

Seema Chopra MSc

Strength and Conditioning Coach. Consultant. Researcher.

Cycle-aware. Neurodivergence-informed. Nervous system attuned.

seema@activeshakti.com

activeshakti.com

ABOUT

I work at the intersection of neurodivergent women's health, nervous system regulation, and strength training. My clinical practice reveals what health data, fitness programming, and wellbeing technology consistently miss: the highly stressed, neurodivergent woman whose body is communicating something the existing framework was never built to hear.

CREDENTIALS

- MSc Dance Science, Trinity Laban Conservatoire of Music and Dance
- Peer Reviewer, Journal of Dance Medicine and Science
- Best Poster Award, Women's Sport and Wellbeing Summit, Northumbria University 2026
- Workshop delivery, South London and Maudsley NHS Foundation Trust
- Schools programme, Alleyn's School Dulwich and Sydenham High School GDST
- Featured in Vogue India and The Independent

AREAS OF EXPERTISE

- Neurodivergent women's health and ADHD

WHAT I OFFER

Content Strategy and Advisory

Helping femtech platforms and women's health brands understand and speak to the neurodivergent female experience with clinical accuracy and authentic voice.

Speaking and Keynotes

Talks on neurodivergent women's health, nervous system regulation, cycle-aware strength training, and the missing variables in female physiology. Available for conferences, summits, and corporate events.

Workshop Delivery

Specialist workshops for organisations, schools, and healthcare settings on nervous system regulation, menstrual health, and strength training for high-performing and neurodivergent women.

Research Collaboration

Academic and applied research partnerships examining the intersection of neurodivergence, hormonal health, and autonomic nervous system regulation in women.