UK & INTERNATIONAL
HEALTH COACHING ASSOCIATION



Alpa Wagjiani

Workplace Whole Health & Wellbeing Ambassador

Alpa is a UKHCA-registered Health Coach and Ambassador, championing a shift from managing health to creating it - bringing prevention, whole-person health and wellbeing, capacity building and sustainable performance into organisational thinking and culture. She takes an integrated view, practising as a corporate wellbeing, self-leadership and transformation coach and consultant, adopting a human-centred perspective to performance, with a neuro inclusive lens.

Alongside her 1:1 coaching practice, Alpa brings 15 years of management consulting (ex-Big 4) and industry experience, working with leaders and organisations across healthcare, education, government, financial services and private equity. Her experience spans strategy, operating model design, transformation, business integration and performance.

Association of Chartered Certified Accountants (ACCA) qualified, Alpa brings commercial acumen, strategic insight and on-the-ground delivery expertise. Her approach is human-first - recognising that performance and transformation are not simply organisational outcomes to be designed and delivered, but human experiences to be understood, navigated and shaped.

Can organisations move beyond productivity as their core performance metric? It's a question many have started to explore more seriously as AI reshapes what work looks like. Alpa's thought leadership is shaped by interdisciplinary expertise, on-going research and lived experience - including her own experience of burnout. This sharpened a systemic lens: a science-backed understanding that what enables people and organisations to perform, adapt, create and grow sustainably is rarely about the individual alone, but about the conditions around them.

Her work brings together healthier people, healthier systems and unlocking human potential into the same conversation - with the ambition to create the conditions where performance and wellbeing no longer compete but co-exist.