

SPEAKING TOPICS

Presentations are customizable based on organization's needs.



- **Menopause at Work**

- ✓ Support the Transition. Strengthen the Team. Support women through menopause with empathy, clarity, and action, building stronger, healthier, and more inclusive workplaces for all

- **From Burnout to Breakthrough in the Workplace.**

- ✓ Learn how to recognize, name, and navigate emotions effectively. Practical techniques for reducing overwhelm and improving emotional resilience.

- **Leading with Empathy**

- ✓ For leaders looking to build stronger, more compassionate teams. Discover the power of emotional intelligence and how to foster a culture of support.

- **Navigating Change & Building Resilience**

- ✓ Understand the psychological impact of change and develop strategies to adapt, grow, and thrive in uncertain times.



AS SEEN IN

TEDx

Yale Forbes



Scotiabank

Client Testimonials

"Dr. Shahana's talk left our team feeling empowered and understood. Her ability to blend science with personal stories is unmatched.

Scotiabank

"One of the most engaging speakers we've had. She makes mental health feel approachable and actionable.

UBC Faculty of Medicine





www.drshahana.com

Dr. Shahana

DOCTOR, MOTHER, SPEAKER

SPEAKER KIT



Hi. I'm Dr. Shahana!

TEDX SPEAKER & BEST-SELLING AUTHOR

Dr. Shahana Alibhai is a TEDx speaker, bestselling author of *Feel Better*, and a leading voice in emotional and mental health. With **12 years** in practice, she is a family physician and Medical Director at Foundry Abbotsford, B.C.'s largest youth health centre, where she builds emotional resilience through science-backed strategies and storytelling. Featured on CTV, Global, Medium and Forbes. She's inspired audiences at Yale, UBC, Scotiabank, and beyond. A proud mom of three.



Key Benefits of Dr. Shahana's Talks

- ✓ Tackle burnout and boost team morale
- ✓ Build emotionally intelligent, high-performing teams
- ✓ Create safe spaces for mental health conversations
- ✓ Equip leaders with tools to support employee well-being



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Book Released Since
Sep 2024



10K+

Patients Treated



100+

Podcasts Featured



100K+

TEDx Talk Views
Reached



1000+

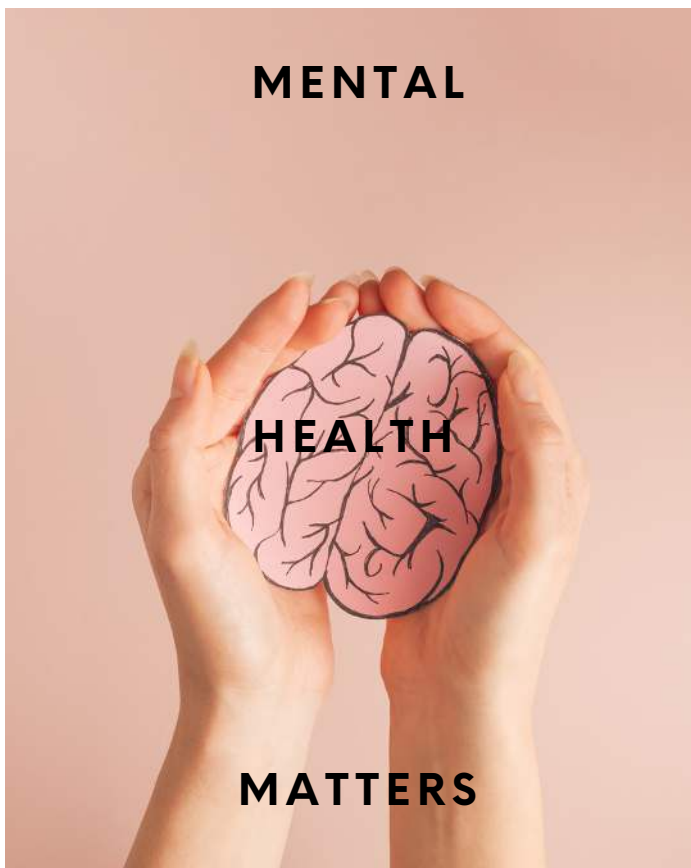
Audience Spoken To



Engagement

OPTIONS

- ✓ **15-Minute Meeting Kickstart:** A quick and impactful way to introduce mental health concepts during your staff meetings.
- ✓ **Mental Health Summit:** A series of keynotes/webinars spread over several months for deeper engagement.
- ✓ **Single Webinars & Keynotes:** Standalone, high-impact sessions customized for your organization.
- ✓ **Feel Better Book Club:** A guided learning experience using Dr. Shahana's Amazon best-selling book, *Feel Better*.



WHAT'S INCLUDED IN EVERY KEYNOTE?

Pre-Keynote

Customization meeting, participant quiz, and prep materials

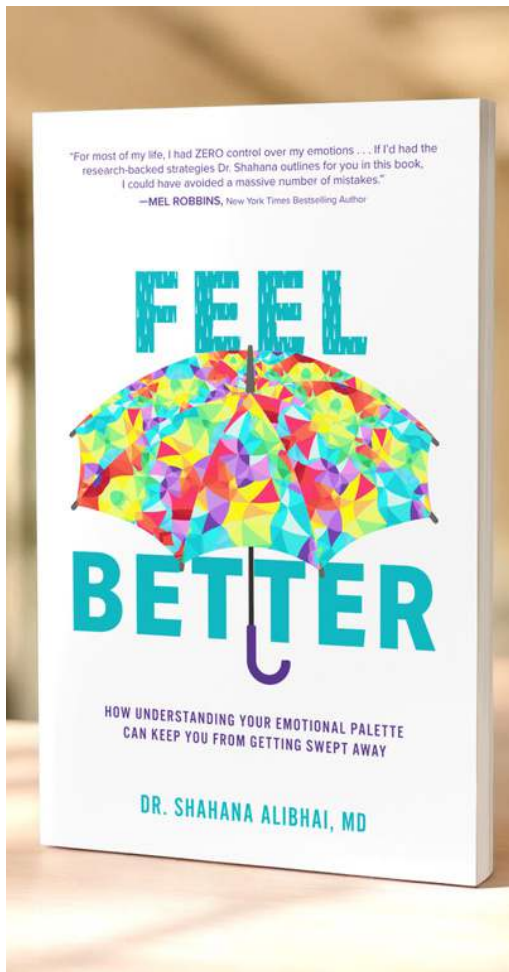
Keynote Presentation

High-energy, interactive session tailored for your audience

Post-Keynote

2 months of exclusive emotional health content for ongoing learning





DISCOVER THE BOOK: FEEL BETTER

Endorsed by Mel Robbins — Best-Selling Author & Motivational Speaker

Filled with powerful stories, humor, and practical exercises, *Feel Better* is your starting point..

Explore the Optimal Health Pyramid, uncover how to build emotional resilience, and learn to decode your 'Emotional Bed'—a signature concept that helps you better understand how you feel, and why. You'll meet real patients, real struggles, and real moments of clarity—each offering valuable insights into your own path.

From mastering the Stress Equation, to visualizing the Funnel of Fear, *Feel Better* invites you to embrace your emotions not as obstacles, but as messengers of healing.



GET IN TOUCH

Let's connect and create meaningful impact. Whether it's a keynote, workshop, or custom session, Dr. Shahana is here to support your team's well-being journey. Reach out today!

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Shahana

