



Milan Mehta, MBChB, MRCGP

General Practitioner | NHS, United Kingdom
Founder, Success Mindset Solutions Ltd

Dr. Milan Mehta is an NHS General Practitioner with over 16 years of clinical experience and a specialist focus on stress management, sustainable performance, and clinician wellbeing. His work centres on supporting healthcare professionals and organisations in understanding the relationship between stress, recovery, boundaries, and long-term performance in high-pressure clinical environments.

Alongside his clinical practice, Dr. Mehta delivers workshops and educational programmes on physician wellbeing, burnout prevention, and workforce sustainability. He previously worked within the Academic GP Team at Keele University School of Medicine, contributing to undergraduate medical education and the training of future doctors.

Dr. Mehta has a particular interest in translating evidence-informed wellbeing principles into practical, real-world strategies that can be integrated into modern healthcare systems. Drawing on both frontline NHS experience and his work in coaching high-performing professionals, he advocates for a more sustainable model of healthcare delivery that prioritises recovery, energy management, and organisational culture as key determinants of performance and patient care.

He is also an NHS GP Appraiser and the founder of Success Mindset Solutions Ltd, through which he supports individuals and organisations in developing resilience, managing stress effectively, and achieving sustainable high performance in demanding professional settings.

