

TAFIQ AKHIR

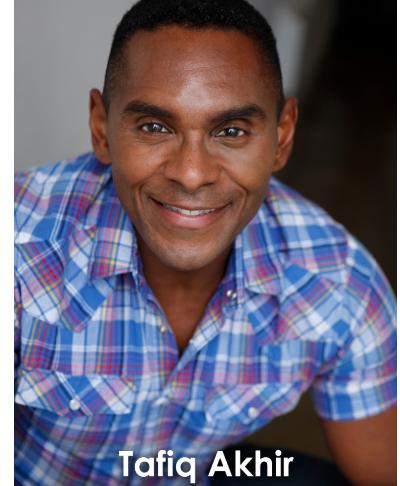
Licensed Menopause Specialist, Author, Speaker, and Host

Hello, and thank you for your interest in having Tafiq Akhir as a featured speaker at your upcoming event, conference, webinar, tv show, radio show, or podcast!

This document contains all the information you will need to decide to book Tafiq Akhir to speak at your event, as well as find all the info you need to promote and market his talk, including bios, talk descriptions, logo, headshots, interview questions, social links, references, and more.

There are many videos of Tafiq online, some large presentations, some small, and some quick video tips to see examples of his candor. For videos, go to www.tafiq.com/blog or www.youtube.com/tafiqtv

Or you can view Tafiq's Media Reel [HERE <<<<](#)



Tafiq Akhir

Tafiq can sell or not sell from the stage as the host prefers; however, we always ask that, at minimum, we can hold a drawing and/or have a display table in the room during the entire event as well to offer books and free resources (virtual too). We are open to discussing opportunities to offer the event coordinator a commission for anything we sell. We also typically promote your event to our email list and social following for more reach.

WHY CHOOSE ME FOR YOUR EVENT?

"I pride myself on delivering a unique, high-quality, highly effective, informative, motivating, engaging, and fun experience for all my audiences. I engage with my audience by asking questions, getting them to connect with one another, and taking notes on the topics I cover. I have also been known to 'spot coach' some attendees during my presentation."

Thank you for your time and consideration; I look forward to working with you!

Tafiq Akhir
Hormone, Health & Fat Loss Specialist
Speaker, Author, and Host
Please contact me with any questions or concerns:
323-413-2187
tafiq@tafiq.com



TAFIQ AKHIR

Licensed Menopause Specialist, Author, Speaker, and Host

SHORT BIO

Tafiq Akhir , is a Licensed Menopause Specialist, Speaker, and Healthy Aging Advocate. Tafiq specializes in helping women regain control of their bodies by repairing the root cause of menopause and another hormone, health, and weight management issues they have struggled with for years. And provides menopause in the workforce and healthy aging talks and programs for corporations, organizations and groups.

Tafiq has over 20 years of experience as one of LA's most trusted health and fitness experts, and for over 15 of those years, he has provided hormone, health, and weight management coaching for midlife women, so they could finally reverse illness, and improve health, boost their confidence, get their sexy back, and feel better than they have in years

150-WORD BIO

Tafiq Akhir helps menopausal women regain control of their bodies by repairing the root cause of the hormone, health, and weight management issues; so they can finally feel healthy and energetic while improving their memory, boosting confidence, improving their mood, getting their sexy back, and falling in love with what you see when you look in the mirror.

For companies, organizations, and groups he provides keynotes, workshops, eLearning, and onsite health and wellness training programs for menopause in the workforce, how to manage menopause, body confidence as you age, and more to promote inclusion, productivity, symptom relief, healthy weight loss, and a supportive working environment.

You can also find a variety covering a variety of hormone, health, and weight management videos and interview specifically for the needs of midlife women and men on his streaming channel, Tafiq TV, to help restore your health, reshape your body and renew your life.

TO LEARN MORE

CALL: 323-413-2187

EMAIL: TAFIQ@TAFIQ.COM

TAFIQ AKHIR

Regain control of your body by repairing the root cause of your hormone, health, and weight management issues.

LONG BIO

Tafiq Akhir, aka Mr. Menopause, is a Licensed Menopause Specialist, Speaker, Host, and Healthy Aging Advocate. Tafiq specializes in helping women regain control of their bodies by repairing the root cause of menopause and many other hormones, health, and weight management issues they have struggled with for years; so they finally feel healthy, happy, and hopeful that they can get back a life they didn't believe they could have again.

Tafiq has over 20 years of experience as one of LA's most trusted health and fitness experts. For over 15 of those years, he has provided hormone, health, and weight management coaching for midlife women, so they could finally reverse illness, improve health, boost their confidence, get their sexy back, and feel better than they have in years.

Along with being the producer and host of The Mr. Menopause Show, Tafiq also provides keynotes, workshops, eLearning programs, and onsite health and wellness training for businesses, groups, and organizations. His signature topics include:

- How To Manage Menopause In The Workplace
- How To Restore Body Confidence As You Age
- How To Repair The Root Cause Of Menopause Symptoms
- How To Go From Sickness To Fitness At 40 And Beyond

Tafiq is a licensed menopause specialist with the Menopause Experts Group and an executive contributor to Brainz Magazine. In addition, he has numerous continued education certificates of completion, including Understanding Hormones, How Hormones and Metabolism Change Training For Amen, and Balancing Hormones For Optimal Weight-loss, to name a few.

He also has nationally accredited certifications as a Nutrition & Wellness Consultant, Personal Fitness Chef, Health Coach, and Group Exercise Instructor.

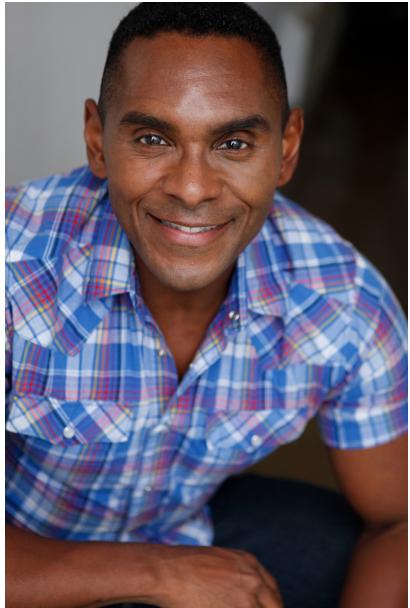
When Tafiq is not helping to restore health, reshape bodies, and renew lives, he enjoys spending quality time with his spouse Darryl and their two fur babies, Jasper and Lewie. He is also a proud member of the Board of Directors for the Boys & Girls Club of Hollywood and enjoys doing anything related to the creative arts, whether painting, designing, or taking a dance class.

TO LEARN MORE

CALL: 323-413-2187

EMAIL: TAFIQ@TAFIQ.COM

TAFIQ'S HEADSHOTS + PROMOTIONAL IMAGES



M R . M E N O P A U S E
TAFIQ AKHIR



CONTACT DETAILS



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Potential Interview Questions for Tafiq

(Focused on Menopause)

So, Tafiq, I'm sure you've been asked this question before, how does a man come to specialize in menopause?

Tafiq, you say it's important for men to be active in the menopause conversation; why do you think it's so important?

You greatly advocate for companies to include menopause training and policy for their employees. How can a company benefit by including menopause training and policy?

How does menopause policy fall under diversity, equity, and inclusion?

How can you help women find the root cause of their menopause symptoms?

How does menopause impact relationships?

If our viewers want to learn more, where can they go, and what do you offer to help with menopause and other midlife health issues?

PROPOSED SPEAKING TOPICS

The following is a list of Presentation Topics that Tafiq Akhir, founder and CEO of award-winning health and wellness company Tafiq's Physiques, speaks on to groups, organizations, and businesses in general. Tafiq can also customize a speaking experience for your event, or you can choose from one of his popular signature topics.

All of these talks are best as a keynote or 90-minute presentation; however, Tafiq offers 30, 45, and 60-minute presentations.

Tafiq always provides highly effective, time-efficient, and engaging presentations that are motivating, inspirational, and fun for all audiences. Tafiq's presentations are suitable for large corporations and executives, as well as small groups and intimate retreat settings; however, Tafiq can customize a speaking experience for your event no matter the size.

SPEAKING TOPIC #1

How To Manage Menopause In The Workplace

Nearly 20% of American women experiencing menopause have quit their jobs or are thinking about doing so because of their symptoms. Since 77% of women don't even realize they're in menopause, it's also believed that this percentage may be substantially higher.

How would you like to help your employees and colleagues manage their menopause symptoms better and have the resources and support needed to retain and attract valuable talent?

In this presentation, you'll learn the following:

- Rarely known facts about menopause and its effect on work, productivity, collaboration, and more to understand better what is happening during this stage of a woman's life.
- How to provide the support needed within the organization to prevent the loss of jobs and valued talent.
- How to openly discuss menopause issues without fear, embarrassment, or discomfort for employees or employers.
- The importance of having a menopause policy added to the organization's wellness plan.
- Different onsite and offsite coaching options to help minimize, reverse and even prevent symptoms from interfering with work and life in general.

SPEAKING TOPIC #2

How To Restore Body Confidence As You Age

It's no big surprise that as we get older, our bodies change. It's the natural progression of the aging process. It should also be no big surprise that you can control how you age. You can age poorly, or you can age amazingly. The key to aging amazingly is what most people do wrong.

The aging process has many women over 40 feeling as though they're losing control of their bodies and that, physically, everything is going downhill. Statistics also show that 83% of women say social media negatively affects their self-esteem and 39% of women compare themselves to the women they see in excellent shape online and in magazines.

In this presentation, you will learn the following:

- Why do health and physical activity tend to decline as we age?
- How to evaluate the effectiveness of your nutrition choices as you age.
- The most crucial part of exercising as you age.
- Simple solutions to reshape your body and restore your health at 40 and beyond

SPEAKING TOPIC #3

How To Eliminate The Root Cause Of Menopause Symptoms

Did you know there are more than 30 life-altering symptoms associated with menopause? More recently, it's been noted that there can be up to 60 symptoms associated with menopause. It's not just hot flashes, belly fat, and mood swings as so many people believe.

Many women with menopause are being misdiagnosed and treated for everything from fibromyalgia and depression to rheumatoid arthritis and dementia and still getting little relief from their symptoms. I'll share how to eliminate the root cause of menopause symptoms to reverse illness, shed stubborn fat, boost energy, regain confidence, and get back a life that many

In this presentation, you will learn the following:

- The four primary areas of metabolic distress that negatively affect hormones, health, and weight most often during menopause.
- Why the diets and workouts that used to work to get results are no longer working?
- A four-phase process to eliminate symptoms, reverse illness, shed stubborn body fat, and get back a life you may not think you could have again.

SPEAKING TOPIC #4

How To Go From Sickness To Fitness At 40 And Beyond

There is a broad spectrum between sickness and fitness. Sickness, as you know, is when your body and health are not in good condition. Many illnesses, diseases, and physical states can be defined as sickness. Right in the middle is wellness, where a person feels well. That would be - not bad, not good, but somewhere in the middle, just about average. On the fitness end of the spectrum is where you're physically, mentally, and emotionally healthy and fit.

Tafiq shares his own personal journey of reversing a pre-diabetes diagnosis, eliminating the need for liver medication, naturally losing 40 pounds, and fully recovering from a stroke.

In this presentation, you will learn the following:

- What metabolic health is and the importance of improving metabolic health based on your individual needs.
- How to make food choices based on your health and wellness needs.
- How to make physical activity a consistent part of your daily life.
- How to realistically live a healthier lifestyle to promote optimal health and vitality.

SPEAKING TOPIC #5

How To Maintain A Healthy Relationship During Menopause

Women initiate more than 60 percent of divorces during their menopausal years, according to AARP. What's worse is that most women don't even realize they are in menopause, therefore, are unaware that the mood swings, depression, anxiety, lack of confidence, and lack of libido that are the cause of many of their marital issues may be primarily caused by the menopause symptoms they are experiencing.

Menopause is more than a women's health issue; it is a women's life issue. It affects her mentally, physically, and emotionally which means it will affect her relationships, job, and health.

In this presentation, you will learn the following:

- How menopause affects women mentally, emotionally, and sexually.
- The importance of openly discussing menopause, especially with significant others and family members
- How family and friends can be a champion and support system so you are not suffering through menopauses alone.

SPEAKING TOPIC #6

Creating A Path For Healthy Aging

The needs of your body change during every stage of life – physically, mentally, and emotionally. During these stages, the key to optimal health and vitality is to shift and adjust based on what your body needs to thrive.

The state of your metabolic health as you age depend on whether you work with the changes happening within your body to maximize your well-being for long-term success or if you fight and resist the changes happening in your body and promote tension, resistance, breakdown, and fatigue resulting in illness and poor health.

In this presentation, you will learn the following:

- How to maximize your metabolism through functional nutrition during every stage of life.
- The best types of physical activity for strength and longevity during each stage of life.
- How to optimize your life for long-term physical, mental and emotional health and vitality.

ADDITIONAL SPEAKING OPTION

GET A CUSTOMIZED SPEAKING EXPERIENCE

Tafiq is well-versed in several wellness topics, including nutrition, fitness, healthy living, women's health, men's health, sleep improvement, stress management, healthy habit change, and more. If you want something targeted exclusively to your audience, Tafiq can customize a speaking experience, especially for your event.

AS SEEN ON

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Menopause Life

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 SPEAKER
Con

 edmunds

 Health Made Simple

 Westfield
CENTURY CITY

 HLB
HOOPER, LUNDY & BOOKMAN, PC
HEALTH CARE LAWYERS & ADVISORS

TESTIMONIALS

"I have had the pleasure of partnering with Tafiq Akhir for the past 6 years. I am constantly blown away by his depth and breadth of knowledge about health, nutrition, hormonal balance, metabolism, and fitness. We always receive exceptional feedback from the participants of his wellness presentations, telling us what a great presenter he is, and how beneficial the information is that he shares. Tafiq is professional, reliable, and an absolute pleasure to work with! I am a huge fan of everything he does and highly recommend him as a speaker, coach, and trainer."

**Nicole Mixdorf, Chief Wellness Officer,
Balance by Nature**

"Tafiq's approach and professionalism is top notch. He has definitely been one of the most comprehensive health and wellness coaches in LA! If you are looking for an A + presentation and nutrition and wellness guidance, I highly recommend him. I approve this comment."

**Pernell Wright
HR Business Consultant/HR Director**

"Tafiq's presentation on "How To Repair The Root Cause Of Your Menopause Symptoms" was excellent.

In it, Tafiq gave a clear explanation of various causes for our menopause symptoms in a well-laid-out, easy-to-understand explanation.

Further, as a fellow health coach, I can confidently write that Tafiq knows his stuff and can assist women with menopause issues.

When working with women who want to permanently release weight, Tafiq doesn't focus on the weight but instead, he puts his attention on the body healing itself. Once the body is healed, the weight naturally comes off, and the body starts to thrive!

I fully recommend Tafiq to women who are experiencing menopause symptoms."

Oralia Acosta, Health Coach

"There was so much good information I would go to this presentation a second time. Tafiq covered a variety of topics including nutrition, the critical role of sleep, listening to your body, and the difference between high and low intensity exercise."

M.L., LAX

List of Tafiq's Speaking Clients

1. Speaker Con Conference (In-Person)
2. Balance By Nature (In-Person & Virtual)
3. LAX (In-Person & Virtual)
4. Westfield Century City Mall (In-Person & Virtual)
5. Beverly Connection (In-Person)
6. Hooper, Lundy, and Bookman (In-Person & Virtual)
7. Health Made Simple (In-Person)
8. Edmunds (In-Person)

Tafiq's Television, Virtual & Radio Appearances

1. Balancing Act, An Expert Look At Fitness & Metabolic Health, Interview 2022
2. 1MD Nutrition, Board-Certified Doctors Answer Your Top Healthy Aging + Heart Health Questions, Interview 2022
3. Guru Reels, Finding The Right Fitness Studio For Your Personal Health and Fitness Needs, 2021
4. At Home w/ Victoria, Summer Fitness & Nutrition, 2016
5. Late Night Rendezvous: The Final Count Down, Healthy Living, 2016
6. Two Smart Dumbbells, TXT: Tafiq's Extreme Tabata promotion, 2012

Memberships & Organizations Tafiq Is A Part Of

1. Boys & Girls Club of Hollywood, Board of Directors
2. Menopause Experts Group
3. Online Trainer Academy
4. International Speaker Network
5. SpeakerHub
6. Tafiq's 40 Plus Club

Tafiq's Awards & Accolades

1. Licensed Menopause Specialist 2022
2. Best of California - California.com Recommended: Health & Wellness Studio 2020-2021
3. LA Hotlist Best Boot Camp 2018

Short Podcast Bio Options

Mr. Menopause, Tafiq Akhir, helps women regain control of their bodies by repairing the root cause of their menopause symptoms. Tafiq is a hormone, health, and fat loss specialist, the creator of Tafiq's Metabolic Makeover Program, Licensed Menopause Specialist, author, speaker, and host of The Mr. Menopause Show. Tafiq has been featured in the Balancing Act, Menopause Life Magazine, Health magazine, Brainz magazine, and Best Life magazine. His business Tafiq's Physiques was awarded Best of California's Recommended Health and Wellness businesses for 2020/2021. You can get more info and free resources at www.Tafiq.com/freebies

Mr. Menopause Tafiq Akhir is a Licensed Menopause Specialist, author, speaker, and host of The Mr. Menopause Show. Tafiq helps women regain control of their bodies by repairing the root cause of their menopause symptoms and struggling with hormone, health, and weight management issues to restore their health, reshape their bodies, and renew their lives. Tafiq has been featured in the Balancing Act, Menopause Life Magazine, Health magazine, Brainz magazine, and Best Life magazine. His business Tafiq's Physiques was awarded Best of California's Recommended Health and Wellness businesses for 2020/2021. You can get more info and free resources at www.Tafiq.com/freebies

Tafiq Akhir is the CEO and founder of Tafiq's Physiques and Tafiq TV. Known as Mr. Menopause, Tafiq helps women regain control of their bodies by repairing the root cause of their menopause symptoms. He also helps companies put menopause in the workplace training and policies in place for their organizations. He's the creator of Tafiq's Metabolic Makeover Program and host of the Mr. Menopause Show. Tafiq has been featured in the Balancing Act, Menopause Life Magazine, Health magazine, Brainz magazine, and Best Life magazine. His business Tafiq's Physiques was awarded Best of California's Recommended Health and Wellness businesses for 2020/2021. You can get more info and free resources at www.Tafiq.com/freebies