



Dr. Adeola Mead

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Adeola Mead is the Director at VitaliTeam Workplace Wellness and a fractional Chief Wellbeing Officer with 15+ years of clinical and corporate consultancy experience.

"Dr Mead cheerfully engaged our group into new thought and idea-sharing. Our time together shows me how powerful it is to have an enthusiastic, knowledgeable expert like her facilitate a meaningful conversation. Our event was both valuable and FUN, all because of Dr Mead."

Lenora Edwards, Seattle Ellevate Network

AS SEEN IN:



CHIEF amazon



« reverb »



American Heart Association.



SIGNATURE TOPICS

- ✓ Set & Achieve Meaningful Goals
- ✓ Implementing Therapeutic Self Care
- ✓ Holistic Burnout Prevention & Recovery
- ✓ Cultivating Mental Wellness
- ✓ Women's Wellness At Work
- ✓ Balanced Nutrition: Fueling Your Body For Peak Productivity