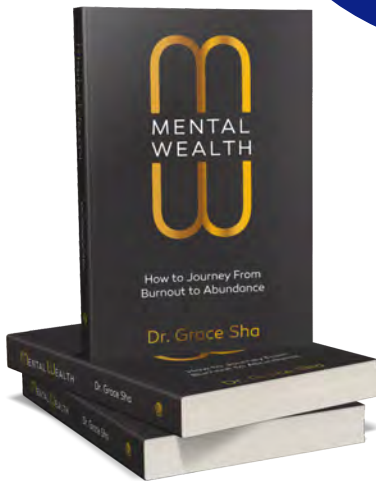


# Grace

DR GRACE SHA



**Dr Grace Sha** is a captivating speaker, author and visionary founder of the Mental Wealth Institute. She is a natural storyteller with many life lessons to share. Grace's strength is to empower teams to reconnect and rediscover their passion for work.

Using the roadmap from her book 'Mental Wealth – How to Journey from Burnout to Abundance', Grace's message will revitalise your life from surviving to thriving.

Grace is a survivor of burnout, who has triumphed over shocking adversities and challenges. Her story is one of resilience, adventure and hope. Highlights of her journey include a trip to South Africa with Sir Richard Branson and volunteering in mental hospitals overseas.

Beyond her clinical dental career, where she has the privilege of practicing healthcare with care, Grace is:

- a leader passionate about good governance and rejuvenating organisational culture.
- a volunteer purposeful in serving with not-for-profits locally and overseas.
- a creative entrepreneur who excels in a diverse range of endeavours, including property investment, event productions and management.

Join Dr Grace Sha as she shares secrets to her transformative journey from burnout to abundance in relationships, wealth, mental and physical health.

**Dr Grace Sha speaks at corporate events and workplaces on a range of topics including:**

- How to Journey from Burnout to Abundance
- How to Prevent and Repair Fractured Relationships
- How to Practice Healthcare with Care

**Dr Grace's workplace workshop programs include topics such as:**

- Burnout Prevention Signature Program
- Positive Workplace Relationships and Communication Seminar
- Mental Wellness for Workplaces
- Success Mindset for Teams

Topics and number of sessions can be tailored to each workplace and audience.