



## 21<sup>st</sup> CENTURY WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, POSITIVE PSYCHOLOGY & MENTAL HEALTH SUMMIT (EDITION 7)

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The frenetic pace of modern life has driven a wedge between us and the natural world. This growing divide, which has become more pronounced over the past decades, is contributing to an imbalance in our lives, affecting both our well-being and our performance in the office and in other environments. In response to this challenge, this presentation will introduce the concept of Biophilia— the innate human affinity with nature—and offer it as a transformative solution to bridge this gap. By understanding and embracing Biophilia, we can rethink how we design and interact with our environments. One powerful application is Biophilic Design, a forwardthinking approach that integrates natural elements such as light, greenery, and organic materials into our built spaces. Far from being a mere aesthetic choice, biophilic design has been shown to enhance well-being, boost productivity, and foster creativity. In this talk, strategies for incorporating biophilia into organisational spaces will be shown. The importance of open-plan spaces, individual preferences in office layouts, access to natural light and greenery, the psychological impact of colours, cultural influences, and the need for quiet areas in the workplace will also be explored. Esther Robles

## THE POWER OF BIOPHILIA FOR EMPLOYEE WELLBEING AND PERFORMANCE

**Esther Robles**

Conscious Enterprises Network, Sweden

### Biography

Esther Robles is one of the Conscious Enterprises Network (CEN) co-founders as well as being its lighthouse. Her energy and enthusiasm, especially in the realms of wellbeing and sustainability, are enormous. She is also excelling as a visionary and as such, she brings clarity and care to the concepts of these leadership required qualities. She has been studying different holistic practices to understand the human condition and various health practices such as Chinese Medicine, Ayurveda, Somatic Bodywork, Yoga, and Qigong. She is enthusiastic about supporting others to take the same journey of self-discovery and inner connection