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YOGA SUMMIT 2025

Yoga in the Age of Overload

Julia Hobsbawm OBE is a British entrepreneur, writer and broadcaster specialising in the future of work. She is the founder and CEO of Workathon, a global network that tracks workplace trends and aims to improve working life.

Her signature work, Fully Connected: Social Health in an Age of Overload (2017), explored how people can manage digital overload and build better networks. It was shortlisted for Management Book of the Year and established her reputation as an expert on workplace wellbeing and productivity.



Julia Hobsbawm OBE

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Hobsbawm started her career in publishing and TV research, then worked in political fundraising before co-founding communications firm Hobsbawm Macaulay in 1993. She launched Editorial Intelligence in 2005, pioneering knowledge networking, and received an OBE in 2015 for services to business.

She regularly speaks internationally on hybrid working and productivity, and writes a regular column for Bloomberg News.

In April 2025, Workathon published its first annual study, The United State of Work, and announced the World Work Organisation, a new global body focused on redefining work's future.