



Six steps to
serenity for
ultimate
inner
wellness.

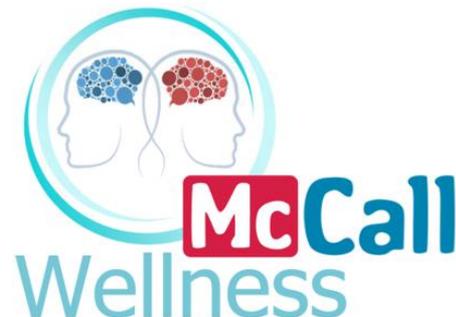
SUHAIL MIRZA

Coach • Speaker



The purpose of this presentation is to set out the principles of inner wellness, to help you find your personal pathway to serenity.

Suhail Mirza in
association with



Before we start, let me tell you a little bit about my background...

- Trained as a lawyer and practiced employment law in the City.
- Co owner of a family adult social care business (sold in 2014), Author of Laing Buisson UK Healthcare Staffing Market Report 2020.
- Creator of the W.I.S.D.O.M model of coaching, to coach CEO's and senior executives on their journey to inner wellness.
- Specialist advisor to healthcare, recruitment and support services sectors.
- Author of Many Mansions, an Amazon best seller charting my personal journey to deep inner wellness drawing on Traditional Wisdom.

SUHAIL MIRZA

Coach • Speaker 

Testimonials

“Suhail has extensive knowledge of the health and social care sector and an unparalleled network of leaders, practitioners and financiers in health and care.”

Professor Martin Green , Chief Executive Care England

“Suhail has a wide knowledge of the health and social care system. He has written some excellent pieces on these topics”

Ian R Smith, Former Chair at Kings College Hospital NHS Foundation Trust

“Suhail has an excellent understanding of the health and care system. I have contributed to his research on the healthcare workforce. I can thoroughly recommend engaging with him.”

Jane Townson Philpott, Chief Executive of UKHCA

“Having had the pleasure of working with Suhail, I would highly recommend his services. I can say with confidence that he is professional, perceptive and practical - a real asset for any individual or organisation “

Paula Salerno RgN MSc , Founder and Clinical Lead at Vitality Health and Wellness

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Testimonials

“Suhail has an in-depth knowledge of the health and social care space as someone who owned a business in the sector. He engages and advises with senior policymakers in health and care, and I have approached him not long ago for guidance. It didn't take me much to realise he is a very conscientious person who is humble, honest and diligent. His ability to listen and guide has added significant value to me. Suhail has a broad and sincere interest in drawing on and referring to the latest evidence-based data in most of his recommendations - which I appreciate immensely.”

Naveen Keerthi, NHS Clinical Entrepreneur & Fellow at NHS England

“Suhail Mirza is an exceptional unique mentor, coach and wide ranging writer. As a PhD Medicinal chemist I admire Suhail’s referencing up to date knowledge, both scientifically and medically in his work. Suhail’s coaching techniques involve inner wellness (cultivating mind body and spirit) and an in depth journey into overall well being.”

Dr Zena Miscony BSc(Hons), PhD, MRSC.

SUHAIL MIRZA
Coach • Speaker 

Today, I hope to help you by:

1. Focusing your mind and spirit, to help you manage your personal wellbeing.
2. Sharing simple practices to help you discover your personal pathway to inner peace and power.

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But first...

Let's explore
why **inner
wellness** is so
important?

- True self authenticity
- Discarding destructive habits and behaviours.
- Extinguishing fear and harmful 'self talk'.
- Greater feeling of inner peace, serenity, joy and happiness.
- Acknowledging and expressing all emotions.
- Courage and openness in all relationships.
- Ethical foundation for all areas of life.

So, where
are you
now?

- Feeling
overwhelmed?
- Lost?
- Lonely?
- Scared?
- Emotional?
- Confused?
- Anxious?

Where
would you
like to be?

- A place of certainty.
- A place of meaning.
- A place of connection.
- A place of strength.
- A place of love.
- A Place of peace.

In times of transformation, we
need a new vehicle and that
vehicle is inner wellness.

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If you have ever questioned whether we are simply physical entities or perhaps a combination of physical and mental attributes...**you're not alone.**

Many are now seeking a deeper sense of self, that sits beyond **body** and **mind**. This is your **spirit** and it is found in your heart. All of my coaching is based on cultivating the heart and the essence of what it means to be human.

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The following six steps are taken from part of my W.I.S.D.O.M model of coaching.

Inner wellness is at the core of all my coaching and I use this model to help CEO's and senior executives within the recruitment, healthcare, finance and professional services sector to achieve inner wellness, for improved business performance and greater life satisfaction and outcomes.

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So, let's begin...

STEP 1

Contemplation
/ Meditation /
Prayer

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- Find a quiet place and sit in quiet reflection (*you may find this challenging if you're not used to it but persevere*).
- Set an alarm for morning, noon and evening and spend 5 minutes connecting to the stillness and power in your heart.

***TIP:** If you have a particular religious affiliation, try reciting a sacred word, or for the non-religious you can use the word 'love' with each breath cycle.*

STEP 2

Affirmation / Visualisation

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- Consider where you want to be in 6 and 12 months time.
- Spend time each day visualising it. Open your heart, see yourself in the pictures you create in your mind – *imagine the people, places and feel the emotions.*

TIP: *This is a great way to see beyond the present to inspire hope and lift your vision. Doing this exercise daily helps override cognitive confusion you may feel.*

STEP 3

Transforming Texts

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- Everyday - morning and evening - spend 5 minutes reading, watching, looking at or listening to something that takes you out of the ordinary and inspires you.

TIP: As well as texts from books, you can use poetry, music that touches your soul, or art that leaves you speechless. By doing this daily, over time you will unlock your intuitive knowledge, so you feel free enough to retrieve it and confident enough to act upon it.

STEP 4

Connecting to Nature

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Nature has a different rhythm and energy. When we truly connect with nature, our inner peace and creativity is triggered.

- Find a place of nature everyday to retreat to - a quiet corner of a park, the beach or your if you have one, your garden.

TIP: If you don't have access to an outside space, explore your memories. Remember the sound of birds singing, the buzz of bees or the sound of the waves crashing against the shore.

STEP 5

Places of Peace

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- Visit somewhere that gives you a sense of wonder and awe – art galleries, historic buildings, places of worship, grand libraries.

TIP: If you can't physically visit one of these places, take a virtual tour – revisit somewhere you've been or take a look at somewhere you'd like to go. For me, the Alhambra Palace in Spain and St Peter's in Rome are favourites for this.

STEP 6

Recording the Day

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- Each evening, write down three memories from your day – maybe an unexpected call from a friend, a client message or an idea you had. Look beyond the surface of these memories and consider the deeper meaning and symbolism.

***TIP:** Recording your daily reflections will help you build a sense of connection to the energy beyond your immediate surroundings, unveiling the wisdom you carry in your heart. Learn to trust it.*

So, your six steps to serenity for ultimate inner wellness are:

1. Meditation / contemplation.
2. Affirmation and Visualisation.
3. Transforming Texts.
4. Connection to Nature.
5. Places of Peace.
6. Recording the Day.

TIP: If you can't manage all of these in one go, start slowly and gradually build them up over time, until they become part of your daily routine.

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Most importantly, remember...

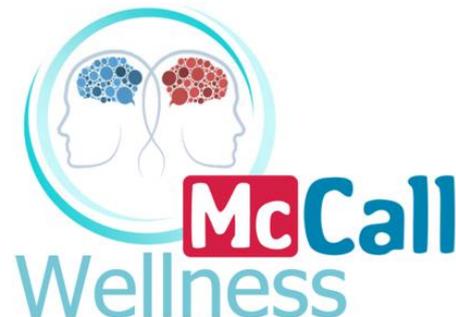
“Wherever you are...be there fully.”

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Thank you watching, I hope this has been helpful to you.

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Further reading – available on Amazon.com



As Featured on



Interested in learning more?

Leaders' Life Mastery Coaching

Leaders' Life Mastery is a powerful coaching programme for leaders looking to develop their mind and spirit. Central to Leaders' Life Mastery is the theme of authenticity.

You will be taken on a journey of self reflection, realisation and revelation to rediscover your authentic self and find true balance and fulfilment in all areas of your life.

- **1:1 coaching** – take time to reset your busy mind, reassess what's important and discover the secret to personal fulfilment.
- **Team coaching** – boost productivity in your business by developing leaders with the skills to manage in a modern world.
- **Key note speaker** – enlighten your team on your next away day, conference or manager meeting.

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CONTACT US

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For more information get in touch today:

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About Suhail Mirza

Suhail Mirza is a businessman, author, speaker and creator of Leaders' Life Mastery Coaching. Suhail has been involved in the healthcare sector for over 20 years. He was co owner of a family adult social care business employing 250 people which was successfully sold in 2014.

He has written on both health and social care markets for the likes of Health Investor, Caring Times and Healthcare Market News. He is the author of the forthcoming LaingBuisson UK Healthcare Staffing Market Report 2020. He is also Chairman at Retinue Health which partners with NHS Trusts and private healthcare business across the UK.

Suhail is also a well-known and respected figure with senior leaders in the staffing and recruitment sector for his industry insight and experience. Suhail is advisor and Chairman to several businesses, including – Engage specialist recruitment, Camino Partners, Empresaria Group member IMS, former City Editor at Recruitment International and judge at the Talint/Recruitment International Awards.

In 2016, Suhail's acclaimed book Meet the CEO was published, followed two years latter by Many Mansions, which became an Amazon bestseller.

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Testimonials

“Suhail’s work speaks to your soul, providing it with a platform to express those feelings that we often do not have the words to describe”

Dr Karan Jutla, Senior Lecturer in Health (Dementia) at university of Wolverhampton

“It was only when I was clear about where I was and my immediate priorities that my life began to flourish again. Suhail works with you to build and create a successful and joy-filled life. I would recommend Suhail to anyone who is committed to becoming a high-performer in every area of their lives.”

Helen Honiset, Former Vice President Pearson plc (Managed services)

“Leadership can at times be both lonely and challenging. Suhail’s words offer thoughts, tips and ideas that can support our own personal and often unique journeys.”

Yvette Cleland, CEO at Clinical Professionals

One of SIA’s top 50 most powerful women in staffing globally

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Testimonials

“Modern life, particularly in the City, can sometimes leave you little time for true connection with your authentic self. Suhail’s approach really helped, as he shares simple and really impactful strategies to achieve this.”

Sadiq Razak, Co-Founder of Razlin Capital
Former Managing Director-Head of EMEA Trading ING Bank

"Suhail is an inspirational man and has strong values and a calmness that is infectious. He has an excellent coaching style, connecting with personal leadership and commercial challenges with ease."

Stewart McCoy, Chair REC (Education), Strategic Director, Randstad (Public Services).

www.suhailmirzacoaching.com

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