Feel Good *at Work*

Workplace Wellness with Lavina Mehta MBE



Tailored Wellbeing Solutions to Boost Employee Health, Productivity & Retention

FEELGOOD With Lavina



Why *Workplace Wellness?*

Lavina Mehta MBE, award-winning wellness coach, Keynote Speaker, menopause campaigner, and former global project manager, brings a unique mix of corporate insight and holistic wellbeing expertise. Her tailored workplace wellness solutions help organisations:

- **Improve physical and mental health**
- **Boost productivity & morale**
- **Reduce absence due to stress & burnout**
- **Support diversity, inclusion & retention – especially midlife women**

Virtual or In-Person, tailored to your needs

Investing in employee wellbeing isn't a perk – it's a strategic advantage

Core Services Overview

Feel Good Inter-active Sessions

Energising, inclusive movement for all levels

Desk Exercise Snacks

Seated exercises, stretches & posture resets at your desk

‘Exercise Snack’ Workshops

Short bursts of strength, balance, cardio & stretch to help us sit less and move more

Breath & Selfcare Snacks

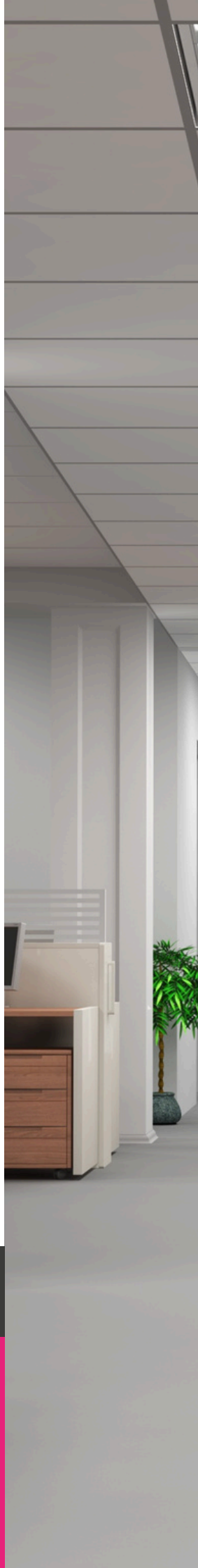
Grounding techniques to de-stress at work

Keynote Talks & Panels

High-impact, evidence-based wellbeing talks

Q&A / Fireside Chats

Open conversations & shared experiences



@feelgoodwithlavina

‘When your employees feel good, your business performs better’

Wellness Breaks

Energisers, Openers & Breaks for conferences and team meetings

Team Building

Fun, feel-good team sessions

Goal Setting Workshops

SMART goals and objectives

Quarterly Reviews

Sustained culture of wellbeing

Podcasts & Company Comms

Customisable content for internal use

Awareness Days

Special sessions for World Menopause Day, Mental Health Awareness Week, Diabetes Week, National Fitness Day, IWD and more





Signature Workshops & Talks

The Feel Good Fix Workshop

Based on her bestselling book The Feel Good Fix, Lavina delivers an energising, motivational session with:

- **Interactive Talk & Top Tips**
- **Desk Mobility + Exercise Snacking (seated options, no change of clothes needed)**
- **Breathwork, HIIT, Balance, Strength & Stretch Snacks**
- **Wellness Goals Toolkit**
- **Optional Q&A**
- **Book Signing, Meet & greet**



'Workplaces that move, thrive'

Menopause in the Workplace

Menopause & Movement: A Game-Changing Talk (for men and women)

- **What is peri/menopause, symptoms & impact on the workplace**
- **Why 1 in 10 women leave work due to symptoms & The business case for supporting midlife women**
- **How to support women in the workplace**
- **Lavina's personal perimenopause journey**
- **Simple, powerful exercise and lifestyle solutions**
- **Goal setting and top tips**

"Feel Good" Menopause solutions help retain top female talent and improve workplace culture. With one in ten women leaving their jobs due to menopause symptoms, millions struggling in silence and an estimated 14 million lost working days a year - businesses can't afford to ignore it.

Let's change that - let's help women feel valued, supported and empowered to thrive!



Mental Health Workshops

Based on her slogan to **“Exercise for Sanity not Vanity®”** Lavina provides quick, free, science backed tools to help alleviate stress, anxiety and boost mental health in the workplace.

- **Interactive Talk & Top Tips**
- **Why mental health matters**
- **Science backed solutions and how to apply them**
- **Inter-active demos**
- **Mind Snacks (including breathwork, journaling, gratitude, nature, selfcare tools)**
- **How to keep our brains fit and boost productivity**
- **Q&A**
- **Book Signing, Meet & greet**



Lifestyle Workshops

Inter-active talk about the importance of Lifestyle changes and benefits of exercise to help with reducing risks of common chronic illnesses like Type 2 Diabetes, Osteoporosis, Alzheimer's, dementia and Cardio Vasuclar Disease, and navigating the menopause, aswell as sharing her top tips.

- **Health overview, concerns and statistics**
- **The power of lifestyle changes to reduce risks**
- **Exercise Snack demo to fit into your working day!**
- **Simple & quick desk exercises from home or the office**
- **Take-away goals**
- **Q&A**



Motivational Speaking & Corporate Storytelling

Lavina's story inspires change and shows what's possible at any age:

- **From global project manager → full-time mum → PT → bestselling author, MBE & wellness expert**
- **How to reinvent your life and career in your 40s and beyond**
- **Empowering sessions for staff resilience, leadership events, and women's networks**
- **Includes:**
- **Keynote speeches**
- **Fireside chats**
- **Employee experience panels**
- **Full Q&A sessions**



Customisation Options & Tailor Made Events

Lavina will work with you to co-create a tailored wellbeing plan for your team and organisation:

- **Mix & match workshops, talks and resources**
- **Regular quarterly support or one-off events**
- **Bespoke sessions aligned to internal values, diversity goals & company culture**
- **Available in-person, virtual or hybrid**

'Boost wellbeing, reduce burnout - retain brilliance'



About *Lavina*

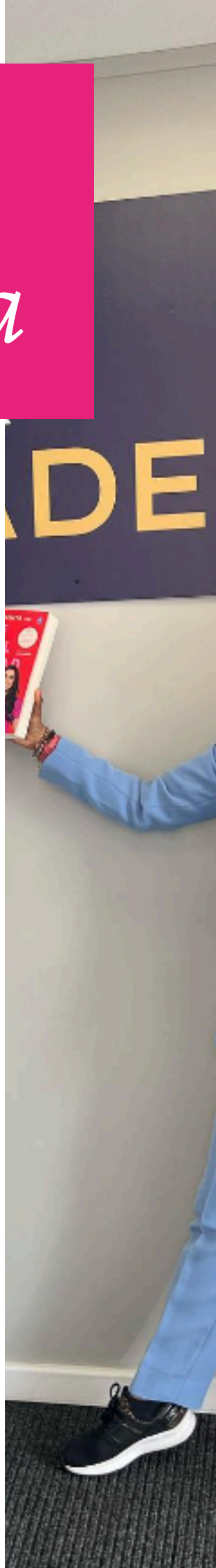
Lavina Mehta MBE, founder of Feel Good with Lavina, is a 47-year-old Personal Trainer, Bestselling Author, Wellness Coach, (TED) Speaker and Mum of three.

Lavina was awarded an MBE for services to health and fitness during Covid-19.

Her mission is to help all ages (up to 100) Feel Good physically, mentally and reduce risks of common chronic diseases through her concept of “Exercise Snacking®” & free chair/desk YouTube workouts. She has a social media following of over 180k.

Lavina’s book The Feel Good Fix published May 2024 (by Penguin Life) hit #1 Bestseller before publication across Amazon in Menopause, Fitness Training & Exercise and Fitness Categories, hitting top 100 books at number 60; and on publication it hit #1 Bestseller in Fitness & Training on Amazon.







Her slogan is to “Exercise for Sanity not Vanity®.”

Lavina is a proud Ambassador for Diabetes UK, Wellbeing of Women and Alzheimer’s Society, and supports many charities.

She is an advocate for wellness in the workplace, especially after her own previous career as a Global Project Manager and provides tailor-made workplace wellness events, workshops and keynotes for companies including Google, Barclays, LinkedIn, YouTube, Met Police, Goldman Sachs and many more.

She has written numerous articles about Keeping Active/Working from Home/Inspiring careers, in publications including The Guardian, Telegraph, Daily Mail, Stylist, Women’s Health, Women’s Fitness, Good Housekeeping, Hello Mag, Top Sante & The Stylist.

Lavina is a Patron of Menopause Mandate, campaigning to prioritise women’s health through the menopause. Lavina has been sharing her own perimenopause journey on social media to help normalise the conversation, especially as a South Asian woman. She wants to break the taboos, raise awareness, change the narrative and help women feel empowered to find solutions, as well as educating the men around us – especially in the workplace.

Lavina promotes the power of exercise and lifestyle changes to help women embrace this phase.

Companies Lavina has worked with include: Google, YouTube, LinkedIn, Barclays, Boots, Dulux, GlaxoSmithKline, Bauer Media, Met Police, Wolverine

Events

Click for Details

Micebook EXPO





Micebook IWD

Google





Wolverine WW

Theramex



Dulux



Book *Lavina*

Let's create a healthier, happier workplace together.

Investing in your team's wellbeing isn't just the right thing to do - it's the smart thing to do.

From exercise snacking to breath breaks, from menopause awareness to mental health support, small daily habits can create powerful shifts in morale, performance and culture. Help your people feel good – so they can do good, every day.

Contact & book your session with Lavina

Email: info@lavinapt.com

Other Useful Links - just click on them to open

Website: www.feelgoodwithlavina.com

Instagram: www.instagram.com/feelgoodwithlavina

YouTube: https://youtube.com/feelgoodwithlavina

LinkedIn: https://www.linkedin.com/in/lavina-mehta-mbe-6bab0514b

LinkTree: https://linktr.ee/FeelGoodwithLavina

FEELGOOD With Lavina