

# Dr. Irum Tahir

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*Self-starter leader speaking globally on self-development, business success, practice management, integrating Chiropractic and MD/ OB relationships as well as managing teams in the workplace. Successful consultant advising clients from small businesses to seven figure companies towards reaching goals, gaining success, transforming subconscious beliefs, streamlining processes and growing revenue. CEO and business owner of High Point Chiropractic Wellness, a dynamic, multi- Doctor business that is the busiest practice in Syracuse, NY & the #1 Pregnancy Chiropractic practice in Upstate NY & Washington, D.C. Growing leader and sought after speaker in the Chiropractic and international communities. Collaboration with diverse clients, cultures and professions. Working to bring the fundamentals of success, leadership, and health worldwide.*

## **Leadership & Business Experience**

**High Point Consulting & Management Ignite the Spark Owner, Consultant** January 2013 – Present  
Worldwide

- Using high energy, focus and passion, combining business , personal development & subconscious mind strategies to empower CEOs, for greater success, increasing revenue and changing lives.

**My Pregnancy Practice: Owner, Lead Teacher** September 2019- Present

- 8-week course created specifically on improving skills with Prenatal and Postpartum Care, working with OB/GYN's and Midwives in Medical / Chiropractic Collaboration, improving patient and birth outcomes with Chiropractic care. Alumni Group Coaching; Individual Coaching

**High Point Chiropractic Wellness: Chiropractor, CEO, and Owner (011-407)** April 2007 – Present  
Syracuse, New York – Annapolis, MD

- Owner, Directing Manager, and CEO of a multidisciplinary wellness center leading a team focusing on helping patients and communities gain optimal health.

**Care Credit: Consultant, Speaker, Teacher** 2021-2022

- Worked closely with Care Credit to create, market and implement webinars and printed publications on Leadership, Sales, MD Referrals and Collaboration with a diverse array of providers

**World Congress of Women Chiropractors: Past President** 2013- Present

**New York Chiropractic Council: District President** 2014- 2018

- District President

**Palmer College of Chiropractic: Extension Faculty** 2008-2009

- Clinic Abroad in Madagascar and India

**Parker College of Chiropractic: Presidents Advisory Council** 2015

**IMANA: Medical Mission to Jordan working with Syrian Refugees**  
2017,2024 (June), (Dec.)

## **Honors & Distinctions**

October 2011: Named one of the top 100 Entrepreneurs under 30 years of age in the United States by the Kauffman Foundation and the Obama administration.  
October 2013: Honored for Entrepreneurship in Healthcare at the UN by Empact Foundation  
January 2014: Named *Woman of the Year* in the Chiropractic Profession  
October 2014: Honored as one of the Top Entrepreneurs at the United Nations  
October 2018: Honored as Top 40 Under 40 Entrepreneurs in Central New York  
January 2021: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY  
January 2022: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY  
October 2022: Excellence in Healthcare award – *High Point Chiropractic Wellness* as Facility of Distinction  
January 2023: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY  
January 2024: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY  
January 2025: *High Point Chiropractic Wellness* Named Top Chiropractic Practice in Central NY

## **Education**

**New York Chiropractic College** 2004-2007  
Doctor of Chiropractic

**Binghamton University** 1998-2001  
Bachelor of Arts *History, Middle Eastern and N. African Studies*

**Webster Technique Certified** 2008-Present

## **Speaking Experience**

October 2011: Selected to speak at the **White House** on Entrepreneurship. Washington, DC  
January 2012: NYCC students *Love your purpose live your passion through Chiropractic* Seneca Falls, NY  
October 2013: Syracuse University *Business Growth & Development* Syracuse, NY  
April 2014: New York Chiropractic Council, *Business Success* Syracuse District Syracuse, NY  
June 2014: Parker Seminars *Success in Practice* Charleston, SC  
October 2014: Empact Honoree: **United Nations** *Business Success and being a CEO* New York, NY  
Selected to speak to Entrepreneurs & CEOs at the United Nations New York, NY  
October 2014: Parker Seminars, Parker Homecoming Dallas, TX  
January 2015 Parker Seminars: *WCWC: Women in Chiropractic* Las Vegas, NV  
March 2015: “4 P’s for Practice Success” Chiropractors Association of Hong Kong Annual Meeting Hong Kong  
March 2015: “Strategies for Success/ Patient Management” All Day Workshop Hong Kong  
April 2015: Onondaga County: Physicians Series *Nutrition; Stress Management; Chiropractic* Syracuse, NY  
April 2015: WISE (Women in the Spirit of Entrepreneurship) *Empowering Your Business* Syracuse, NY  
April 2015: Onondaga Community College *Stress Management* Syracuse, NY  
May 2015: NYCC Midyear convention, *Chiropractic Success in Practice* Verona, NY  
June 2015: Parker Seminars: *Why Parker Seminars* Chicago, IL  
July 2015: NY State Mental Health Professionals, *Mind –Body Connection* Keynote Speaker Syracuse, NY  
September 2015: “Breaking through your fears. Unlimited Success” Chiro Passion Consulting Syracuse, NY  
September 2015: NY Council District 9 *Success in Chiropractic Practice* Utica, NY  
September 2015: NYCC Homecoming, Seneca Falls NY  
October 2015: Life Vision Keynote Speaker *Love your Purpose, Live your Passion* Atlanta, GA  
October 2015, 2016; 2017: NYCC Keynote Speaker: *Success in Practice* Seneca Falls, NY  
November 2015: TED TALKS “[How to change limiting beliefs for more success](#)” ( 600K+views) Normal, IL  
January 2016: Parker Seminars: *The Chiropractic Dream Team* Las Vegas, NV  
May 2016: Parker Seminars: *Super Charged Teams get 2X the Results* Pittsburgh, PA  
Feb. 2017 Australian Spinal Research Foundation: Annual Conference *Aligning Humanity* Brisbane, Australia  
April 2017: Dead Chiropractic Society, Billy De Moss *Aligning Humanity* Newport Beach, CA  
May 2017 Chiro Sushi Seminars: *Keynote Address* with Grant Cardone Las Vegas, NV  
July 2017: IMANA- Medical Association: *Chiropractic and Medicine* (CME credits) Barcelona, Spain  
October 2017: New York Chiropractic Council *Aligning Humanity* New York, NY

March 2018: Elite Chiropractic Coaching	<i>Success in Practice</i>	Newport Beach, CA
August 2018: Southern Chiropractic Conference	<i>Building A Successful Practice</i>	Nashville, TN
October 2018: Elite Chiropractic Coaching	<i>Becoming Unstoppable</i> (the only female speaker)	Chicago, IL
October 2019: Parker Seminars: <i>How to Build the Largest Practice with a Rock Star Team</i>		Dallas, TX
January 2020: Parker Seminars: <i>How to Build the Largest Practice in your City with MD Referrals</i>		Las Vegas, NV
January 2020: Parker Seminars: <i>Marketing: How to Position Your Practice as the Go-To Expert</i>		Las Vegas, NV
January 2020: Parker Seminars: <i>Facilitated CA Panel: Pearls of Wisdom: Learning from 120 years</i>		Las Vegas, NV
February 2020: Foundation/Chiropractic Progress: <i>How to build a Practice with M.D. Referrals</i>		Webinar
June 2020: ChiroHealth USA: <i>How to Grow Your Practice with Medical Doctor Referrals</i>		Webinar
October 2021: Maryland Chiro. Association: <i>The Science, Art &amp; Practice of Prenatal Chiropractic Care</i>		Annapolis
May 2022: Connecticut Chiro. Association: <i>The Science, Art &amp; Practice of Prenatal Chiropractic Care</i>		New Haven
July 2022: IMANA Medical Conference: <i>Chiropractic &amp; Co-Management of the Pregnant Patient</i> (CME)		Georgia
August 2022: Syracuse University: <i>Mind, Body and Spirit of Health &amp; Wellness</i>		Syracuse, NY
Feb 2023: Parker Seminars: <i>The Science, Art &amp; Practice of Prenatal Chiropractic Care</i>		Las Vegas, NV
June 2023: Parker Seminars: <i>A Labor of Love; Growing a Prenatal Practice</i>		Orlando, FL
August 2023: Life Chiropractic College West: <i>THE WAVE: Prenatal Care+ OB Referrals</i>		Hayward, CA
September 2023: Kentucky Association of Chiropractors: <i>The Science, Art &amp; Practice of Prenatal Care</i>		Kentucky
Oct 2023: Parker Seminars: <i>How to Accelerate Your Practice w New Patients from MD&amp;OB's</i>		Dallas, TX
Oct 2023: NY Chiropractic Council: <i>The Science, Art &amp; Practice of Prenatal Care OB's</i>		NYC, NY
Jan 2024: Parker Seminars: <i>How to create a powerful patient experience through the NP Exam</i>		Las Vegas, NV
Mar 2024: Concordia: <i>Chiropractors Must Conquer Limiting Beliefs to Serve, &amp; Transform Humanity</i>		Australia
Mar 2024: Concordia: <i>Chiropractic Assistant Training</i>		Australia
Mar 2024: International Chiropractic Pediatric Association: <i>Labor of Love – Prenatal Care</i>		Reston, VA
Apr 2024: Michigan Association of Chiropractors: <i>The Science, Art &amp; Practice of Prenatal Care</i>		Traverse City, MI
Apr 2024: Chiropractic Assistants: <i>The Year of Transformation</i>		Traverse City, MI
June 2024: Parker Seminars: <i>Building an Exceptional Practice with a 5-Star Team</i>		Orlando, FL
Oct 2024: Parker Seminars: <i>Complex Pelvic Issues in Women's Health</i>		Dallas, TX
Oct 2024: Parker Seminars: <i>MD marketing</i>		Dallas, TX
Oct 2024: Parker Seminars: <i>Leadership in Healthcare</i>		Dallas, TX
Jan 2025: Parker Seminars: <i>Complex Pelvic Issues in Women's Health</i>		Las Vegas, NV
Apr 2025: Oregon Chiropractic Association: <i>How to create a powerful patient experience w Exam</i>		Portland, OR
Apr 2025: Chiropractic Assistants: <i>The Year of Transformation</i>		Portland, OR

Multiple webinars and podcasts: Prenatal Chiropractic; OB/ MD Referrals; Mindset; Practice Management

## **Press**

2011 Empact Showcase: High Point Chiropractic Wellness and Entrepreneurship: Article found at:  
<https://www.empactshowcase.com/company/1355-high-point-chiropractic-wellness-pc/2013>

2013 Binghamton University, Entrepreneurship and Chiropractic. Article found at:  
<http://www.binghamton.edu/magazine/index.php/profiles/show/irum-tahir-is-entrepreneur-and-healer>

2014: *Entrepreneur* magazine Positive Affirmations, Rebounding and Health

2016: Syracuse Women's Magazine *Cover Story*  
[https://issuu.com/eaglenewsonline/docs/swm\\_march\\_2016\\_for\\_issuu](https://issuu.com/eaglenewsonline/docs/swm_march_2016_for_issuu)

2016 *ABC News*

2018 40 Under 40 <https://www.cnybj.com/2018-40-under-forty/>

2014 Featured in *Entrepreneur* Magazine: *Daily Habits that Make You Successful In Business*

2018 *Central NY Business Journal*- Top 40 under 40 Entrepreneurs in Central NY

2022 *Central NY Business Journal*- Excellence in Healthcare Award, Facility of Distinction

## **Publications**

2015 *Business Mastery Journal*

2022 *American Chiropractor Magazine* – *A Labor of Love: Prenatal Chiropractic Care in Practice*

2022 *American Chiropractor Magazine* – *Growing Your Pregnancy Practice*

2022 *American Chiropractor Magazine*- *Leadership in Practice*

2024 *American Chiropractor Magazine*- *Importance of MD and OB referral relationships*

## **Professional Affiliations**

The International Chiropractic Pediatric Association | New York Chiropractic Council