



# FemLightenment

SERIES | 2025/2026

The FemLightenment Series is designed to bring those who identify as women together to share their experiences in educational leadership.

**Virtual Winter Session 3** – January 20, 2026  
meeting from 6:30-7:30 pm is presented by  
Dr. Shahana Alibhai, MD, CCFP.

As part of the series, facilitators will be invited to share resources, strategies and practical ideas that participants can use to support their practice.

## Teaching in the Tension: Finding Clarity and Calm When Everything Competes for Your Time

Teachers give so much of themselves to everyone else that it becomes easy to miss the early signs of their own exhaustion. In this session, Dr. Shahana brings a compassionate and practical lens to the realities of burnout in education. Together we explore why chronic overload happens, how competing responsibilities drain cognitive and emotional bandwidth, and what small but powerful interventions can restore a sense of control. This is a supportive space to reconnect with purpose, recalibrate expectations, and walk away with strategies that help you feel steadier in the middle of constant demands.

**DATE: January 20, 2026 TIME: 6:30-7:30 pm**

**TO REGISTER CLICK [HERE](#)**



### DR. SHAHANA ALIBHAI

Professional speaker, family physician and mental health expert

TEDx speaker, bestselling author, and powerhouse in the field of emotional health. As a dedicated family physician and Medical Director at Foundry Abbotsford–British Columbia's largest youth health centre– Dr. Shahana has made it her mission to empower others with the tools to navigate their emotional well-being. Passionate about education and outreach, she created the groundbreaking “Think Like a Doc” program, where students step into the shoes of a physician, learning about both their physical and mental health. She has also contributed to global mental health initiatives, volunteering her time to support communities in developing nations like Nepal.

Beyond her work in medicine and advocacy, Dr. Shahana is a proud mom to three energetic young boys who keep her on her toes and continuously teach her the true meaning of patience, resilience, and joy. Balancing a thriving career with the beautiful chaos of motherhood, she brings a refreshingly real and relatable perspective to her audience.

With a unique ability to blend science, storytelling, and real-world strategies, Dr. Shahana leaves every audience inspired, informed, and ready to feel better.