

Nerina Ramlakhan

Nerina Ramlakhan, PhD, is a physiologist who has specialised in maximising individual and organisational performance for more 15 years. After completing her post-doctoral training and research into the effects of lifestyle interventions on the alleviation of mental disorders, she spent five years in corporate health screening before studying organisational psychiatry and psychology at Guys Hospital and beginning organisational consultancy, workshop facilitation and coaching.

As the original founder of BUPA's Corporate Well-being Solutions, she was a regular speaker at many City groups. Since April 2000, she has run her own consultancy, Equilibrium Solutions, and has worked in various industries including sports, legal, insurance, accountancy, management consultancy, various sections of the police services, call centres, investment banking, telecommunications, healthcare, oil, TV, defence, engineering and IT. Nerina also writes for a number of journals including Legal Hub, Occupational Health and Police Review Magazine.

Nerina's work with individuals and organisations includes motivational and leadership programmes, Wellness and Energy programmes, stress audits and risk assessments, return to work coaching following long-term sickness absence, burnout prevention and organisational wellness surveys. Nerina also works with the Catio Nightingale Psychiatric Hospital in London on their sleep, energy and physical health programmes that are designed to support mental well-being.

Although Nerina uses her academic background in physiology, philosophy and psychology to guide her teaching, her approach is highly practical. She has a strong belief that everyone can live a healthy and more fulfilling life by finding optimal energy and balance – even in these hectic times that we live in. Her work, both with individuals and organisations, is dedicated to helping people to create this balance and equilibrium.

Nerina's work has been featured in *The Times*, *The Guardian*, *New Scientist*, *The Evening Standard*, *The London Paper*, *Healthy Living*, *Red* and *Psychologies* magazines.

On a personal level, Nerina is married and has a 4-year-old daughter. In her spare time takes part in marathons, duathlons and triathlons.