



WELCOME TO OUR

## ◆ December Newsletter

2025 marked a year of expansion, collaboration, and impact for AmPower Training and Development LLP

- Delivered 10+ learning and development sessions across India and London
- Established two major strategic collaborations with TACC Global and Eternity Foundation
- Successfully launched 5 Subject Matter Experts and Trainers, strengthening our facilitator ecosystem
- Conducted 5+ webinars focused on professional growth and transformation
- Designed and delivered 5 professional development courses
- Introduced new courses curated and delivered by expert trainers and facilitators
- Coached and mentored 15+ individuals, supporting deep personal and professional transformation through structured coaching and mentoring.



“In 2023, I hit pause after facing unexpected health issues. For years, I had been functioning on autopilot: ambitious, driven, always “on.” But deep down, I was exhausted. Overthinking, emotional baggage, and limiting beliefs had quietly built walls around me.

I realise I had been confusing vulnerability with weakness and perfection with safety and it was costing me my peace”.

That’s what misalignment looks like: you’re doing everything, yet feeling nothing.

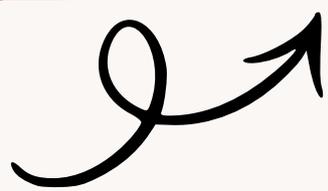
-Nandita





# Align Your Mind, Body & Soul

Introducing "Align Your  
Mind, Body & Soul"



We all want to achieve our goals, feel fulfilled, and build meaningful relationships, but no matter how hard we try, sometimes it feels like we're running in circles. The real reason?

## The Hidden Key to Growth

*Misalignment. When your mind, body, and soul are not in sync, even the best plans lose their power.*

You can chase success, but if your inner world is chaotic, peace feels unreachable. You can work harder, but if your energy is scattered, progress feels slow. Alignment isn't a luxury it's the foundation of everything we want to create.

# The Cost of Misalignment

When your inner world is off balance, it shows up everywhere.

- Personally, you may feel anxious, disconnected, or stuck in a loop of self-doubt.
- Professionally, you might struggle with motivation, decision fatigue, or burnout.
- And physically, it can manifest as chronic fatigue, tension, or health issues.



*Misalignment blurs clarity and dims purpose  
—it keeps you surviving, not thriving.*



## How to Reconnect and Realign

THE PATH TO ALIGNMENT ISN'T ABOUT DOING MORE, IT'S ABOUT BEING MORE AWARE.

[www.ampower.com](http://www.ampower.com)

[ampoweryou@gmail.com](mailto:ampoweryou@gmail.com)

## Start small

🧘♀️ Listen to your body. Rest when it asks, move when it craves energy.

🧠 Quiet your mind. Meditation, journaling, or mindful breaks help release noise.

💛 Feed your soul. Practice gratitude, express emotions, and spend time doing what truly fulfills you.

🌸 Let go of control. Alignment happens when you trust the process instead of forcing outcomes.



*When your thoughts, actions, and emotions start moving in harmony, you attract clarity, peace, and purpose.*



## **Introducing: “Align Your Mind, Body & Soul” by AmPower**

*After the incredible response to our recent webinar, we’re launching AmPower’s new transformational course—“Align Your Mind, Body & Soul.”*



This program is designed to help you understand your inner blocks, heal emotional patterns, and build a life rooted in balance and awareness. Because true growth doesn’t start from the outside—it begins within.

*If you’re ready to stop feeling stuck and start living in flow, this is your next step.*

*It’s time to realign with who you truly are.*

*Headover to our website for the registration.*

[www.ampower.com](http://www.ampower.com)

[ampoweryou@gmail.com](mailto:ampoweryou@gmail.com)

**We are thrilled to announce that we successfully delivered two major webinars last month, followed by the official launch of dedicated courses based on these sessions.**

***“Colours of the Mind”***

***Facilitated by our associate Learning & Development***

***Facilitator, Aarushi Mohan***

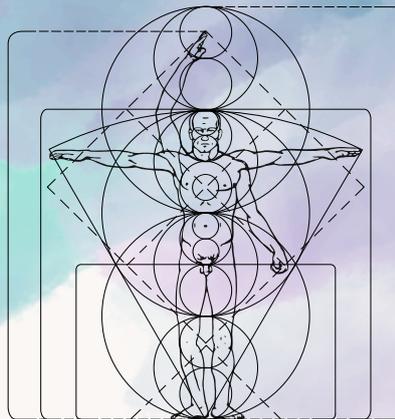
***child Psychology practitioner & Art therapy practitioner.***

***“Align your Mind, Body and Soul”***

***Facilitated by our associate Learning & Development***

***Facilitator, Ms Ankita Dahiya***

***Holistic Healer and Energy Coach***



***Headover to our website to know more about these courses. Link mentioned below.***

[www.ampower.com](http://www.ampower.com)

[ampoweryou@gmail.com](mailto:ampoweryou@gmail.com)

Creativity has always been our safe space, a place where we can pause, breathe, and let our thoughts find colour and meaning. Especially during stressful times, we turn to creative expression to feel calm, content, and grounded-



-Co-Founders, AmPower

*You always plan to take that break “someday,” but when it finally comes, you push it aside. Not anymore. Promise yourself today: You come first. Fill your cup before someone drinks from it because self-care isn’t selfish, it’s essential.*



*Merry Christmas and A Happy New Year,  
Team AmPower*



# WAYS TO WORK WITH US

 JOIN OUR UPCOMING COURSES &  
WEBINARS

 BOOK 1:1 COACHING OR MENTORING

 PARTNER WITH US FOR CORPORATE  
TRAINING & LEADERSHIP PROGRAMS

 COLLABORATE WITH US FOR COLLEGE &  
UNIVERSITY INTERVENTIONS

 DM US ON INSTAGRAM OR EMAIL US TO  
START THE CONVERSATION.

GENERAL ENQUIRIES:  
**AMPOWERYOU@GMAIL.COM**

BUSINESS COLLABORATIONS:  
**AMPOWER\_YOU@OUTLOOK.COM**

INSTAGRAM: **@\_AM\_POWER**