

WFWP Central London, UK: HerStory: A Journey to Wellbeing

Mitty Tohma
August 5, 2026



HerStory: A Journey to Wellbeing was a Women's Federation for World Peace (WFWP) Central London event created to provide women with a welcoming and supportive space to reconnect with themselves and one another. Centred around the theme "Reconnect. Reflect. Rise", the event aimed to promote emotional wellbeing, encourage meaningful conversations, and inspire personal growth through shared experiences.



The programme brought together women from diverse backgrounds to explore the importance of self-care, resilience and authentic connection. It featured an inspiring keynote address by Bindu Bodanapu, who shared valuable insights on wellbeing and inner strength, followed by a short, guided meditation that encouraged participants to pause, reconnect and find inner calm. Ena Softic then delivered a practical session on recognising and managing stress and burnout, sharing simple yet effective strategies to support everyday wellbeing. She concluded her session with a beautiful, guided meditation, leaving participants feeling relaxed, grounded and refreshed.



The afternoon also included a reflective journalling activity, inviting attendees to explore significant moments in their personal journeys, and concluded with a deeply restorative sound bath led by Jeff Bateman. Throughout the event, participants engaged in meaningful conversations, formed new connections and supported one another in a warm and inclusive environment. The event reflected WFWP's commitment to empowering women, strengthening communities and fostering compassion, resilience and holistic wellbeing.

