



Dr. Poorvi
Shah

Physician, Speaker, Workplace Healer

**TEAMS NEED CHARACTER, COURAGE,
COMPASSION & CALM**

Dr. Poorvi Shah is a highly-rated speaker with 20+ years of wisdom as a board certified physician. She worked as an onsite physician at Google, and understands the corporate world from a health perspective. She is a thought leader in mindfulness and mind body medicine. Believing the principles of medicine parallel that of business, Dr. Shah teaches actionable lessons to create a healthy workplace. She uses the lessons from her days in urgent care, private practice & free clinics to improve leadership, performance, and sales.

Dr. Shah can provide wellness solutions and customize a program to fit your organization's needs. Her only requirement is that each talk be filled with humor, heart, and the tools to facilitate change.

"Dr. Shah would be a wonderful speaker at any event!" –Dr. Ali Singh

**HEALTHY LEADERS. HEALTHY
CULTURE. HAPPY WORKPLACE.**

PROGRAM TOPICS:

- ✓ **Healthy Leadership:** Mindful Leaders Are What the World Needs
- ✓ **Healthy Employees:** Manage Stress & Build Resilience
- ✓ **Healthy Sales:** Sell & Communicate Like a Doctor
- ✓ **Healthy Aging:** Five Secrets to Live Long & Strong

RECENT CLIENTS:

- Susan G. Komen Foundation
- NCURA Executive Summit
- Liberty Healthcare Corporation
- Georgetown University
- George Washington University

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PROGRAM TOPICS

Healthy Leadership: Mindful Leaders Are What the World Needs

Challenging times call for heroes? Not really. They call for ordinary humans to step up with mindful principles: character, courage, compassion and calm. Each opportunity is a chance to grow and be the best, selfless version of yourself. Challenging Times create heroes in everyday people, like you and me.

Healthy Employees: Manage Stress & Build Resilience

We can't avoid major life changes and stress, but we can use tools and ancient wisdom to keep calm and carry on. Mindfulness is a tool that can transform individuals and culture. If you free your mind, you can free yourself of the golden handcuffs without every quitting your job or experiencing burnout.

Healthy Sales: Sell and Communicate Like a Doctor


Everyday, physicians have to communicate the best route of care for patients, whether it be exercising more, or taking medicine. Mindful communication is a way of listening and speaking so that both parties have their needs met and it is a win-win situation. As difficult as it is, doctors sell well and so can you.

Aging Joyfully: Five Secrets to Live Long & Strong

We turn 40, 50 or 60 years old, and we assume that our joints will get rustier, our minds will be slower and our quality of life will go downhill. Aging can be anything you want it to be. With some basic lifestyle habits, we can live healthy, adventurous and joyful lives free of disease and full of youthful vitality.

*All topics are customized for each program. No two programs are alike.

Get in Touch!

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BIO

Dr. Poorvi Shah is a highly-rated speaker with 20+ years of wisdom as a board certified physician. She is also an expert in stress management, mindfulness and mindful leadership. Dr. Shah is all about the Health. She believes health is one's greatest asset in life, and is connected to happiness and life satisfaction. Dr. Shah has worked with celebrities, executives, and as an onsite physician at Google. She empowers people to take charge of their health and well being with practical and easy tools. The most common comments from audience members are along the lines of 'I took pages of notes' and 'I know I can make the changes that Dr. Shah recommended. Dr. Shah is on a mission to instill peace and good health in every individual, hoping that it will spread throughout the world. Please join her on her mission!

TESTIMONIALS

"Thank you for an exceptionally effective and meaningful presentation to a large group of healthcare professionals. You provided alternatives to their automatic reactions and built thoughtful pause and reflection into their experience. Your style was light and gentle, but conveyed the importance of the topic in ways that they may not have considered for themselves. Feedback has been overwhelmingly enthusiastic. You provided interventions and perspective they needed and are now applying. The accolades from participants continue for a great presentation. Thank you-your time with us was priceless."

-Michelle Cabbott, Executive Director, Liberty Healthcare Corporation

"Dr. Poorvi Shah's recent presentation of Living and Leading in Today's World of Stress received high praise from our attendees – all executive level university VP's and Directors. They learned how to self-identify stress, and steps to reduce it and how to identify staff stress along with various ways to offer helpful assistance. Dr. Shah's presentation style is both highly engaging and entertaining. Her warmth and openness to answering questions ensured that our attendees were able to add valuable skills to their survival toolbox! I highly recommend Poorvi Shah to present at your next meeting, workshop, or conference."

-Kathleen Larmett, Executive Director, NCURA

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