

## PROFILE -Varvara Ioannou

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**Varvara Ioannou** is the founder of the Food for Thought Network and Director of V.I Consulting specializing in **Diversity, Women's Leadership and Health and Wellbeing Strategies and Programs**. Varvara is currently a Sessional Lecturer in the Faculty of Business and Enterprise at Swinburne University teaching the subject **Managing Diversity and Culture** in the MBA course. Varvara has 30 years of experience as an Educational, HR and Business Consultant.



As the founder of the Food For Thought Network, Varvara has been recognised for exceptional leadership with inclusion in the Victorian Honour Roll of Women, as well as a Hellenic Australian Chamber of Commerce and Industry (HACCI) award for Philanthropy and Community Contribution. With academic qualifications and extensive experience in government and NGO's, Varvara brings rigour and insight to her work. In recent years as the Employee Health and Wellbeing Program Manager and the Convener of the Women's Information Network, (WIN) at Australia Post, she has specialized in raising awareness about barriers and enablers to building high performing organisations, focussing on diversity and leadership as the key drivers.

Varvara blends academic, business and community experience to provide people and business solutions. She has her finger on the pulse of what is happening in different settings/environments and is able to recommend evidence based solutions that improve employee engagement. This has the benefits in improving productivity, morale and lowering people costs.

Varvara has a passion for creating sustainable health-promoting environments, helping organisations to understand the impact that management, leadership and organisational culture have on employee health and productivity. She is a strong advocate of diversity management and for health promotion to be situated within a larger social context that directly and indirectly influences the health and sustainability of employees and organizations. She championed a wide range of strategies and programs which have been recognised as an industry benchmark. These have resulted in partnerships with government and health bodies to deliver programs that are not only of interest to employees but impact the bottom line.

She is a natural connector and has a track record of an inspirational events manager having initiated and organized hundreds of events/programs in diverse settings. Her programs at Australia Post were oversubscribed within an hour of being publicized.

A strategic thinker, driven by her passion to make a difference, Varvara is focused on adding value to both the organisation and its people. Varvara continues to research and define the competitive position of organisations both nationally and globally in regards to leadership, diversity and employee health and wellbeing and to establish programs, which will achieve sustainable success.