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Dr. Neda Amani is on the vanguard of preventive health care and the human potential movement. She has been practicing medicine for over twenty years. A graduate of the University of Toronto School of Medicine, she completed her Bachelor of Science degree in Biology at the University of North Carolina in Chapel Hill as a Morehead Scholar.

Her preventive medicine approach has proven highly effective within the most stressful environments and with the most challenging of clientele – immigrant women, first responders, leaders and executives, socially and economically marginalized individuals. Her approach includes both modern medical and ancient health care practices, treating the patient as a whole person. She treats physical and mental health as one connected entity. She looks at lifestyle, cultural and family connections to symptoms. Her work optimizes the body and mind's natural ability to heal itself. The results are transformative -- for the patient, the health care profession and our societies at large.

More than just a doctor, she guides her patients onto a path of optimum mental and physical health. And she has determined that the best way forward is a team approach, harnessing the expertise of medical doctors, psychologists, registered dietitians, physiotherapists, massage therapists and yoga instructors into a full health care solution. This team approach was the genius of the Real You Program which she launched within the Ottawa Police Service (OPS) in 2006. Since its inception, over 800 leaders, officers and civilian members of the OPS have been through the program with high success rates, transforming her clients' health, lifestyles and outlook on life.

Building on the success of her work with the OPS, Dr. Amani recently opened Amani Health, a prototype Health Centre of the future, today, in Ottawa Canada where she is now offering a full range of preventive health services to first responder and public safety organizations, corporations, government departments, as well as to individual patients seeking peak performance. A special focus is given to healing the leadership of large organizations. When leaders are healthy, they become the catalyst for quick change within their organizations and communities.

With a passion for health and helping people achieve their full potential, and with her enthusiastic and effective approach, Dr. Amani has successfully helped thousands of individuals overcome their issues with physical and mental illness, improve their health and quality of life, and prevent disease using nutrition education, exercise prescription, cognitive behavioral therapy, mind-body, and integrative medicine.

Her love and human centred approach to caring for others has led her to be a sought after speaker, facilitator and guide to leaders and executives from various government organizations and private corporations where she has supported the transformation of the organization through the transformation of the individuals' health and well being at all levels of leadership.

Dr. Amani is passionate about the potential to create a more healthy, healthy and just society through individual health and life transformation which will radiate out to families, workplaces, and ultimately, organizations and corporations serving our collective health and healing potential.

EMPLOYMENT HISTORY

- 2011-2020 **The Real You Ottawa Police Wellness Program**, *Ottawa Police Service*, Ottawa, ON
Development, oversight, and delivery of a unique customized comprehensive wellness program for over 800 members of the Ottawa Police with a multidisciplinary team. Provide comprehensive patient care to all participants of the Program, in addition to coordinating the team communications for each participant.
- 2000-2011 **Family Physician**, *Private Practice*, Toronto & Ottawa, ON
Met with patients of all ages, providing personal, comprehensive, and continuing health care, with a focus on disease prevention and health promotion.
- 2005-2006 **Medical Assessment Officer**, Therapeutic Products Directorate, *Health Canada*, Ottawa, ON
Worked as a medical reviewer in the Cancer Drugs Section
- 2002-Present **The Real You/Amani Health Founder and CEO**, Ottawa, ON
Developed and delivered a multidisciplinary healthcare program committed to helping to educate and support the public & organizations with holistic health promotion, disease prevention and realization of their human potential. Responsible for continuous development and expansion of the Real You Program and Amani Health institution globally through educational and entertaining video, film and social media content.
- 2000-2020 **Co Founder & CEO**, *Avicenna Health Centre*, Toronto, ON
Family and specialist medical clinic servicing largely immigrant population.

EDUCATION

- 2000 **Certificate of the College of Family Physicians of Canada**
- 1998-2000 **Post-Graduate Training in Family Medicine**
St. Joseph's Health Centre
University of Toronto
- 1994-1998 **Doctor of Medicine**
University of Toronto
- 1990-1994 **Bachelor of Science**
Biology, Chemistry Minor
University of North Carolina at Chapel Hill

PROFESSIONAL SPEAKING AND PUBLIC APPEARANCES

- 2020 **Royal Bank of Canada**, National and Toronto Offices
- Was asked to present numerous Resiliency, Health & Wellness presentations and conference calls with over 900 RBC employees at all levels of management and leadership across Canada supporting them and their management to cope with stress and optimize their health during outset of Covid pandemic
- 2019-2020 **Canadian Bank Note**, Ottawa ON
- Comprehensive Executive Health Programming
 - Multidisciplinary Wellness Workshop series to support employees' health, wellness and resiliency during Covid pandemic
- 2019-2020 **Daybreak Non-Profit Housing**, Ottawa ON
Pilot: Living a Healthy Lifestyle Program
- Worked collaboratively with Daybreak employees, Amani health administrative and clinical team to develop an innovative and collaborative Pilot of the Real You Program for 4-6 residents who were selected based on need and interest. Daybreak offers a supportive community living environment to single adults committed to helping them rebuild their lives. The Daybreak Real You Pilot program included multidisciplinary health and wellness services to individual participants as well as a series of workshops covering the Foundations of Health, including food and movement as medicine, positive psychology and mindfulness education and support, massage therapy and education, comprehensive medical and preventive health screenings. The goal of the pilot was to create the foundations for Living a Healthy Lifestyle Program for Daybreak residents to optimize their health, prevent disease and help them keep out of health and life crisis situations. The Pilot program was funded through a grant from the Community Foundation of Ottawa.
- 2017-2019 **Executive Development in Policing Program**
Prioritizing Self-Care for Real Leadership
Canadian Police College, Ottawa ON
- Prepared and delivered 3-hour sessions, with Amani Health multidisciplinary team, to police leaders from across Canada and international delegates exploring their resilience as an executive leader with a view to move from a surviving to thriving state with a focus on all aspects of well-being – physical, emotional, mental, and spiritual. Within the context of law enforcement reality, explored with participants their resilience in the workplace and highly stressful situations such as being in a highly volatile environment locally or internationally
- 2016 **Ottawa Police Senior Staff Sergeants and Managers Meeting Nov 3rd 2016**
Guest Speaker: Health & Wellness: Impacts and benefits to the individual and the organization including “how-to” strategies for making time for wellness
- 2015 **All In A Day, CBC Radio Ottawa May 15th 2015**
Guest: Interview on the Real You Program's impact on overall wellness and mental health within the Ottawa Police Service

- 2015 **Canadian Chiefs of Police & CMHC Conference of Mental Readiness Feb 18th 2015**
Guest Speaker: Strategies for Psychological Health and Safety in Police Organizations
- 2014 **Building Healthier Workplaces Conference October 23rd 2014**
Keynote Speaker: Making Resiliency a Reality: Creating an Adaptable Organizational Culture
- 2013 **Executive Development in Policing Conference November 25th 2013**
Canadian Police College, Ottawa ON
Guest Speaker: Taking Care of the Leader: The Real You
- 2013 **Canadian Chiefs of Police Meeting January 2013**
Canadian Police College, Ottawa Ontario
Guest Speaker: Real You Ottawa Police Wellness Program 2011-2012
- 2012 **Police Fitness Personnel of Ontario Conference April 25th 2012**
Ontario Police College, Aylmer West Ontario
Guest Speaker: The Real You Ottawa Police Wellness Pilot Program 2011-2012
- 2011 **Ottawa National Women's Show**
Guest Speaker: Health Promotion & Cosmetic Medicine
- 2009 **15th Annual AFPA-American Fitness Professionals and Associates Fitness, Personal Trainer & Mind Body Conference, Ocean City, Maryland USA**
Guest Speaker Three Seminars:
1. *Diabetes Prevention & Treatment w/Natural Methods & Nutrition*
2. *Exercise and Mental Health*
3. *Foods to Prevent Cancer*
- 2009 **Ottawa Police Service, Ottawa**
Presenter Workshop Series:
The Real You, in conjunction with the Health, Safety & Lifestyles Section of the OPS, provided healthy lifestyle educational workshop to approximately 110 members of the Communications Centre.
- 2007 **CSIEA-Ottawa in partnership with the Canadian Cancer Society:**
Guest Speaker: Exercise for Cancer Prevention
- 2005 **Canadian Cancer Society: Forum on Prostate & Testicular Cancer, North York**
Guest Speaker: Exercise & Cancer Prevention
- 2005 **Canadian Cancer Society: Taking Steps Against Breast Cancer 5km Walk, North York**
Event Speaker: Exercise & Prevention of Breast Cancer
- 2005 **Canadian Iranian Medical Association Meeting, North York**
CME Speaker: Physical Activity & Diabetes

- 2005 **Life Fest Show**, Toronto
Live demonstrations on the technical aspects of Botox Cosmetic injections.
- 2003 **New You Show**, Toronto
Guest presenter: The Real You: How to achieve a healthy you through lifestyle change.
- 2002 **20/20 ABC News**: Interview on Ethnic Sexual Norms and Practices
- 2001 **CTV**: Interview discussing implications of Hymen Reconstruction amongst ethnic populations.
- 2001 **City-TV**: Medical Guest: Presented a two-part presentation on clinical depression: diagnostic features and treatment options for patients.
- 2001 **1040 AM Radio**: Medical Guest on Iranian local program: Presented an educational discussion on the Influenza virus and the Flu season.

PROFESSIONAL & COMMUNITY ACTIVITIES

- 2017-Present **Board Member: Youth Services Bureau Foundation Board of Directors**, Ottawa, ON
Involved in planning and executing fundraising activities for Youth Services Bureau.
- 2007-2020 **The Real You: Ottawa Police Service**, Ottawa, ON
Development and delivery of customized workplace wellness program including individual and group sessions with a multidisciplinary health team providing assessment, education and counseling for employees on disease prevention and health promotion through nutrition, physical activity, stress management, mindfulness, work/life balance.
- 2010 **2010 Olympic Torchbearer**
One of 20 Canadian physicians chosen to be a torchbearer for the Vancouver 2010 Olympic Torch Relay. Six hundred physicians were nominated by their colleagues and a committee selected the final 20 based on their work to motivate and help others live a healthy and active lifestyle.
- 2003-2005 ***Get Your Move On***, Leadership Committee Member, Toronto, ON
Physician Representative for The College of Family Physicians of Canada
- 2003-Present **Physician Champion for Ontario for Active Living**: Representing Ontario for DPAL (*Doctors Promoting Active Living*)
A national organization created by the College of Family Physicians of Canada to promote physical activity nationally.
- 2003 **Miss Iran Pageant Selection Committee**, Toronto, ON
- 2004-2008 **Canadian Iranian Medical Association**, Vice-President
- 1999-2000 **Primary Care Reform Committee**, *Family Medicine Representative*, Toronto District Health Council, Toronto, ON
- 1998-1999 **PAIRO**, *Member at Large*, Toronto Family Medicine Representative, Toronto, ON

- 1997 **Medical Alumni Rural Scholarship Selection Committee**
Class of 1999 Selection Committee, Faculty of Medicine, University of Toronto
- 1996-1997 **Faculty of Medicine Coffee House, Vocalist**, University of Toronto, Hart House
- 1996 **Complementary Medicine Symposium, Founder and Co-coordinator**
The first Annual University of Toronto, Faculty of Medicine sponsored event, organized to introduce and explore areas of complementary medical practices to medical students and the general public.
- 1996 **Education Video on HIV/AIDS & Sexuality for Medical Students in Canada, Student Co-coordinator.** A project by Memorial University, Newfoundland, in collaboration with the University of Toronto.
- 1995-1998 **Board of Examiners (Promotions Committee), Elected Student Representative**
Faculty of Medicine, University of Toronto
- 1995-1997 **Student Accreditation Task Force, CHAIR**
Medical Student Coordinator for the 1997 Accreditation of the Undergraduate program.
Faculty of Medicine, University of Toronto
- 1995 **Political Debate On Health Care In Ontario, Chief Co-coordinator**
Guest Speakers: Jim Wilson, Francis Lankin and Carolyn Bennett.
Faculty of Medicine, University of Toronto
- 1995 **Faculty of Medicine Open House '95. The Mock Emergency.** University of Toronto
- 1995-1996 **Medical Society. Vice-President Curriculum**, University of Toronto
- 1995-1996 **Student Curriculum Evaluation Committee. Chair**, University of Toronto
- 1994-1996 **Undergraduate Medical Curriculum Committee (Faculty Committee), Elected Student Representative**, University of Toronto
- 1994-1996 **Health Care Issues Committee, Co-founder & Co-chair**, Faculty of Medicine.
University of Toronto
- 1992-1993 **Health, Fitness and Stress Management Program, Peer Counselor**, UNC Student Wellness Center, Chapel Hill
- 1992-1993 **Golden Key National Honor Society, President**; Initiated the first chapter of this national honorary society at UNC, Chapel Hill
- 1992-1993 **H.E.F.T.Y. (Health Enlightenment for the Youth), Founder and Chair**
A program created to introduce science and health issues to elementary school students by university students. UNC, Chapel Hill
- 1990-1994 **North Carolina Fellows Program.** A four-year leadership development program and member of the program's Executive Advisory Board. UNC, Chapel Hill

- 1990-1992 **North Carolina Community Action Summer Program, Coordinator.**
A program designed to provide opportunities for university students to pursue service-oriented summer internships in the local community. UNC, Chapel Hill
- 1991 **Council for International Health: AIDS Department**
Summer intern: three-month term
Washington, DC
- Writing, editing and layout: *NCIH AIDS Newsletter* (monthly)
 - Organizing, planning and reporter: 25th International Conference on Health and the Environment
- 1991 **Orlando State Attorney's Office.**
Summer intern: three-month term
Orlando, Florida
- Acquisition and compilation of data looking at the demographics of repeat criminal offenders.
- 1989 **SHAD fellowship: University of British Columbia**
Selected as a SHAD fellow in July of 1989 at University of British Columbia. SHAD is a charity that empowers exceptional high school students to recognize their own capabilities and envision their extraordinary potential.

SCHOLARSHIPS AND AWARDS

- 2012 **Nominee: 2012 Mercer Vision Awards**
In conjunction with the Ottawa Police Service, for the Real You Ottawa Police Wellness Pilot program.
- 1998 **Dr. B. Anne Beattie Award**
Presented to a fourth-year graduating student at convocation, who is planning to enter a Family Medicine Residency program and has demonstrated compassionate and humanitarian qualities best exemplifying the life's work of the late Dr. Anne Beattie.
- Mary L. Cassidy Award**
Presented at convocation in recognition of outstanding contribution to extra-curricular activities.
- Dr. Delbert S. Hoare Award**
A Medical Alumni Association Award presented to a fourth-year graduating student.
- Medical Society Award**
Presented at convocation to graduating students who have made outstanding contributions to the undergraduate program throughout their four years of training.
- 1997 **Dr. Alan E. Gross Scholarship**
Presented in recognition of academic excellence in third or fourth year of clerkship.

- 1996 Medical Alumni Northern Elective Summer Scholarship**
First University of Toronto funded award to pursue clinical experience in a remote community.
- Harry Whittaker Memorial Award**
Peer-selected award to a medical student best exemplifying the personal qualities and achievements of the late Harry Whittaker in providing practical, sensitive and friendly guidance for classmates and demonstrating concern for student welfare.
- Mary L. Cassidy Award**
Presented in recognition of outstanding contribution to extra-curricular activities.
- 1995 Dr. and Mrs. M.A. Pollock Award**
Presented for high academic standing in the first medical year.
- Robert M. Sklar Memorial Scholarship**
In recognition of superior academic performance, proficiency in clinical skills, and personal qualities of leadership, compassion, and sensitivity.
- 1990-1994 John Motley Morehead Scholarship** (\$76,000 over four years)
Full merit scholarship awarded for character, leadership, academic achievement, and athletic ability to four students in Canada providing full funding for undergraduate study and summer internships at the University of North Carolina. Chapel Hill, North Carolina.

PUBLICATIONS

- 2010 **Smart Learning Module 4B: Helping Adopt Healthier Lifestyles, University of Ottawa**
Co-authored a course curriculum for Centre for Integrative Medicine, Faculty of Medicine, University of Ottawa
- 2007 Amani Golshani, N. Exercise and Diabetes *Fitness Business Canada*
- 2007 Amani Golshani, N. Exercise for Mental Health *Fitness Business Canada*
- 2006 Amani Golshani, N. Exercise as Medicine *Fitness Business Canada*
- 2003 Amani, N. et al. Exercise Prescription in Primary Care: Poster Presentation, *Family Medicine Forum Calgary*
- 1998 Amani, N, and Parikh, S. Family Medicine. In Abraham M, Appelby M, 1998 *MCCQE Review Notes and Lecture Series*, 14ed.
- 1997 Mailis, A., Amani, N., Umana, M., Basur, R. and Roe S. Effect of intravenous sodium amytal on cutaneous sensory abnormalities, spontaneous pain and algometric pain pressure thresholds in neuropathic pain patients: a placebo-controlled study. II. *Pain*. 1997 Mar;70(1):69-81.
- 1997 Amani, N. Smooth Rock Falls: A Rural Experience. *The Medical Graduate Notes*.

CERTIFICATIONS & ADDITIONAL TRAINING

2017	<i>Trauma Sensitive Yoga Training</i>
2002	<i>Cognitive Therapy Workshop, Dr. Padesky</i>
2000	<i>Cognitive Training Summer Institute, Toronto Hinck's</i>
1998	<i>Padi <u>Open Water Diver</u> Certification</i>
1990	<i>Outward Bound <u>Mountaineering & Rock Climbing</u></i>
1988	<i>FOLP <u>Fitness Trainer</u> Certification</i>

PERSONAL INTERESTS

- *Coffee & Comedy*
- *Poetry & Creative writing*
- *Yoga*
- *Healing Arts*
- *Singing/dancing*
- *Cooking*
- *Nature Photography*