

BESPOKE TEAM DEVELOPMENT PROGRAMME

Proposal Overview



Thank you for considering our services. In today's rapidly changing business environment, developing a resilient, emotionally intelligent, and high-performing workforce is crucial. We offer a tailored solution that begins with a comprehensive survey to assess the specific needs and challenges your employees face. Based on the survey results, we will design and deliver three bespoke 2-hour workshops, focusing on the areas of greatest relevance to your team.

Key Benefits



- **Tailored to Your Team:** Each workshop is designed specifically based on the feedback from your team, ensuring the content is directly relevant and impactful.
- **Flexible Delivery:** The workshops are delivered at convenient intervals to allow for learning and application over time.
- **Comprehensive Topics:** From Emotional Intelligence to Creative Thinking, the broad range of topics covered ensures all aspects of personal and professional development are addressed.
- **Sustainable Impact:** The 6-week interval between sessions allows participants to reflect, apply, and build on what they learn in each workshop.

SERVICE STRUCTURE



1. Initial Employee Survey:

- A detailed survey will be sent to all employees, focusing on identifying key development areas and challenges
- The survey will cover various aspects such as:
 - Emotional Intelligence
 - Mental Health
 - Building Resilience
 - Self-Leadership
 - Time Management
 - Growth Mindset
 - Work Culture
 - Understanding Unconscious Bias
 - Communication
 - Physical and Mental Well-being
 - Managing Priorities
 - Conflict Resolution
 - Creative Thinking
 - Decision Making
 - Promoting Equality and Diversity
- Employees will select areas they feel are important for their development or where they face challenges.

2. Workshop Design:

- Based on survey results, we will design 3 bespoke workshops, each 2 hours long, that address the most pressing needs identified.
- Each workshop will focus on a different theme, allowing the team to deep dive into specific topics.
- Example topics include but are not limited to:
 - Enhancing Emotional Intelligence
 - Strengthening Mental Health and Well-being
 - Building a Resilient Workforce
 - Fostering Self-Leadership and Time Management Skills
 - Creating a Positive Growth Mindset Culture
 - Promoting Better Communication and Conflict Resolution
 - Managing Priorities and Decision-Making
 - Encouraging Diversity, Equality, and Unconscious Bias Awareness



3. Workshop Delivery:



- The workshops will be delivered with a 4 to 6 week interval between each session, ensuring enough time for practical application and reflection between workshops.
- These sessions will be interactive and engaging, utilising a variety of tools and activities to ensure maximum impact and retention.

4. Post-Workshop Follow-up:

- After each workshop, participants will have actionable takeaways to implement in their day-to-day work.

NEXT STEPS



If you are happy to go ahead with the proposal please confirm by sending an email and we will start the process.

- **Survey Distribution:** We will begin by distributing the survey to all employees.
- **Customised Workshop Plan:** We will take your input on what you feel the strengths and weaknesses are at this stage. After analysing the survey results and your suggestions, a tailored workshop plan will be presented for your approval.
- **Workshop Scheduling:** Dates will be arranged with you for the 3 x 2-hour workshops, spaced 4 to 6 weeks apart.
- **Workshop Delivery & Follow-up:** Once agreed, the workshops will be delivered as per the schedule, with any necessary follow-up support.



TOTAL COST

4 - 10 Learners

£ 360 + VAT per person

11 - 20 Learners

£ 330 + VAT per person

20 or more Learners

Get in touch for a quote

** The cost covers facilitation, delivery, as well as the provision of all course materials and access to online resources.

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)

"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".



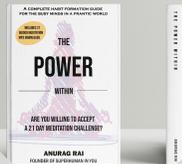
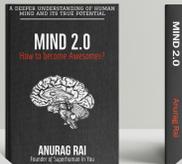
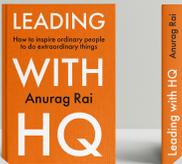
An award-winning coach and Registered Leadership Faculty with British Psychological Society, he is recognized for his expertise in leadership and human psychology.



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



Office Address: Neospace, Riverside Drive, Aberdeen AB11 7LH
Call us: 0345 2574500 **Email us:** info@amhwal.com
WEBSITE: WWW.AMHWAL.COM