

Dr. Shahana Alibhai - Short Bio

Dr. Shahana Alibhai helps organizations unlock human performance by making the invisible visible.

Dr. Shahana Alibhai is a two-time TEDx speaker, family physician, bestselling author of *Feel Better*, and Medical Director at Foundry Abbotsford, British Columbia's largest integrated youth health centre. She combines the science of medicine with practical strategies that help people improve resilience, communication, leadership, and performance.

Her book, *Feel Better*, endorsed by Mel Robbins, became an Amazon #1 bestseller and has been featured in *Forbes*. She has spoken for organizations including Yale University, the University of British Columbia, Scotiabank, RE/MAX, and the Million Dollar Round Table Global Conference.

Known for blending science, storytelling, and practical tools, Dr. Shahana equips audiences to see what has been hidden, understand what matters, and do what works.

Dr. Shahana Alibhai – Long-Form Bio

Dr. Shahana Alibhai helps organizations unlock human performance by making the invisible visible.

A two-time TEDx speaker, bestselling author, family physician, and leading voice in emotional health and human performance, Dr. Shahana helps people recognize the unseen patterns that influence how they think, communicate, lead, and perform under pressure.

As Medical Director at Foundry Abbotsford, British Columbia's largest integrated youth health centre, she has dedicated her career to giving people practical tools to better understand their emotional well-being, strengthen resilience, and create meaningful change in their lives.

Her debut book, *Feel Better*, endorsed by Mel Robbins, became an Amazon #1 bestseller in its category and was featured in *Forbes*. Through her writing, speaking, and clinical work, Dr. Shahana brings clarity to the powerful connection between emotional health, mental well-being, leadership, and performance.

A sought-after international speaker, she has worked with organizations including Yale University, the University of British Columbia, Scotiabank, RE/MAX, and many other leading

institutions. In August 2025, she was selected to speak at the Million Dollar Round Table Global Conference in Macau, China, sharing her message with an audience of more than 6,000 attendees.

Her insights have also been featured on major media platforms, including CTV and Global News, as well as in *Authority Magazine*. One of her most recognized quotes, “We do not suffer from a lack of joy, simply a lack of recognizing it,” was selected for an award-winning planner gifted to celebrities at the Oscars.

In recognition of her leadership and community impact, Dr. Shahana was nominated for the prestigious 2025 YWCA Women of Distinction Award.

Passionate about education and early intervention, she created the groundbreaking **Think Like a Doc** program, which allows students to step into the role of a physician while learning about their physical, emotional, and mental health. She has also contributed to global mental health initiatives, volunteering her time and expertise to support communities in developing nations, including Nepal.

Dr. Shahana also serves as a National Accreditor for the College of Family Physicians of Canada and has mentored future physicians through the UBC Faculty of Medicine Residency Training Program. Her TEDx talk, *Emotional Literacy for Better Mental Health*, has resonated with audiences around the world and reinforced her reputation as a trusted voice in emotional health, resilience, and human potential.

Beyond her professional work, Dr. Shahana is a proud mother of three energetic young boys who continually teach her the true meaning of patience, adaptability, resilience, and joy. Balancing leadership, medicine, speaking, and the beautiful chaos of raising a young family, she brings a refreshingly honest, relatable, and deeply human perspective to every audience.

Known for her ability to blend science, storytelling, humour, and practical strategies, Dr. Shahana does more than inspire. She gives audiences tools they can immediately use to see what has been hidden, understand what matters, and do what works.

Her audiences leave informed, energized, and better equipped to perform, lead, connect, and feel better at work and in life.