

Founders' Choice Award Outstanding Service to Mental Health

AWARDS 
THIS CAN HAPPEN **GLOBAL.**
In association with
A&O SHEARMAN

Winner // ANITA GURU

Personally selected by the Founders of This Can Happen to recognise an individual or organisation that has made an extraordinary contribution to advancing mental wellbeing. It celebrates those whose influence, dedication or innovation has significantly shaped the mental wellbeing landscape –whether through pioneering initiatives, exceptional leadership or sustained commitment to positive change.



Anita has a remarkable ability to connect with people through authenticity, compassion and powerful storytelling.

It is a privilege to present the Founders Award to Anita Guru, in recognition of her outstanding contribution to mental wellbeing and the profound impact she has made through both her professional work and personal resilience.

What makes Anita truly exceptional is her ability to transform her own experiences of grief, trauma and PTSD into a source of hope, healing and empowerment for others. Rather than allowing adversity to define her, she has used it to inspire meaningful conversations about mental health and to help others navigate their

own challenges with courage and confidence.

As an award-winning coach, counsellor and public speaker, Anita has dedicated her career to supporting individuals and organisations in creating healthier, more inclusive and psychologically safe environments. Her work addresses vital issues such as mental wellbeing, resilience, burnout prevention, grief awareness and emotional intelligence, equipping people with practical tools to thrive both personally and professionally.

Anita has a remarkable ability to connect with people through authenticity, compassion and powerful storytelling. By sharing her lived experience, she breaks down stigma, encourages openness and creates spaces where people feel seen, heard and understood. Her message is not only inspiring but transformative, helping individuals and workplaces build cultures rooted in empathy, understanding and support.

The Founders Award recognises individuals whose leadership, commitment and influence create

lasting positive change. Anita Guru embodies these values wholeheartedly. Through her dedication to improving mental wellbeing and her tireless advocacy for others, she has touched countless lives and established a legacy of compassion, resilience and hope.

For her exceptional contribution to mental wellbeing, and for turning personal hardship into a powerful mission that uplifts others, we are proud to present the Founders Award to Anita Guru. ■

CELEBRATING EXCELLENCE IN WORKPLACE MENTAL WELLBEING