

IAED and UPF UK: Business Flourishing Through Employees Well-Being

Robin Marsh
March 11, 2025



'Redefining Prosperity: Business Flourishing Through Employees Well-Being'
International Association for Peace and Economic Development
Universal Peace Federation UK
March 11th, 2025

REDEFINING PROSPERITY:
'BUSINESS AND THE PURSUIT
OF HUMAN WELL-BEING'
Hosted by the
INTERNATIONAL ASSOCIATION FOR
PEACE AND ECONOMIC DEVELOPMENT
11th of March 2025 | 6pm

 **43 Lancaster Gate,**
W2 3NA - London

Featuring:



Zoë Clews
Hypnotherapist at Zoe
Clews & Associates



Kostas Kapelas
Chair of the International Association for
Peace and Economic Development, UPF-UK
Total Health Now Clinic



Bassanti Pathak
Founder & CEO at
NeuroVeda by Pathak Yoga



Giulia Selene Remondino
Founder and CEO of inGeniusly - Trainer,
Speaker, Learning Expert, Author



UPF-UK

Universal Peace Federation - UK
A Global Network of Peacebuilders

Event Video Link [Here](#)

Photo Link [Here](#)

Kostas Kapelas: Total Health Now Clinic Founder and CEO and Chair of the International Association for Peace and Economic Development, Universal Peace Federation UK. See Presentation Video [Here](#)

www.TotalHealthNow.co.uk hello@totalhealthnow.co.uk

Kostas Kapelas gave an inspiring presentation raising the importance of health in business, presenting statistics on revenue loss and increased sick leave in the UK and London. He emphasised the need for a holistic approach to health, covering nutrition, emotions, beliefs, and physical aspects, and explains how investing in employee health can improve productivity and reduce turnover costs.

Zoe Clews: Founder, Hypnotherapist at Zoe Clews & Associates See Presentation Video [Here](#)

zoeclews-hypnotherapy.co.uk info@zoeclews.co.uk

Hypnotherapy for Workplace Performance Improvement

Zoe Clews introduced herself as a hypnotherapist with 22 years of experience, specializing in anxiety, depression, and trauma, and describes her practice's diverse team of therapists and coaches. She explained the power of hypnotherapy in addressing subconscious issues that affect various aspects of life, including workplace performance highlighting that the subconscious mind, which is emotional and focused on safety, can hold limiting beliefs formed in childhood that impact adult behaviour. She concluded emphasising that hypnotherapy can be used to treat a wide range of issues, such as anxiety, phobias, and burnout, by aligning the conscious and subconscious minds and transforming unhelpful beliefs.

Bassanti Pathak: Founder & CEO at NeuroVeda by Pathak Yoga

Presentation Video [Link](#)

www.pathak-yoga.com contact@pathak-yoga.com

Neuroveda's Yoga for Workplace Well-Being

Bassanti, co-founder and CEO of Neuroveda by Pathak Yoga, presented the company's approach to improving employee well-being and productivity through yoga, breathing techniques, and meditation. She explained how these practices can reduce stress, improve physical health, and enhance cognitive function in the workplace. Bassanti emphasized the importance of tailoring programs to specific team needs and highlights the scientific basis for their methods, including the effects on brain function and stress reduction. The company's recent rebranding reflects a focus on optimizing workforce performance and improving mental health, with reported benefits including reduced absenteeism and improved decision-making skills.

Gulia Selene Remondino: Founder and CEO of inGeniusly - Trainer, Speaker, Learning Expert, Author

Presentation Video [Link](#)

Contact: ingeniusly.com/ giulia@ingeniusly.com

Gulia Selene Remondino discussed the importance of company health and the evolving definition of success, which now encompasses various aspects of life beyond financial and career achievements. She highlighted the potential for burnout and overwhelm if success is pursued at the expense of other areas. Gulia introduced a model of five stages of success, from feeling driven to feeling lost, and emphasized the need to address the root causes of these stages. They also discussed the potential of the human brain as a superpower, but noted that many people are unaware of how to use it effectively. Gulia expressed her passion to help people unlock their inner genius and transform their results.

Self-Efficacy

Gulia discussed the importance of self-efficacy and its impact on stress, job satisfaction, and ambition. She emphasized that laziness is a symptom, not the cause, of not achieving goals. She proposed a quiz to identify one's main superpowers and suggested developing foundational skills to achieve desired results.

This was followed by a time of questions and answers with the in person and online audiences.

From the organiser of the programme:

On the 11th of March we considered the importance of employees well being for sustained prosperity.

In today's rapidly evolving world, the definition of business success is shifting from traditional profit-driven metrics to a more comprehensive focus on human well-being and development. Presentations explored how businesses can thrive by placing employees' holistic well-being at the core of their strategies, creating a ripple effect of prosperity for individuals, organizations, and communities alike.



Key themes included the importance of fostering well-being economies, integrating mental health initiatives into workplace culture, and designing business models that prioritize community welfare and equity. By addressing these areas, organizations can not only enhance employee productivity and engagement but also contribute to reducing societal inequalities.

Attendees gained insights into actionable steps for creating a workplace that supports physical, emotional, and mental health, while positioning well-being as a key driver of innovation and long-term success.

Kostas Kapelas

Chair of the International Association for Peace and Economic Development, Universal Peace Federation UK

Total Health Now Clinic

Report on the Event: www.uspa24.com/bericht-25451/the-international-association-for-peace-and-economic-development-iaed.html



NEWS
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News

the International Association for Peace and Economic Development (IAED) hosted an insightful event

📅 03/13/2025, 21:08 Time 👤 Responsible Author: Aurangzeb Akbar | London

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USPA NEWS - On March 11th, 2025, the International Association for Peace and Economic Development (IAED) and Universal Peace Federation UK hosted an insightful event on the vital role of employee well-being in fostering sustainable business success.

Speakers included

Zoe Clews: Founder, Hypnotherapist at Zoe Clews & Associates

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Bassanti Pathak: Founder & CEO at NeuroVeda by Pathak Yoga

Gulia Selene Remondino : Founder and CEO of ingeniously - Trainer, Speaker, Learning Expert, Author



Kostas Kapelas: Total Health Now Clinic Founder and CEO and Chair of the International Association for Peace and Economic Development, Universal Peace Federation UK

shared their expertise on integrating holistic well-being into workplace strategies. Discussions highlighted the shift from profit-driven business models to approaches that prioritize mental health, community welfare, and equity.





Key themes included fostering well-being economies, implementing mental health initiatives in the workplace, and designing business models that enhance both employee engagement and societal well-being. Attendees gained valuable insights into creating supportive work environments that drive innovation and long-term prosperity. The event underscored that investing in employees' well-being is not just a moral imperative but a strategic advantage for businesses aiming for sustainable growth.



Aurangzeb Akbar / Investigative journalist London
Source: Ak

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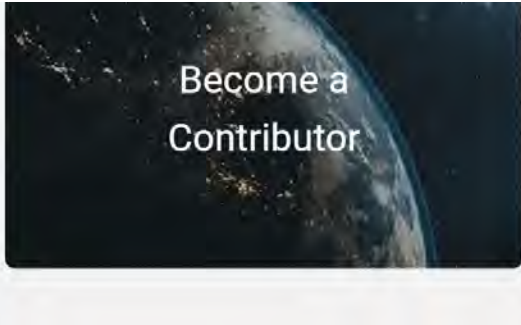
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