



Shelly Bhowmik, MD MPH

Workplace wellness matters, especially for women and people of color. Everyone should enjoy professional growth and success without having to sacrifice their health and wellbeing.

"We engaged Dr. Bhowmik to present her *ReST* framework to our employee resource network of over 700 members. As with many organizations, the effects of the pandemic have been palpable for our members...equipping our members with the tools they need to recognize burnout in themselves and others and adjust accordingly could not have been more timely."

- President, Women Employee Resource Network
Federal Reserve Bank

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Speaker Bio

Shelly Bhowmik, MD MPH is the founder of Platform Wellness, a practice dedicated to helping people heal from burnout. Her practice is based on the belief that mindset is medicine, a belief she came to realize through her own journey that began at the edge of a subway platform. Dr. Bhowmik is a double board-certified physician specializing in Preventive Medicine and Lifestyle Medicine. She earned her medical degree from the George Washington School of Medicine and Health Sciences, and completed residency at the Johns Hopkins Bloomberg School of Public Health. Her previous roles include being a design thinking strategist at Cedars-Sinai Medical Center in Los Angeles and serving as medical director of digital health for an executive health firm in New York City.

Signature Offerings

MINDSET: THE BEST MEDICINE FOR BURNOUT WEBINAR

Burnout is a pandemic, especially among women and people of color. See how the 9-step *ReST Revive Strive Thrive* method can help you overcome burnout, handle stress, and restore energy.

Perfect for audiences wanting practical tips on stress management

REST REVIVE STRIVE THRIVE WEBINAR

Low energy? Trouble losing weight? Brain fog? Chronic stress can masquerade as many different symptoms. Learn about the health effects of stress, and what you can do to treat and prevent them.

Perfect for audiences interested in the science of chronic stress

REST REVIVE STRIVE THRIVE WORKSHOP AND RETREAT

Design thinking isn't just good for business - it's the perfect tool to facilitate lifestyle change. Apply the mindset and methodology of design thinking to help you redesign your lifestyle.

Perfect for groups looking for a creative approach to professional and personal development