



# Shalini Bhalla-Lucas

+254 712 094 507 (Kenya)

+44 7747 045 643 (UK)

[shalini@justjhoom.co.uk](mailto:shalini@justjhoom.co.uk)



**Mental Health Campaigner**

**TV & Radio Presenter**

**Motivational Public Speaker**

**No 1 Amazon  
Bestselling Author**

**Just Jhoom!  
Trainer & Instructor**

**Philanthropist  
& Women's Rights Activist**

**Accredited Mindfulness  
& Meditation Teacher**

**Award-winning Entrepreneur**

**End of Life Doula  
& Pranik Healer**

## ABOUT SHALINI BHALLA-LUCAS

Shalini Bhalla-Lucas is an award-winning author, entrepreneur, motivational speaker and the founder of Just Jhoom! a Bollywood-inspired dance fitness programme. She is also an accredited mindfulness and meditation teacher – teaching people highly-effective, proven techniques to help combat stress, anxiety and depression.

Shalini has taught dance and mindfulness all over the world and has had TV appearances on BBC, ITV, Channel 4, and Kenya Television Network (KTN), as well as on numerous radio stations and podcasts. She has been featured in publications such as the HuffPost, RED magazine and Top Santé discussing physical, mental and spiritual wellbeing through dance and mindfulness. She is a trained BBC radio presenter and recently presented a daily segment “5-Minute Mindfulness” on KTN, as well as writing for The Star newspaper in Kenya. She also hosts her own mental health and wellbeing show “Mindfulness, Music & More” on the Nairobi radio station Capital FM.

In July 2018 Shalini self-published “Always With You – A true story of love, loss... and hope” the memoir of her love-story with her beautiful, kind husband Jeremy Lucas who passed away in 2016 after a two-year battle with cancer. It became a No 1 Amazon Bestseller three months later. Shalini’s second book, “Online Dating @ 40 – The Nobheads, Nutjobs & Nice Guys”, a funny and candid account of the highs and lows of online dating, was published in February 2019. In March 2020 Shalini’s third book “Happiness! Is It Simply A Mindset Shift?” was officially launched world-wide on Amazon.

Shalini is passionate about mental health and continues to work tirelessly in the media to ensure better awareness of mental health issues. She is also a strong advocate for improving legislation, policies and healthcare provision.

## ADVOCACY WORK

• Widowed & Young ( <i>UK national charity</i> )	Ambassador	2020 – Present
• Ewaso Lions ( <i>Kenyan conservation charity</i> )	Director	2020 – Present
• Jeremy Lucas Education Fund ( <i>Kenyan fund for education</i> )	Founder & Director	2017 – Present
• MIND ( <i>UK mental health charity</i> )	Ambassador & Voice of Mind	2013 – 2015
• Sport England ( <i>UK government public body</i> )	Project 500 Ambassador	2013/2014
• CreateArts Ltd ( <i>UK national charity</i> )	Trustee	2008 – 2010
• StopGAP Dance Company ( <i>UK national charity</i> )	Trustee	2008 – 2010



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just **Jhoom!**  
with  
Shalini Bhalla-Lucas



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[Watch](#) Shalini share her incredible story on her TEDx talk on “The Meaning of Life” on the TEDx YouTube page



[Listen](#) to Shalini’s radio show “Mindfulness, Music & More” on Capital FMs website



[Watch](#) Shalini share her inspiring story “Death, Dating and Destiny” on the Engage Kenya YouTube page



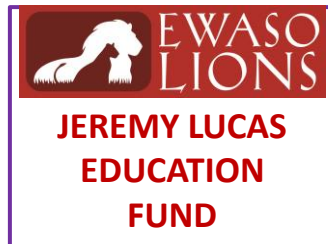
[Read](#) Shalini’s columns written for the Nairobi daily newspaper “The Star”



[Watch](#) Shalini’s series “5-Minute Mindfulness with Shalini Bhalla-Lucas”, filmed for KTN



[Watch](#) Shalini being interviewed by Catherine Mwangi on KTN talking about her books and her story



[Visit](#) the Jeremy Lucas Education Fund and learn about the work being done to support children in Samburu, Kenya



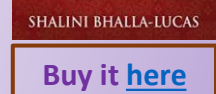
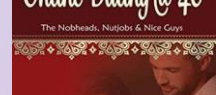
[Watch](#) Emma Willis interview Shalini on ITV for the TREsemmé Power Your Presence Masterclass



[Watch](#) Shalini talk about Reframing Beliefs on the TREsemmé Power Your Presence Masterclass



[Watch](#) Shalini’s showreel focussing on her teaching, dancing and speaking



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## WRITING

### Books

- Always With You – A true story of love, loss...and hope
- Online Dating @ 40 – The Nobheads, Nutjobs & Nice Guys
- Happiness! Is It Simply A Mindset Shift?

### Columns

- The Star (Kenya)
- Challenger & Round About UK

### Blog

- <https://www.justjhoom.co.uk/blog/>

## TELEVISION APPEARANCES

- Ebru TV (2021)
- KTN (2020)
- ITV - TRESemmé (2019)
- Fitness TV (2011 – 2015)
- Daybreak with Denise Van Outen (2012)
- Sunday Brunch (2012)
- BBC South (2011)
- ITV Midlands (2011)
- BBC North Look (2010)
- SKY Sports (2010)

## RADIO INTERVIEWS

- Spice FM (2021)
- Nairobi Capital FM (2020)
- BBC Asian Network (2019)
- BBC Surrey and South West (2019)
- Eagle Radio (2015)
- BBC Radio Manchester (2013)
- BBC Newcastle (2013)
- Colourful Radio (2012)
- BBC Asian Network (2011)
- BBC Surrey (2010 – 2013)

## SELECT SPEAKING ENGAGEMENTS

- TEDx, Kenya (2021)
- Engage, Kenya (2020)
- International Women's Day Surrey (2016)
- IAPT Therapist Convention UK (2015)
- Huff Post Roundtable (2015)
- All-Party Parliamentary Group for Mental Health (2014)
- Mind Body Spirit Festival London (2013 - 2015)
- International Fitness Showcase UK (2013)

## AWARDS

- Cranleigh & District Business, Innovation & Growth (BIG) Awards 2016
- Asian Women of Achievement Award for Arts and Culture 2013
- Business Accelerator Award through the Surrey Advertiser 2012
- Who's Who of Britain's Business Leaders 2010 & 2011
- Who's Who of Britain's Business Elite Young Business Leaders edition 2009

## EDUCATION AND PROFESSIONAL QUALIFICATIONS

- Mindfulness Teacher Training 2014
- Level 2 Exercise to Music 2010
- MA in South Asian Dance Roehampton University 2010
- MSc in Education University of Surrey 1998

## OTHER PROFESSIONAL TRAINING

- Spiritual Life Coach Certification 2021
- BBC Radio Training 2019
- End of Life Doula Training 2019
- Pranic Healing Levels 1 – 3 2016
- Diploma in Theosophy with the Theosophical Society 2016
- IANLPC-certified Level 1 & 2 Reiki Diploma 2015
- Level 3 Award in Adapting Exercise for Older Adults 2013
- Safeguarding Training Workshop 2010
- Just Jhoom! - Junior/Forever/Bhangra Jhoom 2010
- RNID Certificate in Deaf and Disability Awareness 2005