



SUHAIL MIRZA

DOOR TO WELLNESS

**REVIVE. REDISCOVER. REASSESS.
W.I.S.D.O.M. MODEL**

Inner Wellness Expert

"Life's busy. Learn to cut out the distractions and focus on what matters"

www.suhailmirzacoaching.com

What We Do

SMC FOUNDING PRINCIPLES

Qualified and experienced inner wellness and Robbins-Madanés trained Life Coach.

- Inner wellness W.I.S.D.O.M coaching model founded on the principles of Multicultural Psychology, Psychology of Spirituality and Indigenous Psychology and incorporates the work of Rupert Sheldrake, biologist and Fellow at Clare College, Cambridge.
- Specialist training courses include Integrative Medicine with Professor Brent Bauer (Professor of Medicine at the Mayo Clinic), Mindfulness with Professor Mark Muesse (Harvard and Rhodes College) and Science of Mindfulness with Professor Ronald D Siegel (Harvard Medical School).
- Continued professional development with academic professionals, including those mentioned above, to ensure the latest evidence-based wellness strategies are recommended.
- As author of the LaingBuisson UK Healthcare Workforce Market Report 2021 I have interviewed and have on going discussions with over 100 CEO's and People leaders across the NHS

W.I.S.D.O.M. Coaching

The purpose of the W.I.S.D.O.M model of inner wellness coaching is to offer innovative pathways to wellness and to support the attraction and retention of staff within all sectors It is based on:

- The profound nexus between workforce health and wellbeing initiatives and those that promote equality, diversity and inclusion.
- The importance of offering a blended approach of webinars, group leaders training and one to one coaching for all staff groups
- The premise and promise of sharing simple steps that can immediately help people to cope and find meaning and purpose despite the significant wellbeing challenges they may face



About Suhail Mirza

- Global speaker and coach to audiences in Healthcare, Life Sciences, Energy, Retail, Construction and Technology sectors.
- The Wellness Business Partner to the Recruitment & Employment Confederation (REC) in the UK. Member of the Board at Newcross Healthcare Group and Advisor within the Empresaria Group Plc.
- Former employment rights lawyer including Equality, Diversity and Inclusion
- City Editor at Recruitment International (2006 to 2019) and author of 'Meet the CEO'
- Co owner of a family healthcare business (2002-2014) employing 250 people
- Author of the LaingBuisson UK Healthcare Workforce Report 2021 (and 2023)

OUR SERVICES



Interactive Webinars

Interactive webinars providing immediate inner wellness coaching support. Sharing techniques to help people navigate and manage feelings of stress, anxiety, and times of change.



On Demand Video

On demand video series for self-led learning. Providing easily mastered strategies and practical skills for ongoing management of inner wellness, to promote positive wellbeing.



Group Leaders Training

Group Leaders Training to help leaders see the world through the lens of their teams via appreciating their “values hierarchies” and criteria for such. Commitment to prevention rather than reaction to mental health challenges such as anxiety and worry.



Wellbeing Audit / Strategy Review

Strategy review report providing independent analysis of existing wellbeing strategy and implementation. Includes full document review, discussion with key stakeholders, observations and recommendations



**One to One Training Available on Request*

Companies Using Our Wellness Programmes

**SPENCER
OGDEN**



Empresaria Group plc

 **MERIDIAN BUSINESS SUPPORT**
THE RECRUITMENT SPECIALIST

NHS



+iheed
Cambridge Education Group

CLIENT TESTIMONIALS

www.suhailmirzacoaching.com



"I had the good fortune to meet Suhail through a webinar organized by my company and then I got to know him better. I was immediately impressed by his authenticity and deep knowledge of a wide range of topics. Without ever being trivial, he manages to convey the message that 'you need' at that particular moment. I strongly recommend him, especially for those who may have doubts about coaching. Suhail will enrich your personal and professional life."

Luca Teofilatto, Cloud and CRM Tech Headhunter/ Team Leader Italia at Montreal Associates



"I have been privileged to work with Suhail in a number of capacities. He is a man of deep integrity and of deep knowledge and wisdom. The support he was able to offer my team as coach, expert in EDI and support during COVID was fantastic. I would unequivocally recommend you speak to him "

Duncan Forbes, Former Chief People Officer at East and North Hertfordshire NHS Trust

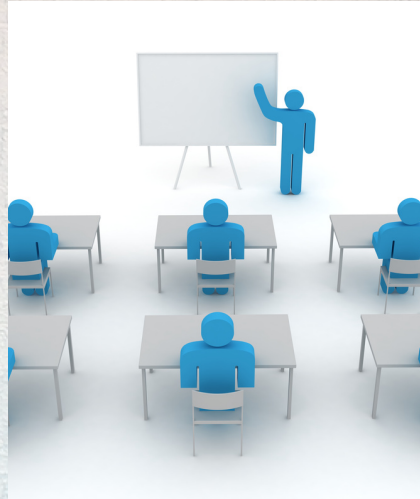


Suhail delivered an excellent Webinar for furloughed staff during the lockdown, focusing on their inner wellness. It was an interactive seminar, and Suhail addressed some of the challenges and work-related anxieties for staff on furlough during a difficult time for everyone. He offered practical steps to prepare them to return to work with very uplifting messages which were aligned to our business values. Feedback was incredibly positive and helped us integrate furloughed staff back into the business in September. Many thanks, Suhail for doing this for us, huge appreciation.

Debbie Salter, Managing Director at Greycoat Lumleys (part of Empresaria Plc)



INVESTMENT



Inner Wellness Webinar Series

We have been privileged to support global workforce wellness through provision of inclusive inner wellness webinars during the Pandemic and beyond which includes:

- Series of three interactive webinars. Each an hour with Q&A
- 7 x professionally produced post webinar video blogs covering key inner wellness webinars themes
- Marketing and promotion support (to help client' staff attraction and retention) across social media including LinkedIn (30,000 followers)

Group Leaders Training

- Focused on values and beliefs and how leaders can support their teams with wellness and wellbeing
- The key to help leaders see the world through the same lens as their direct reports.
- Two session interactive training format over 2 months
- Marketing and promotion support (to help client' staff attraction and retention) across social media including LinkedIn (30,000 followers)

Review and Advisory

- To act as a "critical friend" to review the wellness strategy and its implementation. This is something we have completed for private and public sector organizations including NHS Trusts.
- The review comprises of a full assessment of wellness strategy documents, includes discussion with key stakeholders and recommendations.
- The review will draw upon the distinctive privilege of interviewing, working with and sharing time with 100's of Recruitment CEO's and best practice within the NHS and private healthcare sector

Feel free to reach us at any time by making a call or dropping an email to say hi! We look forward to hearing from you.