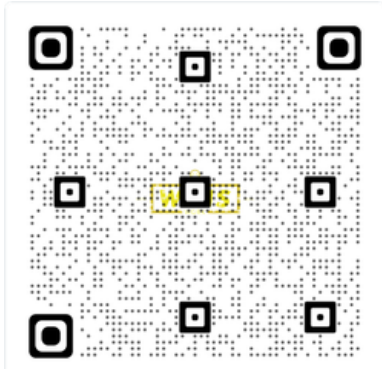


World Health Innovation Summit - WHIS at Work

Optimising Wellbeing. Enhancing Performance.
Transforming Workplace Culture.

Innovative & Collaborative



WHIS at Work is the workplace wellbeing arm of the World Health Innovation Summit (WHIS) — a global platform convening leaders to shift healthcare from reactive sick-care to proactive prevention.

www.whis.world



#TOGETHERWEINSPIRE #WHIS

A shared commitment to flourishing

WHIS at Work x Suhail Mirza

Help your people build the inner resources to navigate pressure, reconnect with purpose and flourish. WHIS at Work and Suhail Mirza bring together a shared commitment to workplace wellbeing with the practical W.I.S.D.O.M. Programme™: interactive webinars, digital learning and tailored coaching for diverse workforces.

Why this partnership?

Workplace pressure is experienced differently by different people. Inclusive Wellness creates space to recognise those experiences, strengthen inner resources and build practical daily habits. Programmes can be commissioned for whole workforces, leadership groups, professional bodies and women's networks.

What makes it inclusive?

People bring different cultures, beliefs, experiences and responsibilities to work. Our approach respects that diversity. It draws on Positive Psychology, Human Needs Psychology, Multicultural Psychology and the Psychology of the Spirit, offering accessible practices people can adapt to their own lives. Participation welcomes people of all faiths and none.

Start with a conversation

Discuss a programme for your organisation. Email info@whis.world to arrange an introductory conversation.



WHIS AT WORK / INCLUSIVE WELLNESS

Practical tools. Flexible delivery.

Interactive webinar series

Three tailored sessions explore daily wellness habits; tools for stress, anxiety and worry; and understanding and accessing empowering emotions. Participants have space to reflect, ask questions and identify actions.

Digital W.I.S.D.O.M. Programme™

Seven self-directed modules with video guidance, reflection and practical summaries, supported by monthly wellness updates. Practices include contemplation, gratitude, visualisation, self-forgiveness and authentic self-expression.

Leadership and coaching

Workshops and 1:1 support for confidence, emotional awareness, compassionate leadership and navigating change. Live follow-up sessions can help participants apply their learning.

Tailored to your organisation

Agree the audience, priorities, delivery format and evaluation before the programme begins. Bespoke sessions can address the emotional impact of discrimination, violence and aggression, and supporting others under pressure.

What our clients say:

We were incredibly privileged to welcome internationally renowned wellness speaker and coach Suhail Mirza to SHSC to deliver a series of three inclusive inner wellness webinars. Suhail brings a wealth of experience, particularly in healthcare settings, and his thoughtful, culturally inclusive approach resonated deeply with our colleagues. These sessions were designed to support our ambition of making SHSC a great place to work by helping us all experience more of the emotions we want, and fewer of those we don't.

"Feedback has been overwhelmingly positive, with colleagues appreciating the practical tools to manage stress, unlock potential, and improve wellbeing. These sessions were a valuable addition to our wellbeing offer, and I would highly recommend them to other Trusts. Thank you, Suhail, for your insight and inspiration."

**Salma Yasmeen, Chief Executive, Sheffield Health Partnership University
NHS Foundation Trust**

***Global Thought Leadership - Exclusive
Offering first-come, first-served monthly global
healthcare workforce wellbeing updates and
insights.***



Suhail Mirza



Gareth Presch



Inclusive Wellness for women

Confidence. Voice. Belonging.

Create space for women to reconnect with their strengths, voice and sense of possibility. Tailored webinars, workshops and coaching explore self-belief, confidence, self-compassion, boundaries, competing work and caring responsibilities, belonging and navigating personal or professional change. Sessions can support women's networks, emerging leaders and senior colleagues, recognising that women's experiences differ across culture, race, disability, faith, age and circumstance. Priorities are shaped with the commissioning organisation and participants.

Areas we can explore together

Self-belief and confidence; self-compassion and inner dialogue; recognising and communicating boundaries; competing professional and caring responsibilities; reconnecting with creativity and purpose; and navigating personal and professional change.

Designed around the women taking part

Available as tailored webinars, facilitated workshops and 1:1 coaching. Suitable for women's networks, leadership development groups and employer wellbeing programmes. We begin by listening to participants' priorities and shaping an appropriate programme.

An inclusive understanding

Women's experiences are varied. Content recognises the influence of culture, race, disability, faith, age and circumstance, while supporting each person's choices and dignity.



Experience grounded in healthcare

About Suhail

Suhail Mirza is an Inclusive Wellness speaker, coach and author, creator of the W.I.S.D.O.M. Programme™ and host of Voices of Care. His approach has supported NHS and wider healthcare teams, and informed wellness modules completed by over 10,000 healthcare professionals. His Inclusive Wellness work was nominated in the Excellence in Mental Health Care category of the NHS Parliamentary Awards 2024.

Client perspective

“Most importantly they have provided colleagues with simple techniques to improve their wellbeing through the principles of inner wellness.”

Sue Jacques, quoted as CEO, County Durham and Darlington NHS Foundation Trust, in the SMC brochure.

Practical, accessible learning

Client feedback from Birmingham and Solihull Mental Health NHS Foundation Trust describes positive engagement and valuable contributions from colleagues. Royal Surrey feedback describes an environment in which people feel heard and valued.

Learning from delivery

SMC case-study feedback reports improvements in confidence managing emotions and job-related stress. These are reported programme findings, not guarantees of results. A new programme can agree appropriate participant feedback and evaluation from the outset.



Build a programme for your people

1 / Identify the priority

Tell us about your workforce, the pressures people face and the group you want to support. This may be a whole organisation, leaders, a professional membership or a women's network.

2 / Shape the programme

Choose a focused workshop, a three-part webinar series, digital learning or coaching. Agree the scope, delivery arrangements and success measures.

3 / Apply and reflect

Support participants to practise what they learn, gather feedback and identify useful follow-up support.

Let's talk

For an introductory conversation with WHIS and Suhail Mirza:

info@whis.world

www.whis.world

A shared ambition

To help people feel valued, develop practical inner wellness skills and flourish within diverse workplaces.



Innovative & Collaborative



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