


# AMHWAL LEADERSHIP PROGRAMME

» A complete transformative programme to equip leaders with tools, knowledge and skills to lead with Human Quotient.

## HQ - HUMAN QUOTIENT



**AMHWAL Leadership Programme** is a comprehensive, two-day leadership development course designed to equip current and aspiring leaders with the tools to lead effectively, embracing a human-centred approach. The programme is built on the principles of Emotional Intelligence, Motivational Intelligence, Human Quotient, and resilient leadership providing a transformative learning experience. The training is spread over two sessions, one week apart, allowing participants to immerse, reflect, and then apply, with an emphasis on proactive and visionary leadership for the modern era.

# DAY 1



- **Introduction to Leading with Human Quotient**
  - Explore the concept of Human Quotient and how it forms the foundation for modern leadership.
- **Understanding and Developing Emotional Intelligence**
  - Learn how emotional awareness can strengthen leadership capabilities.
- **Understanding and Developing Motivational Intelligence**
  - Dive into the psychology of motivation and its impact on team dynamics.
- **Understanding Different Personality Types (Includes Personality Test)**
  - Gain insights into personality differences and their influence on leadership.
- **Understanding Different Leadership Styles (Includes Dominant Leadership Style Test)**
  - Discover your leadership style and learn how to adapt to different scenarios.
- **Introduction to Coaching Skills for Improving Team Performance**
  - Learn key coaching skills to enhance team productivity and growth.
- **Understanding and Developing Adversity Quotient (Resilience)**
  - Build resilience to handle challenges and adversity in leadership roles.
- **Interactive Activities and Discussions**
- **Q&A and Wrap-Up**





# TOTAL COST

2 - 5 Attendees

**£ 660 + VAT** per attendee

6 - 10 Attendees

**£ 600 + VAT** per attendee

10 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)

"A great course that I can thoroughly recommend."



**George A.** (Director, Stork UK)

"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".



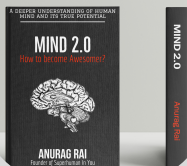
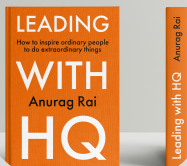
An award-winning coach and Registered Leadership Faculty with British Psychological Society, he is recognized for his expertise in leadership and human psychology.



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.

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## MEMBERSHIPS & AFFILIATIONS



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**WEBSITE:** WWW.AMHWAL.COM