

STRIVING FOR A WORLD WHERE EVERY TEAM CAN THRIVE

"The best leaders create a culture that drives growth within their business, whilst enabling accountability and trust within teams."

Mike Crofts – Founder & CEO

WHAT WE **DO**

Amodigo is a purpose-led leadership practice striving to enhance Team Performance, and create meaningful change in people's lives. We are a veteran founded company committed to delivering excellent training in three core strands of **leadership, resilience** and **wellbeing**.

THE PURPOSE OF **OUR COURSES**

We believe that the merger of simultaneous development in leadership, psychological, and physical components through systems-based approaches creates optimum individual and team performance.

OUR **VALUES**



Supporting

Enhancing your organisations growth and potential through strategic guidance



Strategy

Designing visionary paths for sustainable business success and growth



Leadership

Cultivating exceptional leaders to drive transformative and impactful change

Using technology and excellence in leadership and team wellbeing, we provide an enduring, meaningful and sustainable impact for all businesses.

LEADERSHIP MATTERS



High-growth organisations maximise their investment in culture by instigating integrated programmes that develop leadership mindsets, multiply their team's potential and create a healthy culture of accountability that drives business growth.

Industrious leaders have the mindset that people, including oneself, can develop and improve, change their talents, abilities, and intelligence to meet ambitious targets. But what sets industrious leaders apart is that they seek and invest in the support they need to do just that.

THERE ARE MORE LEADERS IN THE BUSINESS THAN THOSE THAT SIT IN THE C-SUITE.

Future and emerging junior leaders, high-impact talent, core employees and expert skill sets will all be leading teams, processes, systems and customer interactions. Their mindset should be nurtured to exceed individual aspirations and business expectations. Investing in intra-team relationships builds trust, develops understanding and respect for the behaviours and views of others, mitigates conflict and encourages honest communication. Team development doesn't have to be in a workshop format either, it can definitely be more adventurous.

Organisations have the opportunity to enable their employees to thrive by creating healthy, supportive and inclusive cultures that enhance teamwork for all.

Healthy working environments are a leadership responsibility.

Organisations investing in wellbeing programmes that incorporate mental, physical and emotional health factors drive productivity and employee engagement by mitigating the risks and costs of stress-related and mental health issues.

OUR PROGRAMMES

We work with you to design and deliver the best leadership, team and wellbeing programmes to suit your people, organisation and strategic goals. We provide a free consultation and will put together a bespoke proposal to meet your requirements.

LEADERSHIP & MANAGEMENT

Leadership & Management – Bespoke training and Institute of Leadership & Management (ILM) Accredited programmes

Amodigo's Programme primes participants to approach and take on challenges, take advantage of feedback, adapt the most effective problem-solving strategies, provide developmental feedback to others, and be industrious in seeking to accomplish goals. We can deliver Level 3 and Level 5 ILM accredited programmes.

LEADERSHIP TALKS

We provide leadership talks to augment your own programmes or events across a variety of themes, including adversity, resilience, growth mindset, self-awareness, imposter syndrome and more.

TEAM EFFECTIVENESS PROGRAMMES

Our programmes and workshops strengthen working relationships, trust and honesty by raising self-awareness and understanding behaviours of others using a blend of tools and methodologies to suit.

TEAM BUILDING & CHALLENGE DAYS

Hosted by leadership experts, events are targeted around physical and mental activity to build team unity and wellbeing. We set a challenge; you complete it!

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RECENT PARTNERSHIPS

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PSYCHOLOGICAL RESILIENCE & WELLBEING

Physical fitness and physical health are often viewed as outside of the organisation's wellbeing parameters despite the benefits on mental and emotional health that are extremely advantageous to businesses and overwhelmingly substantiated in research:

Not to mention the physical effects physical exercise has on long-term illnesses such as heart disease, stroke, type 2 diabetes, cancer and musculoskeletal issues.

Our mental health programmes provide interventions that yield a return on investment of up to £9 for every £1 spent by employers.

Regular exercise can have a profoundly positive impact on depression, anxiety, and ADHD. It also relieves stress, improves memory, helps you sleep better, increase cognitive function and boosts your overall mood.

At Amodigo, we use an integrated, cultural approach that focuses on the development of mindsets.

We go the extra mile not only to instil knowledge and best practice theory, but to apply this through real-world, evidence-based learning – connecting concepts to current events, and tying ideas to action to provide tailored programmes with tangible, measurable impacts.

FOCUSSED TRAINING FOR ACTION

We understand the challenges businesses face in committing time and financial investment to training programmes; standard disparate packages are deployed and the Board reports and social media can purport that a percentage of the workforce was invested in. Except, does the workforce feel invested in?

How much personal or professional development happened? How have the effects of the investment been felt? Is the employee more engaged? Is it helping your organisation be the best place to work? Do you know the providers you are sending your most valuable asset to?

Our physical programmes are led by professionals across a spectrum of sporting and exercise activities.

PSYCHOLOGICAL RESILIENCE & WELLBEING

"I would highly recommend working with the Amodigo team. They are diligent and expert at creating solutions to complex problems in the training, leadership and development environment. In our case, training a number of rescue workers in an overseas conflict zone. Their training was first class and delivered with great professionalism."

MENTAL HEALTH FIRST AID & CHAMPION TRAINING (ACCREDITED)

Gain an in-depth understanding of mental health, including how to spot the signs of ill mental health and support wellbeing. We also offer Supervision and Refresher Training for qualified Champions and First Aiders. This training can be delivered in person or online, with half day, one day and two day variations.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) (ACCREDITED)

Our ASIST training course enables teams to spot the early signs of suicide risk factors, and respond effectively to support employees. This programme is delivered in person over 2 days.

BESPOKE MENTAL HEALTH RESILIENCE TRAINING

Our bespoke course gives teams the tools to look after their mental health, and support the mental health of colleagues and others around them.

MENTAL HEALTH AWARENESS EVENTS

We help organisations host events promoting mental health awareness and their commitment to wellness.

Using technology and excellence in leadership and team wellbeing, we provide an enduring, meaningful and sustainable impact for all businesses.

PHYSICAL HEALTH, FITNESS & WELLBEING

WELLBEING SKILLS **SEMINARS**

Our seminars encompass meditation, mindfulness, nutrition, healthy living and personal programming.

WEEKLY EXERCISE **SESSIONS**

From circuits to Pilates, boxing to personal training, and micro-exercise classes in your office, we have a sophisticated suite of programmes to meet your needs, all are available digitally too.

1:1 TRAINING & **LIFESTYLE PLANNING**

We offer expert mentoring and coaching to enable teams to achieve healthier living goals.

SUPPORT WITH PHYSICAL **EVENTS**

We can provide support with planning and training for physical challenges and fundraising events.

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THE ANNUAL DEVELOPMENT TOOLKIT

EMPOWERING GROWTH, YOUR WAY

A dynamic microlearning training and development programme: our “pick and mix” curriculum offers a coordinated, scalable, focused, flexible, and multimedia approach to help your teams achieve their goals. We bring a new level of convenience and effectiveness to your continuous development journey.



METHODS OF DELIVERY

We offer a range of packages to support your needs, from small team training to large scale team days, we have a wealth of experience to help deliver impact for your business.

- Bespoke design and delivery of programmes to suit your needs;
- Qualifications accredited by the Institute of Leadership & Management (ILM);
- Online courses using our own online learning or App based programmes;
- Blended programmes using both online and in person;
- Micro Learning Webinars to give people quick and regular access to skills & knowledge building;
- Large team days and in person team building sessions.

THE ANNUAL DEVELOPMENT TOOLKIT

EMPOWERING GROWTH, YOUR WAY

Join our monthly subscription and embark on a transformative 12-month pathway that is:

Coordinated: Our program offers a seamless training experience, where each module builds upon the previous one, ensuring a well-structured and coherent progression. You'll gain a comprehensive understanding of your chosen subject matter.

Scalable: We can adapt to your desired skill level. We offer a range of modules that cater to diverse learning needs, allowing you to deepen your knowledge or explore new areas. Add subject areas to your package as your skills needs evolve.

Focused: Time is precious, so we've carefully curated our content to provide you with only the most relevant and impactful information. Each session is laser-focused, ensuring maximum efficiency and targeted skill development. Crucially, content never exceeds 30 minutes.

Flexible: We understand that life gets busy, which is why our microlearning solution fits seamlessly into your schedule. Our on-demand modules are delivered live, then can be accessed anytime, anywhere, and at your own pace. No more rigid timetables or missed opportunities.

Multimedia: Training should be engaging and dynamic. That's why we leverage a variety of multimedia resources, including videos, insightful infographics, blogs, media posts and papers.

Focus your development on one of our core strands of leadership, coaching skills or wellbeing and resilience, or all three.





"Organisations thrive by embracing change and adapting. In 2023, organisations need to rethink their leadership strategy, prioritise on culture and engagement, and deliver fit for purpose organisational learning. These trends have been taking place for years but are now accelerating in the wake of 2020, the widespread use of digital technology, a demanding younger workforce, and the need for rapid business innovation."

Globally, an estimated 12 billion working days are lost each year to depression and anxiety, at a cost of US\$1 trillion per year in lost productivity. Strong leadership and a commitment to integrating wellbeing into relevant policies is vital to ensure employee productivity is maximised.

"Our programmes are transformative. Our solutions to enhance and optimise the development of team leadership, physical wellbeing and mental fortitude are tried and tested – whether through our charitable work with the 3Pillars Project or through working with leading international companies and NGOs, training rescue workers in war zones."

Mike Crofts, Founder & CEO Amodigo

CASE STUDIES



Luke Irving **Project Manager – Mayday** **Rescue**

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Jacqui Grimsey-Jones **Global Brand &** **Communications Director** **at Clearscore**

"I could not recommend Mike and the team more highly. His thoughts on leadership, building resilience and personal wellbeing came at a very timely moment for the whole team and left us feeling energised and better equipped to take on challenges"



Debbie Sims **Senior Programme** **Manager – CDS Defence &** **Security**

"We've worked with Mike Crofts from Amodigo to build a bespoke training package developing understanding of culture and improving organisational practice. The programme has been a huge success and continues to go from strength to strength."



Get in touch at
hello@leadingpurpose.co.uk to discuss