



# Thrive@Work Programme

Take your team's  
performance to the  
next level.

## About this programme

Empower your team members to be at their best through high-impact workshops, online courses, on-the-job practice, and real-time feedback.

This programme provides training on essential practices like goal setting, time management, communication, teamwork, and emotional intelligence.



## Key elements

Over 4 months, participants will learn how to effectively manage their work and time, and how to collaborate well with others.

Our research-backed blended learning approach ensures that your team and your business will see positive, measurable results in productivity, collaboration and performance.

AMI offers this programme to teams within organizations, and can tailor it to the specific needs of your people.

- ▶ 2 days of interactive, practical workshops.
- ▶ Practical projects to apply learning
- ▶ Online courses and resources, tailored to your needs and available whenever you are
- ▶ Peer support and networking
- ▶ Measurable, high-impact results



The learning labs were very interactive and practical. I learned about setting smart goals, how to communicate effectively and take ownership of my work.

Participant from Momentum Credit