

Hello, I'm

**Vimal** {Vee-Mull}  
**Bava**

The Backpack CPA 🎒

👋 About Me:

I am a CPA with a burning passion for Mental Fitness Coaching. I am dedicated to empowering professionals to thrive in stress-free and joyful work environments.

Having personally experienced the detrimental effects of stress and anxiety on my own success and happiness I made it a mission to share my knowledge and practices with my fellow professionals.

As part of my sessions, I offer invaluable insights and actionable strategies to enhance both personal and professional lives.



Vimal {Vee-Mull}

**CPA + Mental  
Fitness Coach**

**Let's start GROWING in our human journey,  
instead of just GOING through it!**

🗣️ Speaking Topics:

- Mental fitness for busy professionals
  - The Foundations of Mental Fitness
  - Practical Mindfulness Techniques for the Workplace
  - Positive Coping Strategies for Stress
  - Building Mental Resilience Amidst Professional Pressures
- Enhancing work-life balance
  - The Importance of Work-Life Balance in Today's Professional Landscape
  - Actionable Strategies for Cultivating Balance and Avoiding Burnout
  - Nurturing Personal Well-being for Professional Brilliance

**Prior Speaking Engagements**

- Woodard Group of the Americas
- The Grove by Liscio
- Certified Professional Bookkeepers of Canada
- UK Educators Group (Eventbrite)
- Wedding MBA
- Taking Your Firm Virtual Summit

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