

(short bio on second page)

Dr. Irum Tahir is a global speaker, chiropractor, entrepreneur, and business coach. Upon graduation, Dr. Tahir successfully created *High Point Chiropractic Wellness*, a family-based wellness practice that runs independently using systems for the last 18 years. The practice is known as the #1 Pregnancy Chiropractic Center in Upstate NY. Named best Chiropractic practice four years in a row and most recently awarded Excellence in Healthcare as a Facility of Distinction.

Dr. Tahir has been coaching Chiropractors and Entrepreneurs for more than a decade and most recently through the *Ignite the Spark* Consulting on creating and streamlining systems and procedures, hiring associates, using sales and marketing effectively, creating solid referral streams from Medical Doctors and managing a team based on recruiting and retention methods. An expert in prenatal and postnatal care, she has created *My Pregnancy Practice* an 8-week course to gain OB / Midwifery referrals in creating a healthy streams of prenatal and postnatal patients. She has worked with public and private organizations locally and globally to improve health conditions through Chiropractic in countries such as Jordan, India, Madagascar and Pakistan.

With a passion for Entrepreneurship combined with Chiropractic, Dr. Tahir was honored as one of the top 100 Entrepreneurs under 30 years of age in America by President Obama. She was honored at the White House and was chosen to speak on Entrepreneurship. The business model of High Point Chiropractic Wellness has been recognized at the United Nations, the only healthcare business to do so. Her TED talk on limiting beliefs in the subconscious mind has reached 600,000+ views, she uses specific techniques to access the limiting beliefs in the subconscious mind. A sought-after speaker and coach, Dr. Tahir speaks and coaches on Prenatal Chiropractic care, leadership, working with MDs/OBs, business strategy, practice growth and employee retention. She has been coaching Entrepreneurs and Chiropractors for 15 years with an emphasis on freedom in practice, growing the family wellness practice and implementing systems. Dr. Tahir helps in advancing the Chiropractic profession by being past president of the World Congress of Women Chiropractors and the New York Chiropractic Council. Dr. Tahir was named Woman of the Year within the Chiropractic profession and continues to work in the area of empowering women in Chiropractic. Find her on Instagram: <https://www.instagram.com/drirumtahir>/Facebook: <https://www.facebook.com/drirumtahir>

WWW.IGNITE-SPARK.COM

WWW.DRIRUMTAHIR.COM

{Dr. Tahir Short Bio}

Dr. Irum Tahir is a global speaker, chiropractor, entrepreneur, and business coach. She has worked with organizations in Spanish Harlem and rural Pakistan to improve health conditions and has worked in the countries of Madagascar, India and with Syrian refugees in Jordan to bring Chiropractic to thousands of individuals. **Dr. Tahir** initially began with a small solo practice, now transformed into a multi-disciplinary family wellness center known as *High Point Chiropractic Wellness* that runs independently. With multiple Doctors, the practice is one of the busiest in NY and has a focus on pregnancy & pediatrics, with multiple locations in NY and Washington DC. Most recently, the practice received a coveted Excellence in Healthcare award. A frequent speaker in the Chiropractic and Medical field, Dr. Tahir expertise is in Business development, Prenatal and Postpartum care, recruiting and retaining employees, leadership, and growing MD/ OB referrals into a healthcare practice. She has been coaching Entrepreneurs and Chiropractors for 15 years with an emphasis on freedom in practice, growing the family wellness practice and implementing systems.

Dr. Tahir was honored as one of the top 100 Entrepreneurs under 30 years of age in the US by the Obama administration. She was honored at the White House and was chosen to speak on Entrepreneurship. She has also been honored at the United Nations for Entrepreneurship in Healthcare; her popular TED talk has crossed ½ million views. Dr. Tahir was named Top 40 Entrepreneurs in the Central NY region as well as Woman of the Year within the Chiropractic profession.

Find her on Instagram: <https://www.instagram.com/drirumtahir/>

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SHORTER BIO 150 WORDS

Dr. Irum Tahir is a global speaker, Chiropractor & Entrepreneur. She has worked in Spanish Harlem, Pakistan, Madagascar, India & with Syrian refugees to bring Chiropractic worldwide. **Dr. Tahir** owns a multi-disciplinary center called High Point Chiropractic Wellness that runs independently and has multiple locations. The practice is one of the busiest in NY and Washington DC, and has a focus on prenatal care. She coaches Chiropractors to have more freedom in practice and automate systems. A frequent speaker in the Chiropractic and Medical fields, Dr. Tahir expertise is in prenatal & postpartum care, business, and practice management.

Dr. Tahir was honored as one of the top 100 Entrepreneurs under 30 years in the USA by the President of the United States & been honored at the White House and United Nations for Entrepreneurship in Healthcare. Her popular TED talk has crossed ½million views. Dr. Tahir was named Top 40 Entrepreneurs under 40, as well as Woman of the Year.

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