

January 2025 Thrivability Matters Webinar Highlights Featuring: Lucy Howe López, Monika Kulshrestha, AND Nick Takavadii

[THRIVE Project](#) is incredibly grateful to Lucy Howe López, Monika Kulshrestha, and Nick Takavadii for their captivating and inspirational presentations during the January 2025 [Thrivability Matters Webinar](#). This webinar focused on THRIVE Project's January theme - Discoveries: Education, Employment, and Economies. Our presenters captivated us as they shared their extensive knowledge regarding this theme, promoting digital well-being in children and creating flourishing workspaces aimed towards thrivability. January's theme links to the UN's Sustainable Development Goals (SDG) 4 & 8.

Here are the highlights from our webinar!

About the January 2025 Speakers



Lucy Howe López, Deputy Executive Director at [Globethics](#), has worked for more than 35 years in the non-profit and private sectors in Europe and South America. She specialises in management, HR, communications, finance, online systems, and strategic planning.

Monika Kulshrestha is an accomplished entrepreneur, engineer, and IT professional with a passion for driving innovation and fostering business growth. Since 2014, she has successfully expanded a retail venture into a [global enterprise](#), impacting over 500 individuals and startups through her innovative training programs and initiatives.





Nick Takavadii is a Participatory Leadership and Collaboration Enthusiast. He is a member, director and co-owner of [Percolab Coop](#), a social enterprise that develops and shares new ways of working, governing and learning in service of a sustainable and peaceful future.

Summary of the January 2025 Webinar

As an organisation, [THRIVE Project](#) endeavours to guide [humanity](#) towards a more [thrivable future](#). We had the privilege of hosting these three speakers as guest presenters for our webinar.

Lucy Howe López - “What does ethics have to do with quality education, decent work, and economic growth?”

In a compelling presentation, Lucy Howe López shared how the January theme and the [SDGs](#) are [interconnected](#), plus the gaps between them. Focusing on quality education and decent work, she explores how ethics contribute to the implementation of the SDGs.

In particular, she emphasised how education and employment facilitate lifelong learning, and the importance of [teaching ethics](#) to help people coexist and co-operate with one another. These include our capacity to engage in dialogue, consensus-building, respect, and inclusion.

Monika Kulshrestha - “Thrivability in a Digital Age for Young Children.”

The second speaker, Monika Kulshrestha, focused on how our youth exist in an increasingly [digital world](#), and the need to not just focus on screen time, but to help them thrive in this digital environment. This includes fostering resilience, creativity, and a balance between the digital and physical worlds.

Rather than banning social media, her discussion highlighted how to empower young people with the tools to [use digital spaces responsibly and productively](#), moving them from mindless consumption to innovation, creativity, and meaningful connections. She discussed various strategies to this end.

This discussion highlights the importance of cultivating digital literacy alongside mental well-being, helping people navigate the complexities of both online and offline spaces. The goal is to help young people [thrive online and offline](#), fostering personal success, well-being, and positive community impact.

Nick Takavadii - “Conscious, Courageous, Creative Collaboration.”

Following our first two compelling speakers, Nick Takavadii rounded off the webinar by discussing how [thrivability](#) often focuses on external changes, while ignoring the structures and systems within workplaces that perpetuate [harm, discontent, and stress](#) at work, thus preventing them from reaching their fullest potential.

This is not only problematic for employees, but also for employers, who continue to face [challenges](#) of employee attraction, engagement and retention, skills shortages, and workforce inequality.

He highlighted the need for workplaces to undergo a conscious, courageous [mindset shift](#), and the benefits of a flat structure where everyone has an impact,

similar to nature, similar to what [THRIVE Project](#) aims to achieve. This helps provide psychological safety, equity and inclusion, effective leadership, a healthy organisational culture, and work arrangements that support autonomy and employee well-being, which he stated are crucial to reducing stress and employee turnover.

He also highlighted the 7 domains of practice from Samantha Slade's book, "Going Horizontal", discussing practical methods for developing healthy workplace cultures.

Moving Forward from January 2025

The January 2025 Thrivability Matters Webinar showcased insights from Lucy Howe López, [Monika Kulshrestha](#), and Nick Takavadii. If you missed the live event or the Q&A session, you can view the recordings on our [YouTube](#) channel or download PDFs of the speakers' Q&A responses by clicking their names below.

- [Monika Kulshrestha: Q&A PDF](#)

If you're interested in joining us after the January 2025 Thrivability Matters Webinar, there are plenty of ways to get involved. You can follow us on social media platforms such as [LinkedIn](#), [Instagram](#), and [Facebook](#). Additionally, you could subscribe to our [YouTube](#), listen to our [podcasts](#), sign up for our [newsletter](#), stay up to date with our [articles](#), attend our free [webinars](#), or even join us as a [volunteer](#) to make an even greater impact on the world.

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