



Winner // TANYA MARWAHA

This award honours an employee under 30 years old who has taken it upon themselves to promote better mental wellbeing. This can be within or outside of the organisation.

Tanya Marwaha is a trailblazing youth mental health advocate, disability campaigner, and co-founder of Synkora Consulting, a youth-led EDI consultancy transforming how organisations approach inclusion and wellbeing. Drawing on her lived experience with chronic illness and mental health challenges, Tanya has become a powerful voice for marginalised communities – challenging stigma, driving systemic change, and empowering young people to lead the future of wellbeing advocacy.

Leading With Lived Experience

As the founder of Championing Youth Minds, Tanya created a peer-led mental health platform that has supported over 900 young people worldwide through free workshops, accessible resources, and open



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conversations. Her work focuses on dismantling stigma in South Asian and underrepresented communities, creating safe spaces where young people feel seen and supported.

Her advocacy has reached over 75,000 people through high-profile talks, including TEDx, the UK's first Punjabi Mental Health Summit, and World Mental Health Day in Gibraltar. Her voice has also been recognised with major accolades such as The Diana Award, UK Prime Minister's Points of Light Award, and a nomination for the National Diversity Awards—reflecting her growing global influence.



Tanya Marwaha is a youth mental health advocate

Through Synkora Consulting, Tanya partners with schools, NHS trusts, and corporate organisations to embed inclusive wellbeing and EDI strategies into real-world policy and practice. She also serves as a Trustee for Baton of Hope UK, leading the national Education Charter on youth suicide prevention, and contributes to Beyond's Youth Board, shaping national wellbeing initiatives.

Inspiring a Movement of Youth-Led Wellbeing

Tanya's work is defined by empathy, integrity, and action. Whether speaking to hundreds at a global

summit or mentoring peers one-on-one, she brings authenticity and courage to every space she enters.

Her leadership has inspired thousands of young people to speak openly about mental health and has positioned her as one of the UK's most influential youth advocates. As one testimonial perfectly captured:

"Tanya is a beacon of light in a storm many others are unsure how to navigate." ■

Judges' comments

- + Strong scaling of initiatives globally.
- + An exceptional advocate with influence across personal, strategic, and systemic levels.

HIGHLY COMMENDED

- Louise Lyons-Appiah, Beyond UK
- Mariam Elkaradia, Lucion

SHORTLISTED

- Elliot Foster, SuperWellness
- Josh Mulleary, Betknowmore UK
- Omar Salman, Bloomberg