

Gross Global Happiness



The Presenters

&

Their Sessions



Keynote Speakers



Jamie Cabrera Ferrer

Philippines / Hong Kong
Transformation Coach & Consultant

Title: Happiness in Doses: Appreciating and Participating More Fully in the Everyday Experience of Happiness

Session Description: We often find ourselves seeking new insights on the ever-interesting topic of happiness. We look for the best definition, most effective way to achieve it, and the most interesting quest stories people share.

This is all well and good until we start to go through the semi-predictable emotional roller coaster that comes with our happiness reflection. Moving from the invigorating excitement (from all the motivating anecdotes & possibilities)...to the midpoint reality check (from realizing the gap between our present vs. ideal state of happiness)...to the low of being happiness over/underwhelmed (from being unsure about where to start or not having enough oomph to take concrete action). In this talk, I look forward to equipping us with a refreshed approach to viewing and insighting on our own happiness. Join me as we work together to recognize our happiness differently, allow for a more personal way to give it color, and to ignite the spark that will make us more present to happiness every day.

About Jamie: Jamie is a Transformation Coach & Consultant blessed with opportunities to do profound work with individuals, communities, and organizations from different walks of life in varied parts of the globe. It is as much a personal advocacy as it is a professional commitment for her to continue holding the space for others to achieve transformative enlightenment, development, and realignment.

She is known for applying a holistic approach that enables the transformation that matter most to and leaves that lasting imprint on others. She draws from a deep well of professional best practice and life experience honed by years of immersing in diverse encounters, interdisciplinary development, and extensive people studies.

She has been trained and has implemented strategy-support work comprehensively in areas including wellbeing, development, engagement, leadership, business, and service. She has likewise been schooled at acclaimed universities including Harvard-USA, Cambridge-GBR, and La Paz-CRI, has certifications in profiling tools, and is a certified NLP Practitioner & Coach; Intuitive Coach; Reiki, Theta Healing, and Energy Healing Practitioner; and a Marshall Goldsmith Leadership & Team Coach.



Nic Marks

United Kingdom

World-Renowned Statistician specializing in Happiness

About Nic: Nic Marks was once described as a ‘statistician with a soul’ due to his unusual combination of ‘hard’ statistical skills and ‘soft’ people skills. He has been working in the field of happiness, wellbeing and quality of life for over 25 years with a particular emphasis on measurement and how to create positive change. In 2008, Nic and his colleagues created the Five Ways to Wellbeing for the UK Government Office of Science. They were designed to be the mental health equivalent of five fruits and vegetables a day. They have since been widely used in the UK and globally

as a framework for promoting positive mental health. In 2010, he gave a TED talk on his work in public policy, which has now been watched over 2 million times. Nic has been applying his creative thinking to the world of work since 2012. He is the founder of Friday Pulse™ Ltd and has worked with over 1,000 organizations and teams measuring and improving their happiness at work.



Raj Raghunathan

United States

Zale Centennial Professor of Business, University of Texas at Austin

Title: The Curious Relationship Between Happiness & Success

Session Description: We all want to be both happy and successful (i.e., rich, famous, and powerful). However, we often don't stop to ponder which of these is the more important goal. In this talk, Prof. Raj Raghunathan will delineate the relationship between the two, touching on whether success is a more reliable determinant of happiness (as most people assume it is), or vice versa. Wellness consultants interested in

helping leaders and organizations lead happy and successful lives will find the talk useful and engaging.

About Raj: Raj Raghunathan is a Zale Centennial Professor of Business at the McCombs School of Business at The University of Texas at Austin. He's interested in exploring how people's judgments and decisions impact their happiness and fulfillment. Raj's work has appeared in top journals such as *Journal of Marketing*, *Journal of Consumer Psychology* and *Organizational Behavior and Human Decision Processes*. His work has also been cited in several mass media outlets, including *The Atlantic*, *The New York Times*, *Fortune*, *Forbes*, *Harvard Business Review*, *Inc*, *Fast Company*, and *The Los Angeles Times*. Currently, Raj writes about his views on happiness and leadership on his popular blog (with over 1.5 million page views), [Sapient Nature](#). His six-week long Coursera course on happiness (titled, [A Life of Happiness and Fulfillment](#)) currently has over 250,000 students from 196 countries, and was voted the [Top MOOC \(Massive Open Online Course\) of 2015, 2016 & 2017](#), and one of the [Top 50 MOOCs of all time](#). Raj also wrote a book (titled, *If you're so smart, why aren't you happy?*) that was launched in 2016 and has been translated into 13 languages. His [TED talk](#) was viewed by over 17 million people worldwide.



Tal Ben Shahar

United States

Internationally Recognized Harvard Professor & Author

About Tal: Tal Ben-Shahar is an author and lecturer. He taught two of the largest classes in Harvard University's history, "Positive Psychology" and "The Psychology of Leadership." His books in the area of Positive Psychology have been translated into more than thirty languages, and have appeared on best-seller lists around the world.

Tal consults and lectures around the world to executives in multi-national corporations, the general public, and at-risk populations. The topics he lectures on include leadership, education, ethics, politics, happiness, self-

esteem, resilience, goal setting, and mindfulness. He is the co-founder and chief learning officer of The Happiness Studies Academy and Potentialife.

An avid sportsman, Tal won the U.S. Intercollegiate and Israeli National squash championships. He obtained his PhD in Organizational Behavior and BA in Philosophy and Psychology from Harvard.

Friday, March 4, 2022

Workshops – 11:45am – 1:15pm New York Time



Clodagh Beaty United Kingdom (Citizen) / Spain (Residence)
Co-Creator & COO, Emotional Salary Barometer
clodagh@emotional-salary.com

Title: How to create a happy and fulfilling work-life for yourself and others using Emotional Salary

Workshop Description: Emotional Salary is the non-financial or emotional benefits we get from our work – autonomy, purpose, and belonging are just a few examples. It is a huge contributor to our happiness and satisfaction at work and given that, most of us spend more than a third of our waking hours at work, an essential element of our overall happiness and wellbeing.

In this interactive workshop, we'll explore each of the 10 factors of Emotional Salary using practical examples. We will go through a step-by-step process to identify what your current emotional salary level is and come up with an action plan to increase it. By the end of the session, you will have a greater understanding of what emotional salary is, an awareness of your own emotional salary and how you can increase it, and a clear framework you can use with others to help increase their emotional salary.

About Clodagh:

I am a people and organizational development expert and co-creator of the Emotional Salary Barometer, a tool that measures the emotional benefits we get from our work. I'm a passionate believer that we all deserve to feel happy and fulfilled at work, but we need to take an active role in the process. I work with organizations and leaders internationally to raise awareness of the importance of emotional salary facilitate conversations, training, and workshops that lead to real change and help co-create workplaces where everyone can thrive and feel fulfilled at work.



David Westerlund, United States
Founder, Consultant, Facilitator, Coach, Be Present Discover Joy Consulting & Coaching
david@bepresentdiscoverjoy.com

Title: Transformational Learning Through Improvised Play: Cultivating Inner Development needed for a Sustainable World

Workshop Description: *Who* do we need to be in order to flourish and be fit to face the complex challenges of our times? Even the UN has realized the need for Inner Development to meet the Sustainable Development Goals. It's imperative that we create safe and brave spaces to embody and practice essential skills such as self-awareness, sense-making, empathy and compassion, co-creation skills, and creativity.

Here's the good news - it's not only possible to learn these skills, one of the best ways to learn them is through cooperative, improvised play. Applied Improvisation is a philosophy, practice, (and a global community of practice) that takes all the juicy foundations of what makes improvisation work on stage, to worlds beyond the theater - into any place where people interact! (Yes, that is everywhere.)

In this highly interactive and playful workshop we will reflect on **who** we need to **become** to flourish, learn the basics of applied improvisation, play basic (yet potent) applied improvisation games and translate the learning into your lives, at work and at home. What if building our skills via applied improvisation (muscle memory via improvised play) was not only effective in transforming us into who we need to be to meet our the most pressing and complex challenges of our times, but also cultivate joy, happiness, and well-being in the process!?

About David:

I am a facilitator and coach with a mixture of playfulness and depth who delights in listening to leaders who want to intentionally learn, grow, and develop. I design highly interactive sessions that unlock hidden resources within individuals and teams so that they can flourish and be fit to face the complex challenges of our times.

I am known for facilitating a high level of engagement in the virtual space, so that participants do not leave feeling fatigued, but rather energized, engaged, and alive. I'm deeply grateful for the many communities of practice to which I belong that never cease to pepper serendipitous opportunities across my path. www.BePresentDiscoverJoy.com



Jagmohan Bhogal, India
Founder, Thinkfluence Academy
jags@jagmohanbhogal.com

Title: Self-Awareness: The foundation for Emotional Intelligence

Workshop Description: The fundamental stage of developing Emotional Intelligence is the stage of self-awareness. It's only after one has achieved a fair degree of self-awareness, that one is able to manage one's habits and behavior. Self-awareness is something that can be easily developed and practiced.

However, in today's fast-moving world with information overload, our mind is cluttered with unwanted noises and there is hardly any effort to recognize one's emotions and feelings. Most of the emotions in the present world are driven by the media and social media. This is the reason for increased cases of stress, depression, and suicides. There are several meditation techniques available including some guided meditations. However, the youth seem to be steering away from these techniques possibly due to a state of denial or finding them slow and monotonous. This workshop will be focused on developing self-awareness by simplifying the monitoring of thoughts. It will also be demonstrated in an experiential manner.

About Jagmohan:

I am a veteran Indian Naval Officer, with extensive experience of training and education within and outside the Indian Navy. I am a graduate in Electrical Engineering and a Postgraduate from Cranfield University (M Sc), UK.

My total experience of 30 years includes Armed Forces as well as corporate. I have worked extensively with the faculty and students in educational organizations. As an Emotional Intelligence trainer, I have conducted more than 150 workshops, both online and onsite, touching 8000 + lives, on the subject of Emotional Intelligence and Positive Thinking. My audience includes children from 13 years of age up to Post Graduate students, corporate employees, expecting mothers, senior citizens, teachers, parents, and jail inmates.

BE THE CHANGE TALKS

1:30 – 2:00pm New York Time



Jay Soorya, India
CEO & Founder of Happified
happiness@happified.life

Title: Manage your happiness to manage hypertension

Be The Change Talk Description: Hypertension is a serious public health problem throughout the world. It is estimated that 26% of world population suffers from high blood pressure and it's estimated to reach 30% by 2025. Uncontrolled blood pressure leads to heart attack and stroke in patients.

Psychosocial factors like stress have been identified as one of the most common contributory factors for high blood pressure. My team conducted a pilot study with an objective to see the effect of happiness (positive mindset) on blood pressure control.

A group of participants were selected for this pilot project which included group and individual happiness coaching for 21 days and the results were impressive in controlling the blood pressure. This upholds those proactive non-therapeutic interventions like happiness coaching has tremendous influence on disease management and overall health and wellbeing of individuals.

About Jay:

I am a physician and happiness coach from India. In my 23 years of clinical experience, I have noticed around 80% diseases have mental and emotional undercurrents contributing. Until we address the root cause of illness, disease management will be challenging and chronic. This motivated me to take different approach for disease management. Understanding the benefits of happiness on health and wellbeing will go a long way in preventing and managing diseases worldwide.



Monica Coronel, United States
President of the Saint Kolbe University
monica.coronel@saintkolbe.us

Title: Using Emotions to Gain Clarity and Make Sound Decisions

Be The Change Talk Description: I have heard from different sources that emotions can hinder our ability to make sound decisions because emotions make us weak, ineffective, and interfere with discernment. I have been researching Emotional Intelligence for years. The relationship between emotion, decision-making, and cognitive functions is not always understood.

We must change the misconception of the role emotions play in decision-making. When we develop and cultivate self-awareness, the backbone of Emotional Intelligence, we train ourselves to read the cues our body sends and avoid risky decisions. For some people, relying on bodily cues to make sound decisions might sound like idle thinking. In essence, effective decision-making depends on the degree of self-awareness we develop and cultivate every day. As we adopt a daily practice to develop the ability to attune to our emotions and we become more prone to make sound decisions that align with what makes sense to our life vision.

About Monica:

I am a graduate (EMBA) of the University of Notre Dame in Indiana and an undergraduate of City University in Seattle, WA, where I pursued a bachelor's degree in Marketing with a minor in Finance. I am currently seeking a Ph.D. program in Emotional Intelligence with the Universitat of Lleida in Spain.

My true passion is emotional intelligence, and my life's purpose is to accompany others in acquiring the ability to self-awareness & self-talk and experience a purposeful life. I am currently the President of Saint Kolbe University in Weston, FL. I have traveled extensively worldwide.



Jelle-Jochem Duits, Netherlands

Policy Officer of Ministry of Foreign Affairs

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Title: Sustainable Change and Ownership in Development Work: How do we stir the fire in others?

Be The Change Talk Description: Through projects, local engagement, and awareness-campaigns the international community tries to provide positive change to people in difficult situations. Development Aid could be considered 'being the change' on an (inter)national scale. One of the biggest challenges in providing Development Aid is to ensure that change within communities is sustainability. It is not uncommon to see progress crumble the moment aid is retracted, or when attention is moved to other priorities or areas.

A growing international consensus amongst governments and aid-organizations alike is that ownership is one of the key elements to achieve sustainable change. However, we are still miles away from an internationally agreed method on how to operationalize it. This session I am going to argue that ownership is THE key to sustainable change and to operationalize it, it requires a complete rethinking of what 'being the change' means for development aid.

About Jelle-Jochem:

I am extremely excited for the opportunity to speak about ownership and change, concepts that I am very passionate about. Hi, my name is Jelle-Jochem Duits, but just call me JJ! In my previous work as UN Civil Affairs Officer in South Sudan, I witnessed the many challenges international organizations face to provide sustainable change and the importance of ownership. I look forward to exchanging experiences and ideas on this. I hope we can come to new insights on how to bring positive change to other people's lives and help them 'be the change' they need.



Moitreyee Sinha, United States

citiesRISE, CEO & Co-Founder

moitreyee@cities-rise.org

Title: Helping Youth Thrive – Mental Health Friendly Cities

Be The Change Talk Description: The life journey of a young person is filled with crucial life transitions where some paths lead to crisis and others to flourishing. Yet young people, particularly those who are vulnerable, are largely left without the appropriate, culturally relevant support that they need to navigate key life transitions and thrive. Our current systems largely fail to support the cultivation of inner strengths among young people. As a result, this formative stage of life has become the primary age for identity crisis rather than for forming the foundation for inner resilience into adulthood.

This is the impetus behind our work at citiesRISE, and more specifically one of our key initiatives called “Mental Health Friendly Cities” (“MHFC”). The concept of a Mental Health Friendly City has been developed by youth, communities, and professionals working together to create a shared framework that is adaptable across cultures and contexts. This MHFC framework is currently being pioneered by five cities: Nairobi, Chennai, Bogota, Seattle, and Sacramento, and has demonstrated what can be achieved when we can harness the creativity and connectivity of young people and strengthen their capacity to collaborate across sectors and with senior leaders to drive significant systems change.

About Moitreyee:

I believe in the integration of all facets of human life and in our interconnectedness with each other. Large-scale social transformation happens when people, communities, and institutions work together. Over the years, I have moved from physics to philanthropy to social innovation, and it has been a lifelong commitment to unify groups that do not normally work together across public, private, and philanthropic sectors in the service of helping others.

I am currently the founder and CEO of a global platform for collective, community-based action on youth mental health called citiesRISE. This work is being shaped through unprecedented levels of collaboration across a network of cities between youth, communities, and professionals to bring multiple fields together towards rapid action and tangible positive outcomes for young people's mental health and well-being. By fostering a sense of resilience, transcendence and wellbeing at a young age and encouraging empathy for others who suffer, we create a different future for the next generation.



Roshan Paul, United States

Co-Founder and Board Member of Amani Institute

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Title: 6 Questions to Choose the Right Career for both Impact AND Happiness

Be The Change Talk Description: We live in a world where there have never been more options to make an impact through your career than at any other point in history. But given the range of options, how do we choose what fits us best, at this particular moment of time in our lives? This talk will quickly lay out the full landscape of career options for those seeking to make a difference in the world and then look at 6 questions that will help you choose amongst them, given your current aspirations, skills, and constraints. If you're considering what the next stage of your impact career should look like, this talk is for you!

About Roshan:

I am the author of the new Amazon #1 bestseller *The New Reason to Work: How to Build a Career that will Change the World*. The book is based on my experiences as the co-founder and CEO of Amani Institute, which grew from an idea to an award-winning social enterprise with offices in Kenya, Brazil and India and projects in more than 30 other countries around the world. Amani Institute has, to date, helped nearly 10,000 people from 65 countries step into or accelerate their careers in social impact. It has also supported more than 250 organizations, from large global UN departments to small local businesses, and everything in between, to increase staff capacity, motivation, and impact. I stepped down as CEO in 2021 but remain an active Board member. I have previously spoken at over fifty universities and other institutions around the world, including Harvard, Dartmouth, the World Bank, and the White House.



Miryan Wodnik, Spain

Clinical Psychologist & creator of project "Beyond the rainbow. The overcoming"

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Title: "Beyond the Rainbow" - A family's heroic journey

Be The Change Talk Description: in this session, I invite you to witness the transformation of a family devastated by sickness who embarks on an epic journey to recover their motivation to lead a peaceful and enriching life.

Which power could change your destiny if you had to face an unbearable pain that has no apparent solution?

In telling the heroic journey of the main characters, I propose strategies to avoid stumbling along the way and to get rid of everything that is no longer useful; because replicating the same old patterns will only lead us to look for solutions in

the most familiar places, not in the depth of our souls.

This rhetoric guides us like a map offering concrete steps to get to know ourselves better, combine mind and heart to align on the epic journey that being alive entails, stop suffering and, therefore, to train ourselves to be truly happy without relying on external factors.

About Miryan:

I guide on the journey of tailoring yesterday's fragile seams into new patterns of hope by:

- Unpicking shrunken beliefs and embroidering pockets full of values.
- Sewing tears and applying zippers that act as kind bridges for the broken and the torn.
- Uniting scraps that honor your origins, without wires of resentment, so that a blanket of pure wool of ancestry protects you.
- Giving away your old clothes and training new patterns of behavior that cultivate your inner happiness.

IGNITE SESSIONS

2:15pm - 3:00pm New York Time



Eileen Donnelly, United Kingdom
Founding Director of Ripple & Co
eileen@rippleandco.com

Title: TALKWORKS - Mental health gets a good talking to

Ignite Session Description: This session will be about: **Supporting colleagues through human-centric, empathetic conversations.** Businesses know the cost of mental health problems in the workplace can be high; from loss of productivity to an increase in health-related workforce absences.

The COVID-19 pandemic has exacerbated the situation and the predicted *tsunami* of mental ill health will dramatically increase both the personal and the business cost.

Creating an open and safe workplace culture is crucial in supporting employees. But how do we bring our human, emotional side back into business?

We've developed a highly experiential and immersive training, TalkWorks, that is focused on empathetic conversation skills. Simulated real life scenarios (that can be adapted to suit all employee demographics and work contexts) using specially trained actors allows delegates to explore the skills and behaviors in different elements of a conversation. It jump-starts delegates' confidence, giving them the tools to offer the right support, in the right way and tips on how to openly discuss feelings and experiences. Studies have proved how this is beneficial to people in identifying issues, potentially saving lives, and helping others to seek the help they need to get their lives back on track.

About Eileen:

My entire career has been about empowering the individual and through that, creating systemic change, whether that has been fundraising for children's charities or championing the rights of palm oil farmers in Ghana. Small actions have a ripple effect that can create an impact far beyond the individual. This is at the core of my business and in particular, TalkWorks, which upskills employees in supportive and empathetic conversations. I take an evidence-informed approach in my solutions to tackling poor wellbeing and mental ill health, so clients can be more certain of achieving the results they want and creating a healthy workforce.



Angelika Pohnitzer, Austria
Advisor, Trainer & Coach of Foturis e.U.
angelika@foturis.works

Title: Resilient Leaders - Resilient Communities

Ignite Session Description: The ongoing research into and evolving practice related to adult development could bring significant opportunities to the public sector, specifically in the area of urban resilience. For my thesis on the topic, I drew on recent inquiries into multiresilience, public leadership and mindfulness, using social cohesion as an example of how increased contextual awareness of citizens' needs can benefit crisis prevention, resistance and learning in the face of crises.

We will reflect on different kinds of leadership and the internal transformation needed for better responding to increased diversity and volatility, both on individual and collective level. Expect concrete recommendations for public leaders and human resources professionals, researchers, and consultants.

About Angelika:

Given my psychological and sociological background, I have been fascinated with adult development frameworks for some time. I use them in my work as an organizational advisor and leadership coach especially in the public and non-profit sector. I am also supporting the World Happiness Foundation as well as Action for Happiness in the German-speaking world. This allows me to link my passion for management systems with my passion for promoting happiness as an essential part of human development.

If it's possible, it would be great if you could still add a link to my website [Foturis – Transformational Leadership – Individual and Organisational Management Solutions](#)



Lorraine Stamp, United Kingdom

Chief Happiness and Mindfulness Practitioner of You'll Know When You Get There

lorraine@youllknowwhenyougetthere.co.uk

Title: Can we really change our life through the power of words?

Ignite Session Description: Words can have such an incredible impact on how we view the world around us. Have you ever felt that pull between two worlds of those voices in your head, one saying "go for it", the other saying "what are you doing, you can't possibly do that?" Whose voices are these? Where are they coming from? Which one is the truth? Can you relate to hearing these voices? Are they keeping you where you are, or pulling you down? Come along to this ignite session where Lorraine will be sharing some of the ways in which she has turned her life around and has taken back control to live a much happier life.

About Lorraine:

Hi, I am Lorraine. A Positive Psychology Wellness Practitioner, A TEDX speaker, and the founder of You'll Know When You Get There. I am passionate about helping people to design their version of a much more meaningful life. I enable you to fulfil your life and business aspirations through combining the power of Positive Psychology and Neuroscience into your everyday life. I have helped thousands of people like you to push pause, reflect and create the space to truly help you identify what really lights you up and what is really important to you.

BE THE CHANGE TALKS

3:15pm – 3:45pm New York Time



Terrie Nathan, United States

CEO/Author/Life Wellness Executive Coach of Strong Girl Enterprises
terrie@stronggirlspirit.com

Title: The Power of Perspective... Focusing on What's Strong vs What's Wrong

Be The Change Talk Description: As humans we have a natural tendency to focus on what's broken-what's not working. This tendency is called the negativity bias. We are tough on ourselves focusing on perceived imperfections in our body or within our being. The same holds true for those we love—it's easy to overlook the good and harp on what's wrong.

Shifting our perspective towards *what's working*, aims towards the best—towards lifting ourselves and others up.

The perspective of focusing on what works—what's good in our lives— takes effort. Well, maybe not so much effort as a *willingness* to look at life through a different lens. Join us for a discussion on the *Power of Perspective* and how we can change our perspective in real, practical ways.

About Terrie:

I am a Best-selling Author, Coach, Speaker and Founder/CEO of Strong Girl Enterprises. As a Positive Psychology Coach, I partner with clients to improve their lives, relationships, and ability to perform in business by setting & achieving goals and building positive routines. I also coach youth to build their confidence by teaching them strategies on positive self-talk, self-worth, and body image.

My practice is grounded in Positive Psychology, a research-based branch of psychology that studies what really causes people to thrive and flourish in their lives and work, and how we can apply those finding in practical and positive ways.



Betty Encinales Colombia (Citizen) / England (Residence)

Founder of BeCruit & Happy Work Hub
betty.encinales@becruit.com

Title: Happiness Has No Instructions

Be The Change Talk Description: Many of you have the conception that happiness is made only of moments and that, therefore, when these moments arrive, you have to enjoy them because they are over. People who assume this legitimately have the concept associated with joy in their heads, since they assume that one is only happy when one is content. Happiness has nothing to do with joy.

One can be permanently happy to the extent that he finds reason or meaning in what he/she does. What one cannot do is be happy all the time and that is totally OK - Happiness in not is not a goal it's not the ultimate medal it doesn't have a map to be found, is a journey we should all learn to find inside our deepest pains as well.

About Betty:

Betty Encinales, an award-winning entrepreneur, Women in Fintech Power list Headhunter, TEDx presenter, Passionate about the science of Happiness at work and positive psychology, Speaker for a range of diverse organizations about " The art of Happiness in the workplace".



Lian Allweis, United States
Creator and Founder of Unpredicted Happiness
lian@unpredictedhappiness.com

Title: Emotional Happiness - The paradigm founding principles of Unpredicted Happiness

Be The Change Talk Description: To find your lasting happiness, you'll have to take the 'Hero's Journey.'

We are emotional creatures - period. Whether you like it or not, your emotions are the steering wheel of your life. Every day, everything you do (or not) is based 'by reason' of your emotions. You can be a passenger, allowing your emotions to control you, or you can have your hands on the steering wheel navigating your life.

The Founding Principals of Unpredicted Happiness

- **Emotional Awareness** - The ability to see and understand the core of your emotions and what lies beneath them
- **Emotional Vocabulary** - Learning Self-expression and communication to improve your relationship with yourself and others
- **Emotional Inheritance** - Understanding your automated emotional habits and thought patterns.
- **Emotional Curiosity** - Breaking the chains and setting free to become who you want to be
- **Emotional Maturity** - The emotional courage to explore emotional triggers.

About Lian:

After years of unsuccessful pursuit for happiness in all the typical places expected by social norms, yet finding it an elusive, momentary, and void of satisfaction, I found myself at a crossroads. I had to take a deep look inside myself, do the soul work, and take my own *Hero's Journey*. It was a challenging and grueling journey, which at the end of, I found true unshakable happiness and realized my call is to help others do the same. Happiness is unpredictable - it's found in the combination of embracing the good, the bad, and the ugly of life.



Ivi Serrano Venezuela (Citizen) / Panama (Residence)
CEO of Líderes con Propósito
conecta@iviserrano.com

Title: Change the World by Hacking Your Stress

Be The Change Talk Description: The World Health Organizations says stress is the mental health illness of the 21st century and can be a trigger for depression and anxiety. People under constant stress have a 50% higher mortality rate. Moreover, burnout is recognized as a chronic condition. We are used to talking about the impact of stress on health, but what about its impact on our relationships? Studies show that stress makes people more irritable and hostile, may make people less able to listen or show interest and empathy.

In a nutshell stress turns nonissues into issues and diminishes your ability to deal with conflict or problems constructively. Learning to recognize stress and hacking it, has become as important as learning to read and write, and if we see beyond health, it will teach us to be more compassionate and conscious persons, and this will contribute to a better world.

About Ivi:

Who am I?

A passionate about WHY and WHAT FOR

I work to connect people with their purposes so they can overcome limiting beliefs and thrive.

A keynote speaker and coach

I've shared insights with hundreds of people about mindset, productivity, and stress hacking.

A crossover

I've crossed over from media to corporate, from communication to sustainability, from employee to entrepreneur. I learned the skills I needed to build connections across differences.

A migrant

I've began from zero several times, and I had to learn so much about resilience and humility.

A believer in human connection

Connection, first with yourself and then, to others is the way to evolve as more compassionate, conscious, and happy individual.



Mabel Lasalle, Puerto Rico

Founder and CEO of Connecting Paths PR Inc

connectingpaths.adm@gmail.com

Title: How to say it! Communication from the Heart - practices for empathy, empowerment, and joy

Be The Change Talk Description: Experts say that trauma and distress are the second pandemic. It is of utmost importance to address communication challenges with active listening and empathy. This presentation will provide a dynamic exchange on how to manage ourselves communicating from the heart, being assertive in difficult times and connecting to others.

You will learn:

- Nonviolent techniques to create connection
- Understand feelings and needs and expressing empathy to self and for others
- Be intentional to build and sustain resilience
- The power of words
- By asking key questions we can promote good, understanding, and healthy communication

About Mabel:

Certified HeartMath™ Instructor and Connection Practice Coach. For the last 16 years, Lassalle has been dedicated to empowering individuals, organizations and communities facilitating techniques for emotional resilience, genuine relationships, and assertive communication. Background in business committed to community development. Recently certified as an incubator for community micro business based on solidarity economy. Founder and CEO of Connecting Paths PR Inc, a community based, not for profit organization that works toward providing social entrepreneurship skills in remote areas using a creative sewing program as a driver for change promoting personal, social and community resilience. Currently working in developing an employee-owned social business for our creative sewing program entrepreneurs.



Darby Hobbs, United States

CEO & Founder of SOCIAL3

darby.hobbs@gmail.com

Title: Color the World in Love - Aligning Hearts, Minds and Wallets

Be The Change Talk Description: I'll be sharing excerpts from my book, "Aligning Hearts, Minds and Wallets (A Collective Experience) Reshaping Capitalism for the Greater Global Good." It is orchestrated with 48 global voices, the "Coalition of Caring Change Makers." Leading with our heart we understand our society is at a tipping point and that meaning, purpose, consciousness and sustainability are all factors that we address. Love is the guiding principle in all that we do.

It is a state of being that connects each of us to one another. We connect through the "Designs of Our Life" that represent our soul's intent and purpose. Opening our minds, we generate thinking towards developing models of impact engaged to effect change from Wall Street to Main Street. As stewards of connecting the heart, to the mind, to the wallet we support the "Circular Nature of Conscious Capital™" and transform the traditional boundaries of society today.

About Darby:

As an Artist my craft comes through being a visionary, change agent, storyteller through 'Story Art', Author and Educator. My passion is creating positive change, along with the belief that businesses exist for profit and purpose (starting Boston Chapter of Conscious Capitalism) and that the financial system, and the value drivers are both a key challenge and opportunity to unlock. Hence, my focus on aligning hearts, minds, and wallets for the purpose of making the world a better place.

With 30 years in the investment industry I have created, developed, and managed change in organizations such as First Data, PFPC, Fidelity Investments and Brown Brothers Harriman and have mentored numerous MBA entrepreneurial students at various universities and impact competitions. I developed courseware, panel discussions and taught at Boston University on Social Entrepreneurship and Impact Investing as well as leading a student led impact fund at Bridgewater State University.

IGNITE SESSIONS 4:30pm - 5:15pm New York Time



Dominique Heffes-Doon Trinidad and Tobago
Creator & Founder of The Spark
Child Foundation
dominique.heffesdoon@gmail.com



Zahirah Mohammed
Manager for the Child-Friendly Spaces and
Archdiocese's Ministry for Migrants and
Refugees
cfs.ammr@catholictr.org

Title: Spark Child: Igniting child wellbeing with stories and Mother Earth

Ignite Session Description: Here at the Archdiocese's Ministry for Migrants and Refugees (AMMR), our mandate is clear - to welcome, protect, promote, and integrate the migrant and refugee children that arrive on Trinidad and Tobago's shores. We're exploring child wellbeing and emotional awareness, both of the self and external communities, with the intervention of the Spark Child story and the beauty of Mother Nature. Together, let's explore how this vulnerable population, despite significant socio-economic constraints and instability, responded to more fun and inspiring challenges - The Spark Child Wellbeing Storytime and online quiz!

About Dominique:

Growing up, my grandmother would always say, "we're never promised a rose garden". I agree - we're promised something much larger, the world. Our relationship with the Earth is a significant relationship that we should all cultivate as it is symbiotic. Nature, or Mother Earth and her creatures, provides proven neurological wellbeing to the human, we are just called to become more aware of her and ourselves. This is the purpose of the Spark Child story and materials - to bring children to a greater sense of awareness of their inner state and their natural surroundings. This current world is challenging to all and I'm using my training in Yogic practices and publishing and marketing to help create a peaceful future for all.

About Zahirah:

At the Child Friendly Spaces, we create a safe space that ensures a sense of safety and stability through learning and play. When children experience trauma, or experience feelings of loss, hopelessness, or terror, for whatever reason, they lose their sense of safety, or ability to communicate their feelings, regulate emotions, and are usually vulnerable or at risk. Left without intervention, studies show that this can negatively impact them for the rest of their lives. Knowing this, my great passion is helping these kids as much as possible, so that they can have healthy relationships with themselves and those around them and have the best opportunities to lead fruitful lives in the face of adversity.



Jorge Ulsen, Chile

Executive Director and Founder of DeciDes
julsen@decides-asesorias.com

Title: A Happier Workplace - Key Contributions of HR Agility and Psychological Safety

Ignite Session Description: In this session we'll talk about why psychological safety is important for organizations. Does it just push happiness or also the level of productivity of the company? Are there numbers or statistics that back this up? Usually, if you don't have a correct understanding of what Psychological Safety and HR Agility really mean, you might run into challenges and witness negative impacts to productivity.

During this session I'll share what it is and what it is not. Finally, we will share some key aspects to ensure that you can build a path for Psychological Safety and HR Agility in your own workplace. This will be an interactive session - hope to see you there!

About Jorge:

I am an executive leader, coach, and speaker with 25+ years of experience in the development and transformation of people and organizations. I've led countless organizations through processes around Change Management, Human Resources, Agility, Leadership, Strategic Communication, Culture, Training in different countries from Latin America. I hold a Master's in Human Resources Management and Management Skills; and I have different international certifications in HR Agile, Leadership, Change Management, Scrum, Management 3.0, etc.



Amr Abdalla, United States

Scholar in Residence, The Baker Institute for Peace and Conflict Studies Juniata College & Professor Emeritus, University for Peace
aabdalla07@outlook.com

Title: The Power of "No One Wakes Up in the Morning Thinking They Are the Bad Person!"

Ignite Session Description: That statement in the title for this talk has a liberating power at times of conflict. Learn why and how it may contribute to turning difficult moments into opportunities for strengthening relationships.

About Amr:

Currently based in Washington, D.C., Dr. Abdalla is Professor Emeritus at the University for Peace and also facilitates the [Skills for Effective Negotiations](#) course through the UPEACE Centre. He serves as the Senior Advisor on Conflict Resolution at the Washington-based organization KARAMAH (Muslim Women Lawyers for Human Rights). Amr brings a multidisciplinary background to his graduate classes and workshops in conflict analysis and resolution, which he has conducted in Africa, Asia, the Middle East, Europe and the Americas. He holds a law degree from Egypt, a Master's degree in Sociology and Ph.D. in Conflict Analysis and Resolution from George Mason University.

Saturday, March 5, 2022

IGNITE SESSIONS
8:30am – 9:15am New York Time



Carolina Lasso Colombia (Citizen) / United States (Residence)
Marketing Director of SIYLI & Author of "The Path to Flourishing"
mcarolinalasso@gmail.com

Title: From Hands, to Minds, to Hearts: The Redefinition of Happiness at Work

Ignite Session Description: What's known as The Great Resignation reflects the need for a Great Reflection or Great Reprioritization. Millions of us, tired of routines and workplaces that deplete us, fill us with anxiety, or simply don't fulfill us, are choosing to reflect and reprioritize the meaning of work.

In a time of unprecedented levels of change, stress, turnover and ongoing demands, sustainable well-being, fulfillment, and human(e) leadership are no longer optional. Given that we spend so many hours of our days at work, addressing our happiness, purpose, and well-being in the workplace needs to be a priority for everyone around the world.

This interactive session will go over the historical shift we're experiencing from simply focusing on productivity to an increased need for purpose, meaning and fulfillment at work, in the era of automation. We'll also discuss our latest research around the impact of human-centered skills and how to bring them to life individually and within organizations.

About Carolina:

Originally from Colombia, Carolina Lasso has an MBA from New York University and over 15 years of business and leadership experience at companies that include Telemundo, American Express, and Google. She is currently the Marketing Director at the Search Inside Yourself Leadership Institute, and is a certified mindfulness, leadership, and emotional intelligence facilitator. Carolina is also the author of the Amazon bestseller "[The Path to Flourishing](#)," and the creator of plenitud.net, a mindfulness-based platform serving the Spanish-speaking community around the world.



Erin Doppelt, United States
CEO & Founder Spiritual Intelligence LCC
erin@erinracheldoppelt.com

Title: Connecting to your Purpose, Energy & True Self

Ignite Session Description: In this 45min Ignite session, Erin will help you explore what it feels like to connect with your purpose energy, give you some indications of what your true purpose may be in your current day to day life and pinpoint some mindset blocks that may have prevented you from pursuing your purpose until now.

We will conclude by moving into an exercise that will allow you to become clear on what truly matters about how you show up and live life and explore common themes together in our group. You will leave with tangible ideas of what alignment with your life's purpose looks like for you.

About Erin:

Erin Rachel Doppelt is a business coach, meditation expert, host of Wise Woman Podcast and sought after new-age wellness & business speaker. Erin spent her early 20's living in Israel & India studying yoga, ayurveda, nutrition, mediation and how the East connects to spirituality. After receiving a little bit of Wi-Fi while living in a mostly silent ashram in India, Erin received her acceptance letter to Columbia University.

Organically after building her own successful spiritual coaching, retreat & wellness business, she became a business coach. Erin works with purpose-driven and ambitious women in launching and scaling their heart-led business in alignment. Erin's work has been featured in Healthline, SXSW, Bustle, NBC and MindBodyGreen. Erin holds a Masters in Clinical Psychology & Education from Columbia University. She currently lives nomadically with her husband and is working on her first book. Message her on IG to connect [@erinrdoppelt](https://www.instagram.com/erinrdoppelt)



Manny Anchan, India

Chief Thinker (Founder) of Happiness Quotient Global Private Limited
m.anchan@happinesssamurai.com

Title: Applying Ikigai to Connect with Your Purpose

Ignite Session Description: In this ever-changing and fast-paced world, finding our purpose is important. Purpose is what makes our life meaningful. My aim in this talk would be to introduce people to the concept of Ikigai. Educate them on the various principles of Ikigai and why it is such an important and popular concept in the world.

Over the years, I have developed various activities and tasks that help people understand and apply the concepts of Ikigai in their lives. In this talk, I will give the audience certain activities or tasks that will help them understand their life and inculcate a few habits that will eventually lead their life to a happier path

that is sustainable. I will also tell them about my life experiences and the lessons they have taught me.

About Manny:

I am a global motivational speaker and the founder of a happiness technology company called 'Happiness Quotient Global Private Limited'. I have authored a book called 'Happiness Samurai', which has become a best seller and my second book 'Happiness Memoir' will be launching soon. I am an alumnus of Harvard and Columbia Business School and have worked in Asia, Africa, Europe, and North America. There are over 25 years of global management and business leadership experience that I bring with me through various gigs at leading transnational companies like Barclays, HDFC Bank, AUB & FAB.

My aim is to bring a positive change in the world and help people find themselves and their Ikigai. During the course of my life, I have developed various hobbies that help me sustain my happiness and live a healthy life. Fitness, travelling and reading are some of them. My life's aim has been to help people and assist them in finding their own version of sustainable happiness. My skills, methods and knowledge would prove to be a significant addition to this summit.

Workshops – 11:45am – 1:15pm New York Time



Colin Symington, United Kingdom

Chief Resilience Officer of Mental Wealth of Resilient Minds
cs-bcoaching@mail.com

Title: Going With the Flow - Your Stress Container

Workshop Description: This is an interactive, practical workshop to explore the concept of the stress container. What is filling your stress container and how best to begin to empty it and "manage the flow?" We'll explore helpful and unhelpful coping strategies to better manage your stress, but also understand why we experience stress and why stress may actually be good for us...

Learn strategies and practical activities to challenge your perspectives and transform your thinking - "When you change the way you look at things, the things you look at change", (Wayne Dyer). We'll also look at how to better manage your mindset - incorporating stress reduction techniques, maximizing productivity and self-care practices.

About Colin:

I believe that life IS short, but also that WE WAIT TOO LONG TO START LIVING... With 75% of mental health problems (excluding dementia) established before one's 24th birthday, I have chosen to partner with the University of Roehampton (London) to empower our future generations to forge their best possible foundations - certifying over 750 staff and students in internationally accredited Mental Health First Aid skills. I have four times been honored as "UK Independent Life Coach of the Year" (2018, 2019, 2020, 2021), and three times named "The UK's Most Outstanding Life Coach" (2019, 2020, 2021).

*A Neurozone certified High Performance Master; I am also humbled to have been recognized as "Mental Health Professional of the Year" (2020). My first book, "What DO You Think?" topped Amazon's Personal Transformation chart, and I have contributed to THRIVE Global, CV Magazine, One Tribe Magazine and Corporate LiveWire Magazine. "The greatest of all riches can be evaluated only in terms of lasting friendships, sympathy and understanding... and introspective harmony which brings one peace of mind measurable only in spiritual values." Napoleon Hill, "Think and Grow Rich"



Steven Lawrence, United States

Founder & Director of The One-Pointed Mind
steven.lawrence@onepointeded.net

Title: The One-Pointed Mind: Exploring the Power of Meditative Psychology

Workshop Description: In this interactive workshop, you will experience the benefits of meditative practices while exploring their biological, cognitive, socio-cultural and spiritual impacts on human development. Originally developed as teacher-training workshops, the ideas explored here will find relevance in many facets of all professions and personally lived experiences.

We will examine the neurological and cognitive mechanisms behind attention, learning, emotion, and states of human consciousness to better understand the significance of meditation practices in all their forms. We will also explore practical ways to integrate meditative psychology into your day, as it suits you, and engage in a number of powerful meditative practices for your continued exploration. It would be wonderful to see you there.

About Steven:

For the past twelve years, my wife and I lived and taught in Kuwait, Saudi Arabia, Qatar, and China. Prior to teaching, I operated a contracting company in Upstate New York where I currently reside after 'retiring' from the classroom. Early in my adult life I was introduced to meditation and experiencing its practical benefits would significantly impact my understanding of teaching and learning. As a first year teacher, I developed a workshop around how meditative philosophy relates to human development and learning, and since shared it and others in thirteen countries at various conferences and in-school settings. Pretty cool!



Mavis Tsai

Founder and Director of
Awareness, Courage & Love Global project
mavist@gmail.com

United States



Valerie Freilich

Executive coach of
World Happiness Foundation
vfreilich@worldhappiness.foundation

Title: Creating Extraordinary Interactions

Workshop Description: This workshop has a powerful experiential component and a framework firmly grounded in psychological science that brings meaning, connection and happiness. Based on our work in the Awareness, Courage and Love Global Project (www.livewithacl.org), we will explore and nourish your connection to self and others. You will experience a guided meditation on cultivating awareness, courage and love so that you can visualize the best, boldest and most loving version of yourself. Then you will journal on contemplation questions on how to live a life most true to yourself. Finally, you will practice with different conversation partners the three components of extraordinary interactions. You will leave with an enhanced ability to create unforgettable moments.

About Mavis:

I'm a clinical psychologist and research scientist at the University of Washington, and the co-creator of Functional Analytic Psychotherapy (FAP), a treatment that harnesses the power of the therapeutic relationship to transform clients' lives. I'm proud to be named by New Harbinger Publications as one of "13 Badass Psychologists... Who Happen to be Women", and I literally kick ass as an advanced martial practitioner of the martial art of Kajukenbo. As founder of the Nonprofit Organization "Awareness, Courage & Love Global Project", I train volunteers in six continents to create a worldwide network of open-hearted change-seekers who strive to meet life's challenges through deepening interpersonal connection and rising to live more true to themselves.

About Valerie:

I'm an International Executive and Leadership development coach, Facilitator, and agent of change for Happiness and self-fulfillment. As a lifelong experiential learner, I bring 25 years of wisdom to organizations in developing individual and collective leadership capacities to thrive in challenging and complex environments. I'm on the World Happiness Foundation Board of Advisors and I'm leading strategic initiatives to fulfill the organization's mission. I've held leadership positions and managed teams throughout my professional career. I'm passionate about bringing self-awareness and self-mastery as a stepping-stone for transformation.

BE THE CHANGE TALKS

1:30pm – 2:15pm New York Time



Mine Dedekoca, Turkey
Chief Happiness Officer of Happy Work Studio
mine@happywork.studio

Title: Reset your Work Life to Boost your Happiness

Be The Change Talk Description: Work has changed remarkably over the last decade. It's not a place to go anymore but something we do. The most important change is that now the employees came to a realization that work is fulfilling only if it is in line with their purpose.

This session will focus on how work has evolved over the last century from the Industrial revolution to the Digital age and how it impacted our perception of work life. The session will also showcase real life examples of remote working people and

share research results about how this way of working has impacted the overall wellbeing of employees. The talk will present the ways to pave an alternative career path to lead a happier in life.

About Mine:

Being a Workplace Culture Curator, I was the first Future of Work expert in Turkey to bring together people and communities by organizing events to create awareness about flexible work. With my Happy Work Studio brand, I guide organizations to create a “Happy Workplace” with happy, fulfilled, and self-aware employees by blending my own remote working experience with global practices.

Being a certified Happiness Coach I have been leveraging my knowledge and expertise about “The Future of Work”, “Agile Workforce” and “Workplace Culture Transformation” to provide consultancy to more than 100 people and organizations, including Diageo, Danone, Nutricia to foster a flexible and happy work life.



Sofia Kauko-Valli, Finland
Happiness Officer, Senior Researcher of Finnish Happiness Research Institute
wellnesswave@gmail.com

Title: A System Dynamic View on Wellbeing and Happiness

Be The Change Talk Description: Happiness is essential particularly because it offers multiple benefits and helps us to thrive, especially during challenging times. The current pandemic has taught us clearly that our happiness is rather fragile, and we need new ways and approaches to enhance mental wellbeing. As researchers and practitioners our relationship to emotions, particularly to negative ones resembles sometimes a set from western movies.

We look at one emotion at a time and tackle it the best we can like a hero fighting off the rogues. The truth is though that we may have a myriad of emotions – even opposite, conflicting emotions at the same time. In this session, you will learn to look at the phenomenon from a system dynamic point of view. By taking a closer look at wellbeing as a constantly changing constellation of emotions, we start to see patterns and even proven pathways to happiness as a daily practice.

About Sofia:

I am an Authentic Happiness Coach living in Finland. I did my PhD on happiness in the family business context and have been interested in enhancing happiness ever since. I am currently working as a Happiness Officer and Senior Researcher at the Finnish Happiness

Research Association. The Finnish Happiness Research Association aims to help individuals, businesses, and societies to thrive by conducting independent research and offering courses, webinars, and events in collaboration with companies that are interested in using happiness as a competitive edge for business success.



Sara Douglas, United States

Advisory Teacher of Hart-Ransom Union School District

Sara.douglas@sjsu.edu

Title: Pura Vida: Voices from Costa Rica

Be The Change Talk Description: "I have a question for you," says the tourist to the local. "What is the most important lesson you have learned in order to be happy?" This session explores the insightful responses from several diverse Costa Ricans. Every day of her two-week educational trip, the presenter from California asked this question to a local Costa Rican.

Their profound words exemplify their commitment to living their national motto: Pura Vida, or "pure life." Their tips, enhanced with beautiful images, provide us with heartfelt lessons we can use to improve our own lives and bring happiness to the lives of others.

About Sara:

I have taught in varied California public school settings for 25+ years and currently serve as an advisory teacher at a TK-12 school. In striving to improve the educational landscape, I recently earned my doctorate in educational leadership, MS in Instructional Media, and certifications as an ISTE and TEFL Educator. Conference presentations include: [dissertation findings](#) at CQiE and ISTE (2020); "Developing Citizenship with ISTE Standards" (ISTE 2018); "Global Experiences" (CAPEA 2018); and "Building Compassion" (CPED 2017). I believe in seeking connections with diverse others through meaningful interactions as it motivates, provides bridges of understanding, and transforms learning.



Kumar Lakhavani, United States (Citizen) / France (Residence)

Foreign Service Officer, USAID

lakhavanink@aol.com

Title: Motivating Employees in Times of COVID

Be The Change Talk Description: There is no One-Size-Fits-All, but we must try different things to make sure our employees are happy. Happy employees also have longer retention and produce more. Having managed the largest USAID mission in the world, it is important for us to keep our teams focused.

However, what do you do when people are worried about coming to work and catching COVID? I have experimented with different techniques in keeping employees' content and in turn happy. What worked well and what did not? Come have a listen!

Beside the above, recognizing a job well done has gone a long way for me. We have also included employees in decision-making process on COVID vaccines and telework schedules by using co-creation techniques. What has worked well for me is facilitating respectful relationships coupled with open door policy. Everyone wants to be valued for their contributions, even during the COVID times!

About Kumar:

Mr. N. Kumar Lakhavani is a Foreign Service Officer currently serving at USAID/Kenya and East Africa as Executive Officer. He has also completed tours in Ukraine, Peru, and Kuwait besides being Peace Corps Country Director in South America. Before coming to USAID, Mr. Lakhavani was Chief Information Officer in Wilmington, NC. He is proud to call North Carolina home where he received his MBA from UNC and bachelor's from Guilford College. He has also served as the President of Jaycees and President of the Greater Greensboro Open (only PGA event in North Carolina) in 1998. He has extensive experience in staff motivation, workforce development, budget, procurement, International Development, and disaster relief.



Sally Wolf, United States
Founder & CEO of LightWorks
sallywolf@gmail.com

Title: Finding the Light In Our Darkness: How Embracing Vulnerability Can Illuminate Our

Be The Change Talk Description: The pandemic has inspired many to seek lives of greater meaning, and while there is no single path to purpose, there are clear skills we can each build that can empower and enlighten us on our unique journeys. This session will invite and inspire attendees to create more meaning not by changing their "outer" worlds but instead by shifting the "inner" lens to select what they see and find what they seek.

This comes through enhanced self-awareness as well as an ongoing decision to find and choose light, even just a small glimpse of it to start, in our darkest moments. By learning to do this, and building this muscle, we open ourselves to the most life has to offer, a deeper level of full wellbeing that enables us to not only survive but also thrive, cultivating light and resilience throughout our lives.

About Sally:

I empower others to flourish throughout their lives, not only when circumstances easily align with positivity but also, and especially, when substantial challenges exist. I have been navigating a journey with metastatic breast cancer during the past four years yet I have also been living my best life during this time, choosing to seek, create and celebrate the many beautiful opportunities I have found alongside the obstacles. I now combine the psychology, business and education I studied at Harvard and Stanford with this personal curriculum for vulnerability and life to guide corporate and personal wellbeing clients toward growth.



Rana Badarani, France
Dream Planner & World Dream Day Ambassador
ranabadarani@gmail.com

Title: The Link Between Dreams and Happiness

Be The Change Talk Description: Dreams are a key source of lasting happiness, motivation, and inspiration. Dreams help us to overcome difficulties more easily, to remain hopeful and to move forward. That's why I would like to share my experience as a World Dream Day ambassador and what I did with my team to launch World Dream Day in France.

I would like to share how this day is bringing people in France together around dreams and to inspire other champions of happiness around the world to do the same in their own way in their countries. World Dream Day aims to inspire, empower, and activate individuals, businesses, and communities

to become more aware of their dreams and of how dreams can individually and collectively make our world a happier and a better place. If you attend my session, a surprise guest appearance awaits you!

About Rana:

From a technical assistant to a woman who fulfilled her first dream and witnessed lasting happiness, to a woman bringing dreams into companies as a managerial innovation, today I dream of making all people aware of their dreams! It took me a few months to discover that the most efficient way to fulfill my biggest dream is by having an official international dream day. My dream led me then to Ozioma Egwuonwu who founded World Dream Day in 2012! Ozioma and I share the same dream of having the UN recognize World Dream Day as an official day!



Paula Immo, Finland

Founder & CEO of Valmennus Paula Immo
paula@paulaimmo.fi

Title: A Step-by-Step Approach to Happiness

Be The Change Talk Description: As happiness is trending globally, there is a danger of it being viewed as just another item on your to-do-list. Something we aim to cross off in order to be eternally happy. Which, of course, only leads to more stress and unhappiness – the very things we’re getting enough of in the first place and yearn to change.

However, when we think of happiness as a way of being, it becomes something we’re able to turn into a habit and practice daily. And there exists a gracious way to make

this shift in your life, one that enhances your wellbeing right from the beginning. In this session you’ll learn how to set your daily happiness practice so, that you’ll get to enjoy already the process of turning it into a habit and automatic routine in your life and as part of who you are.

About Paula:

I am a Success Coach and Happiness Evangelist from Finland. I coach award-winning entrepreneurs, experts and business leaders in finding their unique way of succeeding and help firms cultivate happiness as competitive advantage. I’m known for my visionary and proven approach on success. Having faced major health challenges in the past, I’ve transformed my entire life, step-by-step, and I know living life to the fullest does not need to cost you your happiness.



Natalie Hoerner, United States

Author, Speaker, CEO & Life Coach of Gifts of Gratitude
Natalie@gifts-of-gratitude.com

Title: The Transformative Power of Gratitude

Be The Change Talk Description: My life looked pretty amazing from the outside, but on the inside, I felt hopeless. I was going through the motions, not really living the life I wanted or being the person I knew I could be. Instead, I eased my pain with shopping, drinking and overeating.

That is until one day, I happened upon an article on gratitude that inspired me to create a gratitude journal. I didn’t know how to go about it, but I felt called to figure it out. This started me on a miraculous path to positive psychology, and ultimately, back to myself. I rediscovered my passion for life. It was my responsibility to create the life I wanted; no one else could do that for me. So with small (kaizen) changes, I moved forward into a life I love. I transformed my life and hope to inspire others to do the same.

About Natalie:

Natalie Hoerner is a Positive Psychology Coach and founder of Gifts of Gratitude. She guides clients on their journey to happier, more meaningful lives.

Certified in Positive Psychology and Coaching by the Wholebeing Institute, Natalie studied under Tal Ben-Shahar Ph.D., professor of the renowned Positive Psychology course at Harvard. She became licensed in facilitating the Inspire Your Ideal Workshop and received training at the Sedona Women's Institute to facilitate workshops and retreats for women.

Natalie inspires clients by authentically sharing her story. Through Gifts of Gratitude, she empowers others to find inner happiness. Her goal is to serve as a beacon of light, love and hope.



Juan Cuellar Torres, Colombia

Personal development coach of Awareness Practices
juancuellart@gmail.com

Title: Oneness, applied.

Be The Change Talk Description: We are all one. This is a hard pill to swallow for a world culture that is based on separation: separation between humans, other living things, non-living things and everything that surrounds us. The belief that we are separate from everything else is easily accepted as we experience that we all are born alone, apart from everybody and everything else, and die alone.

However, this belief has taken us to a world that, notwithstanding all our advances, is in crisis. Most of us know it, but with so many crises to deal with, knowing how to tackle the root cause is not always easy. This talk is an invitation to be open to the possibility that we are all one and not separate. The belief of separation is the root of most of our crises, and with this talk, I invite you to challenge this belief.

About Juan:

I am a spiritual seeker, diplomat and life coach committed with truly “getting” what life is all about: to experience our divinity and unity and be able to consciously create our life experiences while helping others do the same (as helping others is helping ourselves). I have worked as a diplomat at the UN, legal consultant at PwC, and teacher at a non-profit, among other roles.

IGNITE SESSIONS

3:00pm – 3:45pm New York Time



Ron Large, United States

Director of School Quality of National Heritage Academies
ronblarge@gmail.com

Title: Belonging Matters - Organizational Culture Renovation

Ignite Session Description: This inspiring session provides participants with several social emotional “deposits” and strategies that cultivate connection and community, foster psychological safety, and create a sense of belonging that will be a starting point for organizational culture renovation.

About Ron:

Dr. Ron Large is a motivating and inspiring presenter with experience as a teacher, school principal, consultant, and school quality director. His powerful and passionate message on building relationships, renovating school culture, and what it takes to be a transformational leader, has influenced and empowered thousands of educators throughout the country. Ron has a Bachelor of Science degree in Elementary Education, and both a Master of Science and Doctor of Science degree in Educational Leadership.



Guila Clara Kessous, France

UNESCO Peace Ambassador, Harvard University
gck.harvard.secretary@gmail.com

Title: Key Behavioral Indicators (KBI): the new keys to apply positive leadership in corporations

Ignite Session Description: We are familiar with the Key Performance Indicators (KPI) that present performance objectives for corporations. Today, companies are taking into consideration the Key Behavioral Indicators (KBI) because of the importance of the way people interact. Discover the latest Harvard University Business review research on the topic to better understand how to imagine more human criteria to scale corporations.

About Guila:

Dr. Guila Clara Kessous is a UNESCO Peace Ambassador and an executive coach using theatrical techniques to enhance corporate communication and help heal those who have suffered from prior trauma.

As a recipient of an Executive MBA from ESSEC Business School, a Ph.D. from Boston University under Nobel Prize Elie Wiesel’s direction, and a Post-Doc from Harvard University, she was invited to develop the communication course of the new certificate on « Situational Intelligence » at the Political Science Institute in Paris in 2021. She has combined her artistic experience together with coaching methods such as positive psychology (Tal Ben Shahr), Leadership and Negotiation (William L. Ury), Executive Communication Skills (Marjorie North), and Emotional Intelligence (Associate Paul Ekman’s EIA). She is a certified coach ICC trainer (EMCC) and expert in assessment tools such as Leadership Effectiveness Analysis (MRG) and Hogan (Authentic Talent). She is the recipient of the Women Empowerment Award 2020 by Eva Longoria from the Global Gift Foundation for her work to help access education in Pakistan and in Burundi and has been knighted by the French government.



Andreea Pap, Netherlands
Founder of Happiness Digger
happinesdigger@gmail.com

Title: Managing Transformative Events Through Self-Discovery Journeys

Ignite Session Description: Because we change, what makes us happy also changes. However, not all changes are the same. Some are small, some are big and some are truly transformative events. Sometimes they are obvious and sometimes they are only clear in retrospect, but these transformative events are crucial. They open new chapters in our lives.

By utilizing self-discovery journeys, you can become more aware of these events, you can notice them, reflect on them, accept them, and take action accordingly. A self-discovery journey is the greatest tool to utilize before, during or after transformative events in life. However, when productivity is the metric, we are measured with, stopping, taking a step back and reflecting, doesn't come naturally or without guilt. I would like to invite you to join this session to learn how to manage transformative events and move forward with positivity.

About Andreea:

I am a trained Positive Psychology Practitioner, driven by the desire to empower individuals to take action and own their happiness, one small step at a time. I founded Happiness Digger because I firmly believe we must bring back happiness as a priority in our everyday life. My motto is: "Happiness as a goal, not as a consequence." Last August I embarked on my latest self-discovery journey to prepare for the next transformative event in my life. My journey took me on the Camino de Santiago and it provided me with the clarity I was seeking.

IGNITE SESSIONS

4:00pm – 4:45pm New York Time



Dimitra Panaritis, Canada
Founder & Instructor of Mindulme for Life
dimitra@dimitrapanaritis.ca

Title: Mindfulness and Taking in the Good with Your Kids

Ignite Session Description: This presentation introduces mindfulness to the adults in our kids' lives. We will explore what is mindfulness, the benefits, how to make it relevant to kids, stress and red flags, how mindfulness helps, how & why being really mindful of what goes well can change our mindset to be more positive, and how to easily teach kids how to incorporate mindfulness at school and in everyday life. I am so excited to meet you online and practice mindfulness together!

About Dimitra:

My passion is to go into classrooms and talk to kids about the importance of practicing mindfulness, explore with them the innate abilities they have at their disposal, and guide them to develop life-long self-care tools to thrive no matter what life presents to them. In 2017, I was approached to teach in a school where children were reported with high stress and anxiety levels. I have since shared mindfulness with over 3000 students and teachers.



Ali Macintyre, Canada
Founder of Regenerem
ali@regenerem.com

Title: Fully Human, Connected, Online Workplaces

Ignite Session Description: It's possible to build a fully human, fully connected organization: it's also possible to create it all online, in a virtual workplace. I know because I did just that.

I was working remotely before it was cool (or compulsory), spending most of the last decade helping to build and lead a successful software startup from incorporation to acquisition. Our people were spread across five continents and what seemed like about 400 time zones, but our culture and processes meant that the team was engaged, connected, and loved their work, with zero micromanagement and almost zero attrition.

In this 45-minute workshop, we'll explore what it looks like to build the best possible virtual environment for your company, and how taking a fully human approach contributes to happiness and fulfillment for your people (and for you!). We'll also discuss how this supports the success of your products/services, your customers, and your business.

About Ali:

Alison Macintyre is the founder of Regenerem, a consulting and coaching agency working on a portfolio of projects to advance human flourishing and wellbeing. She is a Research Fellow with the Centre for Behavioral Economics, Society, and Technology in Australia where she uses her PhD in behavioral economics to investigate social dilemmas necessitating cooperation, social capital, and voluntary participation.

Alison is deeply passionate about combining this academic research with her entrepreneurial spirit and has spent much of the past decade developing people-first and purpose-driven organizational culture inside high-growth tech startups.

She has comprehensive expertise in building and leading successful remote/ virtual/ work from home teams and is currently writing a book about this topic while occasionally teaching a course on organizational behavior at college. In her spare time, she serves as a director on non-profit and NGO boards, tries to keep her houseplants alive, and sometimes writes a paragraph on a novel that, at this rate, might be finished by 2050.



Laura García, United Kingdom

Multimedia Storyteller

lauris.garcia@gmail.com

Title: Oh god what now? How to make peace with whatever social media throws at us next

Ignite Session Description: Join us for a cathartic and interactive session to help you make peace with social media, let go of your FOMO, share best practice, get a sense of how to harness the power of social media for good and learn strategic tips and tricks to adapt to whatever comes next.

About Laura:

[Laura García](#) is a Mexican multimedia storyteller with a wide range of television and online experience. Her journey started back in her home town of Monterrey, Mexico as a photographer for a newspaper. She lived and worked in the groovy town of Austin TX for a little while before moving to the UK in 2011. Since then, she has worked in different newsrooms across the UK and taught journalism at the University of Kent's [Centre for Journalism](#) for five years. Laura spent the first two years of the pandemic as part of the training team at [First Draft](#), a nonprofit that researches disinformation. Currently she tells stories as part of the video team at [BBC Mundo](#). She is passionate about diversifying the media, mentors through [WINN Latam](#) and helps to run the UK chapter of the [Worldwide Association of Women Journalists and Writers](#). Connect with me on [Twitter here](#)!