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LIVING LIFE 2.0: Evolutionary approaches and strategies through different dimensions and perspectives for health optimization for the future of mental health, performance and well-being in the digital age



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The author has a rich and diverse background of successfully teaching innovative well-being classes, retreats and training as well as coaching and mentoring others around transition and change socially and economically, using innovative thinking and research from the fields of neuroscience and human psychology to develop strategies and alternative approaches to move with the time in human connection and performance. She has been committed to creating content + experiences that educate, inspire and invite people to question how they understand and navigate the world. Devoting the last decade to intensive studies human sciences to cultivate a deep understanding of how the brain produces movement and how movement affects everything we do. She brings a deep expertise in engaging with people of all ages and stages of life not only in person but also via social media and other virtue channels. Continuing to present her vision to create an evolving educational consultancy along with programs that looks at self-development and adaptability to promote psychological flexibility and physical well-being from different perspectives, where holistic approaches meet scientific. Her innovative approach has been born out of her in the form of three passions: science, movement and behavior using innovative research

alongside futuristic trends as different markers to address and build mental + physical awareness, resilience, by looking at early markers in behavior that can be used to raise awareness to potential mental health issues. This is done by providing and using foundational brain concepts along with noticing practices + meditations that can provide benefits neurologically and biologically for the brain, mind and body backed by empirical research. Explore the science of compassion, well-being, and human connection as a way to promote mindful and sustainable leadership, performance and adaptability personally and professionally to achieve beneficial work-life balance. Moving with the time, she also brings a committed interest in studying human psychology and behavioral change strengthened by her intellectual curiosity. Grounded in academic and real-world learning to provide the foundation for the next generation of ideas, development, and implementation

Biography

Salema Veliu has returned to the University of Cambridge as a mature student after 15 years of teaching Yoga, Yoga Therapy, Philosophy and Meditation around the world. She has graduated twice with an Undergraduate Diploma in Coaching (Psychology) and Undergraduate Certificate in Experimental Cognitive Psychology, and also completing additional studies in Molecular and Behavioral Mechanisms of Stress and the Science of Mindfulness. In addition, she has also undertaken studies with the University of Birmingham (a Foundation in Neurobiology), University College London (in Dementia), and a 6-month study period at the University of London/ Birkbeck (in Biopsychology), Evolutionary and Social Psychology, Research methods, AI + Robotics. She is a Member of the Coaching Alumni at Cambridge. She has coached on the Queens Leaders Program and regular Guest Lectures on the Undergraduate Program for coaching at the Institute of Continuing Education, Cambridge. She is a Student Affiliate Member of the American Psychological Association and a Member of the Association for Contextual Behavioral Science. Her work has been featured in various blogs and publications including "Psychologies" magazine and women's health and fitness and has been featured on BBC Radio as well "Guest Hosting" a monthly health and fitness show on a local London Radio Station.

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