

A woman with long dark hair, wearing a headset microphone and a grey floral-patterned blouse, is speaking on a stage. She is gesturing with her hands. The background is a dark red curtain.

Vaishali Joshi

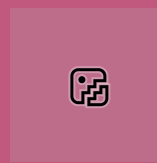
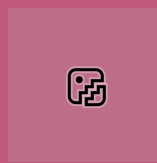
**Mental Health Speaker
Corporate Wellness Strategist
Founder & CEO, oraHumanSM**



WATCH VAISHALI IN ACTION



www.vaishali-joshi.com





"Vaishali has a gift to lift other people through her words. She gave us the tools to not only reduce stress but to thrive. She was both relatable, open, grounded, and interesting. Her words have a calming effect on people as she teaches to identify and reframe stress."

Stephanie Macri, City of Toronto

Clients include:



Featured In:



"NOW is the most important time to learn how to open up your mind and perspective to change the way you view things that you are challenged with. NOW is the time to know how to find opportunity amidst adversity"



Vaishali is a global change leader and mental health speaker. She holds multiple designations as a leader in business and human transformation. In 2025, she was nominated for Canada's Women of Influence "Ones to Watch" award, Canada's top mental health advocate award for Workplace Wellness Leadership by Reach Out Together and Canada's top 25 immigrants award. She has been featured on Canada's Speaker Slam stage, the Canadian Small Business Entrepreneur podcast, CHCH TV, OMNI TV and multiple magazines including Authority and Canvas Rebel.

oraHumanSM is Vaishali's contribution to address the present-day global epidemics of stress, burnout, distraction, and disconnection. Her programs and speaking engagements are founded in two decades of leading global business transformation teams and thriving as a parent, caregiver, youth advocate, classical dancer, mentor and mountaineer. Through oraHumanSM, she empowers working professionals and organizations to "fortify" their mental health so they may thrive amidst in the escalating chaos and unpredictable times we live in.

Keynotes

Interactive Workshops

Panel Contributor

Virtual Presentations

In-person Engagements



KEYNOTE 1

FROM ADVERSITY TO ADVENTURE

Building Agile, Energized Mindsets in Times of Change

This speech introduces a powerful idea: Teach people how mindset follows energy so they can show up with the human skills needed for the future.

Vaishali takes the audience deep into vivid, witty personal and professional experiences from her 20s, 30s and 40s when most people experience a harsh dose of adulting. It's when parenting, leadership and purpose evolve and collide. It's when our human performance is scrutinized every day from more angles than we comprehend. It's when people either rise to their greatest potential or sink fighting for validation or survival. This speech explores the imperative for leaders and people to reinvent how they manage energy and perception to transform how they experience change and challenge.

KEY TAKEAWAYS

- The important connection between energy management, mental wellbeing and mindset shift to create a system of exuding and breeding calmness and credibility
- How to gauge and balance capacity based on four types of energy and how that redefines mental strength that stems from inner and outer connection



KEYNOTE 2

OUR FULL MIND

The Human Education Needed for the Future

This speech introduces a big idea: transform human learning systems to combat the mental health crisis and breed inclusion and innovation sustainably.

In this speech, Vaishali entertains as she introduces the audience to the power of multiple intelligences that we all possess but know very little about. The audience is guided into that possible world where people grow up empowered with formal learning paths in critical human skills such as self-awareness, resilience, agility, focus, creativity and curiosity. And what would happen if classrooms and talent development plans made room for an education that is most relevant to our survival and sustainability today.

KEY TAKEAWAYS

- Ideas on how we can redirect learning and development time and resources to create more resilient, mentally agile and focussed people
- Explore how each of our intelligences, when developed and leveraged optimally, may create a different daily experience and a ripple effect in our communities
- Thought-provoking human skill development ideas for leaders and educators to think about reinventing systems that continually breed human connection and strengthen mental health



KEYNOTE 3

THE BOLD WAKE UP CALL


Self-Leadership for Women in a Changing World

This keynote is a powerful, entertaining, and deeply human journey into the heart of self-leadership for women today. With honesty and humor, Vaishali weaves together personal and professional snapshots - emotional, awkward, and hilarious - to reveal the hidden trap many women fall into: chasing outcomes so relentlessly that we lose sight of who we are.

Drawing from her lived experiences as a daughter, wife, mother, stepmother, classical dancer, mountain climber, mindfulness teacher, corporate leader, and entrepreneur, Vaishali shines a light on how self leadership must be anchored in a deep understanding of self-alignment and energy management. This talk is a mirror that reflects your own patterns, a nudge to rise above them, and a wake-up call to lead yourself with courage, clarity, and compassion. It's ideal for women determined to elevate their leadership presence at work or to reinvent themselves beyond the workplace.

KEY TAKEAWAYS

- Recognize the Trap of Outcome-Chasing – Understand how the relentless pursuit of external success can disconnect women from their authentic selves.
- Anchor in Self-Alignment – Discover how aligning with your values and identity is essential to sustain presence and purpose.
- Master Energy Management – Learn how to protect and channel your energy to avoid burnout and stay resilient in the face of competing demands.



Now I see a **calm, strong, confident** young man striving for heights and ambitions he once thought were impossible...

SAN

I have the tools and techniques to manage my mental health for the rest of my life....

LAHAR



ora Human
Inner Agility For Change Makers