



# Geneva Summit June 14 - 2025

Grand Rue 11, 1204 Geneva

Your Brain  
The Key to Transformation  
Longevity • Neuroscience • Nutrition • Creativity

Join our Community  
Workshops & Cutting-Edge Discussions  
In-Person or Online



# About Us



Elena Howarth

Co-Founder | Private Wealth Manager

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Backed by over twenty years of experience at leading financial institutions and advising ultra-high-net-worth individuals across Europe, I advance a transformative approach that elevates both economic outcomes and overall well-being by integrating neuroscience and psychology into wealth management. My vision is to develop strategies that are more human, impactful, and emotionally intelligent-where financial success and longevity go hand in hand.



Kristina Andjelkovic

Co-Founder | Health & Mental Coach

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With a background in health coaching, psychology, neuroscience, education, and intercultural studies, I take a curious, human approach to longevity and mental well-being. My journey from telling stories as a journalist to working in humanitarian settings and diving deep into health science has brought me to where I am now: helping people make sense of the science and use it in real life. Whether through nutrition, mindset, or daily habits, I want to help others feel stronger, live with more clarity, and create long but intensely lived lives.

# Who will benefit most from the Conference

Our conference is designed for a diverse and curious audience—from health professionals and educators to entrepreneurs, creatives, and lifelong learners—anyone interested in the intersection of science, wellbeing, and longevity.

We particularly aim to reach a new generation of change-makers: people who may not typically attend scientific events but are eager to understand how neuroscience, nutrition, psychology, and lifestyle choices shape their everyday lives.

By blending science with storytelling, experience, and creativity, we want to make these topics accessible, engaging, and deeply relevant—inviting attendees to become active participants in their own health and growth journeys.

# Program Covers a Wide Range Of Topics:

- Science-based tools to support emotional resilience and well-being
- How emotions and empathy influence brain health and aging
- Eastern medicine practices for balance, prevention, and longevity
- Insights into memory impairments and Alzheimer's prevention
- The neuroscience of creativity and how purpose and imagination protect the brain
- The role of sleep in brain regeneration, stress resilience, and mental clarity
- Nutrition and gut-brain health for long-term cognitive and emotional vitality
- Breathwork and movement to enhance mental clarity and aging well



# The Event

Historical building of Société de Lecture in the heart of Geneva.

Inspiring talks, real-life tools, and plenty of moments to connect, reflect, and recharge.

- PROGRAM LENGTH: 7 HOURS OF EXPERT CONTENT
- PROGRAM DETAILS: SPEAKERS + DISCUSSIONS + PRACTICES
- PROGRAM FOCUS: The Neuroscience of Longevity:  
Memory, Emotions, Nutrition, Creativity  
& Lifestyle

Coffee breaks and healthy lunch are provided in a relaxed, welcoming atmosphere, designed to nourish body and mind.





# What To Expect

## INSIGHT

Discover how neuroscience, psychology, and nutrition come together to shape our health across the lifespan. Our speakers will guide you through the latest research and real-world applications for living longer, stronger, and with greater mental clarity.

## CHANGE

Leave not just inspired, but equipped. Our experts will share practical strategies you can apply immediately—to manage stress, boost emotional resilience, and nurture a brain-body connection that supports healthy aging.

## WELLNESS

Explore the science of stress, resilience, memory, and mindful living. Understand how emotional, cognitive, and biological systems work together—and how small daily habits can have a lasting impact.

## CONNECTION

Join a diverse community of thinkers, students, professionals, and curious minds. Exchange ideas, open new perspectives, and build bridges across disciplines and generations in an atmosphere of warmth, science, and shared purpose.



# How It All Began

Our journey started with a shared passion—to create a space where science, wellbeing, and real life could meet.

Our idea grew from personal curiosity and professional experience during our studies at King's College London. We were both fascinated by how neuroscience and psychology could be translated into everyday tools for resilience, health, and emotional clarity.

Along the way, we discovered how deeply nutrition, lifestyle, and brain health are connected—and how all of this leads to one powerful concept: longevity, not just in years, but in quality of life.

With that vision, we created a unique project that bridges science and people's lives, a space where real transformation is possible.





# Contact

Geneva Longevity Summit is organised by the association **Harmony2Gather** founded by Elena Howarth & Kristina Andjelkovic.

For any questions or suggestions, please contact us directly - we're happy to connect!

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