

Gross Global Happiness



The Presenters

&

Their Sessions



Keynote Speakers



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 – 11:00am – 12:30pm Costa Rica Time



Arathi Ramappa, United States

Executive, Business, & Spiritual Coach at Arathi Concepts
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Title: Taking Mindfulness to the Next Level - Achieving a Non-judgmental Mind To Create Peace Within You and With Others

Workshop Description: Many would argue that mindfulness is achieving nonjudgement. So why would you need to take mindfulness to the next level?

Well, in our world today, divisiveness is on the rise even though mindfulness has been spreading to the masses. There's a disconnect, a missing piece, where we're not taking our practice of mindfulness and meditation and applying nonjudgment to our thoughts and actions

throughout our day.

This workshop aims to change that by giving you practical tools to achieve nonjudgment within yourself and with others. It takes you on a journey by showing you how to increase your self-awareness of your actual thoughts each day and then release judgmental thoughts about yourself and others. Curiosity is a theme that's woven throughout the workshop, and practical tools are given to increase self-awareness, social awareness, self-compassion, empathy, and understanding. It's interactive and you'll be able to apply them as soon as you leave.

About Arathi:

I am an Executive and Spiritual Coach that focuses on coaching emotional intelligence. I also have been a meditator for many years. In fact, growing up I wasn't able to leave the house for school until I sat still for a few moments at our altar. That's why I blend my background and my experience in EQ and help people use mindfulness to enhance their EQ and achieve successful outcomes in life and business. A key component of this is becoming nonjudgmental towards ourselves and others. I believe the more self-compassion we have, the more compassionate we are towards others. I've seen this in my life and with my clients and I'm excited to share my tools with you.



Naita Chialvo, USA
Global Social Impact Leader
Educator / Facilitator
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Theoria Cason, USA
Theoria In Praxis Inc, CEO
theoriacason@gmail.com

Title: Emergent Practices in Global DEI for Happiness, Well-being & Workplace Belonging

Workshop Description: Taking the audience on a journey of curiosity, wonder, and storytelling, participants will come out of the session with helpful tools to improve and regulate emotions through all of the deeply human-centered challenges of inequality and inequity in the workplace. This workshop will illuminate the growing importance of threading diversity, equity and inclusion into the process of transitioning any organization, university and social movement towards a path of peace, well-being, and global happiness. As a participant, you will experience self-reflection exercises to improve your leadership skills through times of change, crisis and opportunity; and you will gain foundational principles to guide your vision of mindful leadership through the integration of emergent DEI practices.

Co-facilitated by Dr. Theoria Cason and Naita Chialvo, DEI professionals with shared catalytic experiences, the session will explore how our collective lived experiences, education and professional journeys can empower us to cultivate an environment where people feel respected, valued, and included.

About Naita:

I'm a global leader at the intersection of education-for-change sector deeply committed to lasting transformative change to improve opportunities for communities at the margins. I meditate on systems and frameworks for expanding education as the equalizer for improving the wellbeing of global communities with a curiosity filled approach to diversity, equity, inclusion and belonging for social justice. My lived experiences as a refugee & as the daughter of a Mien shaman brings humility and appreciation for multiple ways of seeing the world grounding me in a love-centered vision for transforming future generations towards right living with plants, people, and planet.

About Theoria:

As an educator, entrepreneur, and corporate DEI professional my commitment to lead with integrity serves as a barometer to facilitate culture change. Empowered by the resilience of my maternal elders, I identify as an unapologetically Black woman, with an earnest desire to advocate for people who are often overlooked and underrated. Daughter of a single mother, who serves as a minister of the Christian faith, I am a positive leader who fundamentally believes in treating all people with dignity and respect. As a global citizen, I make a point to visit at least one new country each year, in an effort to broaden my understanding of the human experience and the innumerable ways we make meaning with our piece of the world.



Justin Henriques, United States
Associate Professor at the James Madison University
henriqjj@jmu.edu

Title: Life Design Practices to Reflect, Explore, and Create

Workshop Description: Now more than ever, people are reconsidering and reordering their professional lives – particularly scrutinizing work they may find joyless or not personally meaningful. Recent surveys found that over one half of employees are unhappy in their current jobs -- a trend accelerated by the pandemic. We need practices that support reflection, exploration, and creating plans to tackle this challenge.

This active workshop session will introduce practical tools and approaches for creating a “well-designed” professional life. Workshop participants will be coached through a series of activities to (1) make connections between their past and present, (2) discover opportunities for near term exploration, and (3) explore those opportunities through intentional life “prototypes.” The aim of this workshop is providing each participant an opportunity to apply these practices for their own work-life fulfillment, and also providing methodologies useful to those we mentor and coach to help others in their own journeys.

About Justin:

I’m an Associate Professor of Engineering at James Madison University. As an educator, I’ve taught courses and workshops for students, alumni, and professionals on using techniques from design-thinking and human-centered design applied to the ultimate design challenge – our own professional lives. Before becoming a faculty member, I founded a NGO that worked with communities in East Africa on basic needs infrastructure.

IGNITE SESSIONS
2:00pm - 2:45pm Costa Rica Time



Colleen Malone, USA
Department Manager
Chicago School of
Professional Psychology
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Andy Brown, USA
Associate Professor
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Susan Foster, USA
Department Chair,
Counselor Ed Dept
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Title: Metaphors to Teach Happiness

Ignite Session Description: Happiness is full of abstract, interconnected concepts that many find challenging! Leaders, Supervisors, Educators, and Therapists can diversify their instruction to convey these gray concepts to future clients dealing with the complexities of happiness. This presentation offers guidance, structure, and examples on using metaphors in personal happiness and when teaching abstract concepts about happiness.

Presenters will offer popular metaphors for instructions and tips for practical use, such as adjusting it to groups, potential roadblocks, extending related concepts into the relationship, and ethical or multicultural considerations. Finding new ways to break down complex concepts of happiness into manageable teaching methods can be challenging and cumbersome. Metaphors provide a sense of reframing or alternative view on the mysterious process of obtaining or increasing one's own happiness. However, this presentation will offer metaphors that transform these complex ideas into easy-to-grasp, relatable metaphors. This experiential presentation will offer the participant an opportunity to construct their own metaphor.

About Andy, Colleen & Susan:

Dr. Brown and Dr. Foster serve as full time professors at The Chicago School of Professional Psychology in the Clinical Mental Health Counseling department. Both members have presented nationally and internationally on the topic of metaphors in therapy, trauma, multicultural dynamics, and strength-based interventions. Dr. Brown is an award-winning writer who also serves as the Vice President of Education for the International Trauma Training Institute and Dr. Foster serves as the Chair for her department for The Chicago School. Colleen Malone has been with The Chicago School of Professional Psychology since 2014. She is currently working with the Counselor Education Department – Online, administratively. Both an employee and alumnus, Colleen graduated from the MA Organizational Leadership program in 2016 applying leadership theory in combination with aspects of Cognitive Behavioral Theory in her role as Department Manager.



Liz Irwin, United States
Significant Journeys Travel
liz@arrangementsabroad.com

Title: Travel to Transformation: An outward journey to inner discovery

Ignite Session Description: A travel journey, particularly a shared journey, can be one of internal discovery, significantly heightening opportunities for self-awareness and a blossoming of a receptive quality towards others/differences. This can lead to a compassionate understanding on many levels. Join us on a virtual journey that will intensify a desire to understand yourself and culminate in an experience of designing your own custom journey to provide an optimal

opportunity to nurture openness, acceptance, and discovery.

About Liz:

Liz Irwin, a lawyer and General Counsel at Arrangements Abroad and founder of Significant Journeys Travel, has over 20 years in the travel industry and has spent many years at the UN advocating for women's rights. Liz is a certified yoga teacher who is passionate about wellness, travel and sustainability. Her various interests in mindful travel and wellness brought about Significant Journeys Travel as a way to incorporate this key message into the travel arena, with wellness focused travel programs that take guests beyond the conference room and into the local community. Global connections have shaped her practice, message, and mission with Significant Journeys Travel and the emphasis on sustainability and connection that is so deeply linked to personal fulfillment. She is hyper focused on bringing travel and wellness together to create the perfect synergy to allow for transformative experiences in personal wellbeing.



Esteban Baradin, Costa Rica

Project Manager, VMware

esteban@baradin.com

Title: Decluttering the Mind to Find Purpose

Ignite Session Description: Purpose, Ikigai, your why... no matter what you call it, we think about it at some point in our lives. But finding it in a cluttered world, and in a cluttered mind, can be a difficult task. This presentation summarizes my personal findings to help identify purpose that, once applied, can guide you to focus, open your mind, be more creative and work around your why, and achieve personal goals.

This session will help you understand why your mind can sometimes get cluttered and then guide you with tools that can help you declutter, finding your most relevant key area to develop, and then leverage creativity to identify how to work in that specific area and find their key differentiation. By the end of this session, the audience will have a quick, easy-to-follow model that they can replicate for their own personal and professional life.

About Esteban:

As an Engineer, I have a strong mindset around systems, so I've started to believe that everything can be mapped as a system, this includes humans and human behavior.

Therefore, any system that can be applied to an organization to provide purpose, sense of belonging and help achieve higher goals and new levels of development can be applied to an individual itself, with the purpose of setting up a path to self-discovery, project the desired future, achieve it and enjoy the rewards.

With this in mind, I've spent the recent years studying business models, creativity drivers and energy/time focus and management, as tools to drive individual performance and achieving results, which I find key elements in the road of hap

BE THE CHANGE TALKS
3:00pm – 3:20pm Costa Rica Time



Liliana Nuñez, Mexico

General Manager of Qué y Cómo A.C

liliana.nunez@queycomo.org

Title: Empowering Mothers & Caregivers with Emotional Wellness Workshops: The story of one NGO

Be The Change Talk Description: In this session, I'll talk about how one's own personal transformation connects with finding true purpose in life. Specifically, in my case, planting seeds of wellness in mothers and caregivers and being aware of their responsibility of their own wellbeing and the impact that it has in our children. I'll talk about my personal journey and how it has led me to build an NGO, also outlining what has worked well for us and what challenges we have faced as a team.

About Liliana:

Liliana is the General Manager of Qué y Como, A.C. a nonprofit organization focused on the emotional well-being of mothers and caregivers of young children, as well as employees and workers.

She holds a Master's degree in Business Administration from the Tecnológico de Monterrey Business School. She is certified as an Executive Coach by the International Coaching Community, as a Team Coach by LIM Mexico and in Limiting Beliefs by IDEAR. She is certified as a Chief Happiness Practitioner by Hapiitude India and World Happiness Foundation and holds two international diplomas from the UPEACE Centre for Executive Education at the United Nations-established University for Peace, one in Global Leadership and another in Social Innovation.

With more than 19 years of experience as an executive in different areas of Marketing and Sales at Colgate Palmolive Mexico, she has led multidisciplinary teams and was a global instructor of courses in business strategy, management, and leadership. Additionally, she has carried out various volunteer activities as a coach, as a mentor for Startups for MassChallenge and as an evaluator in the process of the United World College.



Artvine Torrossian, United States

Founder of Karaka

consultant@karakagroup.com

Title: The WHOLE Alphabet™ (mind, body, and spirit). Chaotic & Diverse or Collectively Significant?

Be The Change Talk Description: Join us for this Be The Change talk! We use characters of the alphabet to display a deep meaning from chaos to functioning, paradox and context that parallels us humans. Our ancestors' creation points us to the many ways we can make a difference to cause a Collective Significance®, by staying true to character and being authentic.

This talk covers defining moments of versions of ourselves, similar to the Alphabet characters. We are all unique individuals, yet same in our Collective pursuits for belonging, peace, love and happiness. PEACE and HAPPINESS are accomplished one individual at a time, and we can still cause a Collective Significance® even if we are considered chaotic and diverse.

Come unravel the hidden messages from a key ancient innovative creation....a message from The WHOLE alphabet™. This is the story of "A" and "E". The story of how they Stay True to Character®.

About Artvine:

I'm the founder of Karaka, a mind and heart leadership, wellbeing lifestyle company. This company is a creation from the spirit, whose essence is about exploring the human spirit and collective potential. 'The WHOLE alphabet' is a section from my TEDx Talk on "Collective Significance" where I present my passion about using creative ways, we can work towards achieving individual and collective significance, peace and happiness, one "character" at a time. I've created inclusive, international, diverse methods to seek authenticity, leadership, wellbeing. This has been my passion since my own transformation! My world has changed, I'd love others to join.



Kate Byrne, United States

KatapultX, CEO & Podcast Host: Rebels with a Purpose and Women Advancing
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Title: Trust Capital - The Missing Link for a Healthier Planet

Be The Change Talk Description: People often refer to capital as the most powerful resource in solving global problems. What form of capital are they referring to? Financial? Social? Intellectual? Political? Chances are it's one of these. The cruel joke is none of them function unless the most foundational form of capital is activated - Trust capital. This form of capital is the baseline for everything...and it starts with delving deep inside before we can go outside. With this in place then and only then

can the level of collaboration, peace of mind and unity we so long for.

About Kate:

I grow things, people, businesses, movements. I believe there are many forms of capital - the most important being trust of self. My career marries my love of media, the power of technology, capital and consciousness seeing people and business as forces for good. I'm a trusted voice and cross-sector translator, a gifted rainmaker and team builder with a successful track record as a well-respected executive leader at blue chip brands such as SOCAP Global, Businessweek, Inc, Fast Company, Tides, and the George Lucas Education Foundation. As CEO of KatapultX I'm taking my talents to the global scene.

An advocate for women and girls, I am the Editor for Media Village's WomenAdvancing.org, former President of the UN Women SF Board and on the coveted Folio Most Influential Media Leaders list. I love travel, hiking, scuba diving, music, dancing, yoga, and my family (both the two-leggeds and the four-leggeds).

BE THE CHANGE TALKS **4:00pm – 4:20pm Costa Rica Time**

Susan A. Nolan, United States

Professor at the Seton Hall University
Susan.Nolan@shu.edu

Title: Why (and How) to Teach about Happiness – at All Levels!

Be The Change Talk Description: Positive psychology offers a powerful, meaningful lens for interpreting thought and behavior. In a groundbreaking article that arguably launched the field, Seligman and Csikszentmihalyi (2000) wrote that “the exclusive focus on pathology that has dominated so much of our discipline results in a model of the human being lacking the positive features that make life worth living.”



Positive psychology, with a focus on happiness and psychological well-being, is increasingly an international field; yet it is rarely taught at universities or other levels, from primary school to adult learning contexts (e.g., continuing education, training programs). In this talk, I will argue for the inclusion of an international perspective on happiness in education. These topics engage students at all levels and provide important life skills and knowledge which complement a range of

educational areas. I will suggest specific topics, learning outcomes, interactive activities, and assessments, all while emphasizing cultural and international differences.

About Susan:

As a psychology professor (and award-winning teacher), I share an international perspective, including related to global happiness, in the courses I teach and textbooks I co-author. My passion for these topics extends to my professional roles, including 2021 President of the Society for the Teaching of Psychology and former American Psychological Association (APA) United Nations representative. I am an APA Fellow, former U.S. Fulbright Scholar in Bosnia and Herzegovina, and recipient of the Fukuhara Award for Advanced International Research and Service (International Council of Psychologists). My current scholarship aims to develop international competencies, grounded in global citizenship, for psychology education.



Tamara Yankovich, Canada (Citizen) / Austria (Residence)
Environmental Scientist and Human Being
tamara.yankovich@gmail.com

Title: Aligning Career & Happiness: A Personal Journey

Be The Change Talk Description: Unlike past generations, when parents and predecessors remained with the same employer for entire careers, nowadays, people tend to change jobs ~3-7 times in a lifetime, with more extreme “job hoppers” changing employers approximately every two years.

And some key reasons why? – need for new challenges, for better fit, lack of engagement/inspiration, rotation policy, others. In considering the frequency of significant career-related life changes and key underlying reasons, the inextricable linkage between career satisfaction, overall happiness and personal well-being is undeniably clear.

Amongst the key outcomes employees seek:

- Career growth opportunities.
- Making a difference.
- Creating positive impact.

And integral to this is recognition by beneficiaries of service that the work being done is appreciated and valued. Over recent months, I have embarked on a journey — expanding my network, expanding my mind. I invite you to join me on a journey of self-discovery, to share perspectives on stepping outside of comfort zones – to be more engaged and impactful both individually and collectively.

About Tamara:

I have always enjoyed the wisdom of others, in mind and in spirit, via painting and sculpture, through music and words – and one of my favorite quotes, which we will explore? “Everything you’ve ever wanted is just one step outside of your comfort zone.” You see, I firmly believe that discovery of self and full engagement in life is very much a personal choice – achieved through active engagement and thoughtful intent. I believe that in order to experience the richness of life, we need to engage with each other – to define common interests and purposeful path-forward, to realize outcomes that transcend each individual, each of us.

I invite you.



Víctor Rojas, Costa Rica

Talent Acquisition Program Manager, VMware

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Title: Thermodynamics and Happiness in Life

Be The Change Talk Description: There is the possibility you are an expert on this field, and you already have solved multiple academic and work-related thermodynamic problems. Or maybe somewhere in your mind, from a past lesson learned as a student or from a conversation with a colleague, a friend or a relative, or even from reading it, you might have learned that energy can take different forms and heat is one of them. From a thermodynamics perspective and according to what humanity have learned from its first law, energy cannot be destroyed or created, it is only transformed to keep the equilibrium between the heat

transfers into and outside a system.

Based on my personal life experience, I believe happiness is another form of energy and I believe we are all our own systems which at the same time are part of a bigger system and the happiness flows inside and outside among all of us. By the time GGH22 will take place, we all will have experienced something entirely new in our lives for at least two years and this entire contextual scenario significantly has changed our systems and in one way or another affected how our energy and happiness transfers were done.

Regardless on your familiarity to these concepts, I would like you to join me in this session so that I can briefly explain the scientific theory and share you the version I have experienced so far and from the lens that I have been looking at it.

About Víctor:

I love stories, getting to know cultures through their people, food, the places you can visit and their languages. As an adult, I started fulfilling my childhood dream of traveling around the world and bringing all that internationality and multiculturalism to my life. I am currently a Program Manager at VMware, and I love that I can do my job regardless of the time zone where I am located. Before this, I started my professional career in Project Management on the Information Technology world.

The early stages of my academic life took place at University of Costa Rica, with my Industrial Engineering base degree and some years later with an MBA in Finances. There, I also started my formal teaching journey as professor of the course named General Physics Laboratory II, role in which I was during seven years. I currently keep myself active on transmitting knowledge and giving back, as facilitator of different company trainings and through volunteering programs. As part of my personal and professional growth, I am constantly enrolled on learning activities around multiple soft skills like communication, emotional intelligence, and leadership.

This brought me to the Centre for Executive Education from the United Nations established University for Peace, where I already finished both the Global Leadership and Social Innovation Diplomas. Gross Global Happiness is one of the most unique experiences I have lived both in 2020 as an onsite attendee and in 2021, when I debuted as a presenter by sharing my own version of the story. I hope to meet you on GGH22 so we all can keep ongoing the conversation and the learning process around Happiness.

Saturday, March 5, 2022

IGNITE SESSIONS
9:45am - 10:30am Costa Rica Time



Kongit Farrell, United States

Professor, Clinical Psychology, Pepperdine University

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Title: Hygge-timacy: How to Invite More Happiness into Your Intimate Practice

Ignite Session Description: You've probably heard of Hygge (pronounced Hoo-ga), the Danish word that translates to a sense of comfort, togetherness, and well-being; as a model for ultra-cozy interior styling....but what if that 'warm and fuzzy' essence could be translated into an intimate experience? In these times of disconnection and transactional exchange, it might be considered radical to approach intimacy through a lens of warmth - but it might also be exactly what we need to connect to our humanity and each other.

During this fun and informative session, participants will learn about the two leading intimacy models that bring an air of "Happy Hygge" to intimate experiences and lay the foundation for their own unique "Hygge-timacy" practice. We will cover:

- Foundations of Hygge Philosophy
- Intimate methods that align with Hygge
- How to incorporate aspects of the methods to create your own unique "Hygge-timacy" practice
- *Bonus* curate your own 'intimate invitation' script to share with your partner so that you can enjoy the curated "Hygge-timacy" experience together.

Participants will walk away with a relevant packet of literature for future reference and their own customized "Hygge-timacy" practice that can be enjoyed in intimate partnership. People of all genders, orientations and practices are welcome and encouraged to attend!

About Kongit:

Kongit Farrell is a licensed Marriage and Family Therapist, clinical supervisor for associate marriage and family therapists, counselors, and social workers, and founded of the Inspired Journey Counseling Center. She is a Professor of Clinical Psychology at Pepperdine University and an international peacebuilding fellow at Columbia University through the AC4 Institute where she researches the intersection of neuroscience, therapy, and conflict resolution.



Andrea Álvarez, Costa Rica

Congresswoman elect, Costa Rica

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Title: Toxic Positivity – Beware!

Ignite Session Description: My Ignite session will revolve around the concept of "toxic positivity".

Studies show that a positive outlook can be a protective factor against developing mental illness. Yet, this focus on positivity might have unintended consequences. Some authors have established that an obsession with positive thinking puts some people at risk of repressing

their emotions, it decreases some people's empathy (e. g. when a sad friend approaches them, they might be annoyed that they are being "too negative"), and it leads to an unhealthy sense of guilt among some (e. g. "why am I unable to be happy like those around me?"). These factors might prevent someone from seeking professional help when they need it.

In this session, we will ponder whether our focus on happiness and positivity might be having—in some instances—the opposite effect of what we hope to achieve helping people live happier and healthier lives.

About Andrea:

I've worked in suicide prevention since I was 21. I focused my undergraduate thesis on the history of suicide in Costa Rica. I have also presented research in academic conferences both nationally and abroad. In 2018, I chaired the VIII Latin American Conference on Suicide Prevention. In politics, I participated in drafting the National Liberation Party's health plan for the 2018 and 2022 elections, which established mental health as a key government priority. I'm currently running for Congress. If elected, mental health efforts will be my focus. Also, I have been a volunteer at the Saving Lives Foundation since 2011.



Gillian Mandich, United States

Founder of The International Happiness Institute of Health Science Research

gillian@gillianmandich.com

Title: Hey Siri, Make Me Happier: Happiness In The Digital Era

Ignite Session Description: We know from research that technology is often a key ingredient to being efficient, effective, and successful; however, the grass is not always greener in cyberspace. Our modern relationship with technology is also making it more difficult to switch off and unplug, which is taking a toll on our energy, sky rocking rates of burnout, draining our happiness, and taxing our mental health. With the use of technology at an all-time high due to the COVID-19 pandemic, it is imperative to learn how to accurately navigate the

digital world. Using fresh insights based on the latest research, participants will learn how to effectively leverage technology as a tool to enhance performance, increase well-being, and boost happiness.

Learning Objectives:

- Understand the significant ways that technology is changing behavior and impacting mental health.
- Examine the direct and indirect effects that social media and smartphone addiction have on happiness, mood, energy, performance, and well-being.
- Develop strategies to combat Zoom fatigue and stay connected without burning out.
- Learn evidence-based strategies to reduce distraction while maintaining connection.

About Gillian:

Dr. Gillian Mandich is an award-winning, internationally recognized happiness researcher, speaker, educator, and author. With a PhD from Western University in Health Science, Dr. Gillian's primary areas of research are happiness and health. She is the founder of The International Happiness Institute of Health Science Research; Research Associate at The World Database of Happiness, based out of Erasmus University Rotterdam in the Netherlands; co-lead investigator of The Canadian Happiness at Work Study; and was recently named one of Canada's Top 100 Most Powerful Women. As a prominent media personality, Dr. Gillian has appeared on The Social, Marilyn Denis, Breakfast Television, The Morning Show, Global, ABC News Philadelphia, WWL New Orleans, and CBS Pittsburgh. She is a top-rated keynote speaker and has given two TEDx talks.

Workshops – 11:00am – 12:30pm Costa Rica Time



Iain Grae United States (Citizen) / Costa Rica (Residence)
Enhearten
play@saraceway.com

Title: A Breath of Peace

Workshop Description: Join us for a little movement and meditation as we enhance our ability to use our breath to bring about a sense of inner peace, calm and happiness. Through the practice of meditative breathing, we can calm the mind, warm the heart and listen to our soul. This breathing style is something that can be used at any time to bring centeredness even in the most challenging of situations. Happiness within brings happiness to the whole world outside.

About Iain:

Iain is a semi-retired entrepreneur, who now makes raising his two-year-old son and spending time with his family his full-time gig. He learned about the power of breath at a pivotal time in his life. By practicing meditation and breathing practices he found himself walking a new, brighter, and more fulfilling path. Life went from an attempt to control, to a way of flow. His intention is to bring more flow, inner peace, and happiness through breath. His hobbies include writing, motocross, surfing & music.



Gabriela Pérez Eusebio, Dominican Republic
Colegio Los Arbolitos, School Principal
gabrielaperez18@gmail.com

Title: Restorative Families: Promoting Respectful Parenting without Going Crazy

Workshop Description: "Restorative families" is a dynamic workshop supported by the methodology of Restorative Practices and Emotional Education. The interactive workshop teaches us how we can use restorative strategies to create a safe, emphatic, tolerant and a more emotional aware space for parents and their children.

This session is an experience that seeks to involve and collaborate with families as a fundamental part of the educational community, providing them with restorative tools that promote dialogue, non-violent communication, and therefore generate a climate of trust, tolerance, and empathy at home. Once parents or guardians develop their emotional intelligence skills, their ability to listen, their ability to connect and be present in their children's lives, they will be able to discipline through a more positive and respectful parenting approach, while supporting the creation of a community that fosters a culture of peace and conflict resolution.

About Gabriela:

I am Gabriela Pérez Eusebio, I currently live in the Dominican Republic. I'm a proud single mom to a wonderful little boy that has encouraged me to make it my life's mission to promote peace, empathy, and tolerance to make this world a better place. This mission makes me love my job as the owner and a principal of the Colegio Los Arbolitos, a small private school, that gives me the platform to generate positive changes in my community. By implementing a project, I designed called **Transforming with the heart**, we promote positive discipline through Emotional Education and Restorative Practices



Ernie Ross, Guyana (Citizen) / Costa Rica (Residence)
Brand Strategist & Head of Innovation Agency, Ross | ReThink
ernieross1@msn.com

Title: Suppose Coke Were an NGO

Workshop Description: Discover the science behind how to better present and promote your causes, brands, and yourself, using the very successful techniques of big brands through an award-winning methodology, Intangience™.

The workshop is fast-paced and thought-provoking using storytelling, audience interaction and group exercises to unravel a complex subject into an engaging, highly entertaining, and profoundly insightful experience.

It can be applied successfully by anyone in the process of selling or sharing concepts and ideals, whether you're a vendor on a street block or an executive in a boardroom, an NGO promoting a cause or a startup searching for an edge. You will gain a keen understanding of the very techniques and strategies successfully deployed by major brands and corporations. This workshop will provide a step-by-step approach on how to develop a compelling story built around purpose and shared intangible values that emotionally connect with others.

About Ernie:

Ernie Ross - Brand Strategist & Head of Innovation Agency, Ross | ReThink

Ernie's unique methodology, Intangience™ is based upon a body of work and strategies that have won hundreds of international awards, been validated, and offered as a certificate course by the U.N. established University for Peace, noted in publications such as Forbes and Harvard Business Review as well as featured on CNN and in Advertising Age. Heads of major corporations have given public testimony to the impressive results of Ernie's Intangience™ methodology and ensured their staff across all markets are conducted through the course.

Ernie's experience in advertising and branding spans several decades as the founder of a leading innovation agency. He teaches his Intangience™ methodology around the world where it has been translated into several languages. His passion today is to freely share it with those in greatest need, who can in turn, use it purposefully towards making a meaningful difference to the lives of others and the world at large.

Workshops – 1:30pm – 3:00pm Costa Rica Time



Gwen Fuhr (they, them), USA
Co-Founder
Reimagine By Design
gwen@reimagineby.design

Art Sherwood (he, him), USA
Cole Professor of
Entrepreneurship
Director E&I Programs,
Western Washington
University
sherwoa2@wwu.edu

Title: Reimagine your life? Flowing toward your happiness fit.

Workshop Description: Have you ever felt like what was going on with your outside life just doesn't fit with what is going on with your inside life? Of course! We all feel this way regularly; this is a misfit. What might happen if you reimagined your life where you have a much greater sense of fit between who you are and how you show up in the world? How would this impact your life? Your well-being? Your performance and impact? Your happiness?

Join us for an engaging and exciting journey of exploration that will help you flow toward your happiness fit. Join Gwen and Art as they guide you through a process of how you might reimagine, design, build and live a way of life you love. You will leave energized having an introductory experience with a process the couple created based on their experience and research called Flowz Transformation.

About Gwen:

My life's work is helping fellow humans transform their lives in pursuit of their dreams. I am co-founder of Reimagine By Design, LLC working with my co-founder, Art Sherwood, to help people reimagine, design, build and live ways of life they will love. My formal education includes a BS in Outdoor Recreation and a MS in Herbal medicine. I play and practice my craft in the beautiful forests of Bellingham Washington (USA) throughout the year. I've retired from extensive body work as a Massage Therapist and am now a Certified Yoga Instructor and Certified Professional Coach.

About Art:

I have always had a deep fascination with human transformation...from the individual to the organizational experience. And, I get to follow my fascination full time! I co-founded Reimagine By Design, LLC with Gwen Fluhr through which we help people reimagine, design, build and live ways of life they will love. My good fortune extends to overlapping roles including teaching/coaching leaders with the UPEACE CEE, directing WWU's Entrepreneurship & Innovation programs as a professor, and helping through professional certification as an executive coach and Forest Therapy Guide. I work and play out of beautiful Bellingham, Washington (USA).



David Sloan Wilson, United States

President, Prosocial World

david.wilson@prosocial.world

Title: Conscious Multilevel Evolution: A New Paradigm for Improving Wellbeing

Workshop Description: A sea change has taken place in the study of evolution that can help improve wellbeing at all scales, from individuals to the planet. Before, the study of evolution was restricted to genetic evolution, was framed in terms of individual selfishness, and insisted that evolution has no purpose. Now, the study of evolution has expanded to include personal and cultural evolution, can explain the evolution of prosocial behaviors at face value, and provides ample scope for

consciously evolving our futures.

These new scientific developments lead to a set of practical methods that can help individuals and groups become more cooperative and adaptable at achieving their valued goals. Workshop participants will learn about these methods, with examples from partners who are putting them into practice throughout Latin America and the world. The methods are general and can be applied to any social context, such as education, business, health, the environment, and equitable governance.

The methods can also be applied to all scales, from individuals interacting in small groups to nations and corporations interacting in the global village. Finally, more advanced training is available for workshop participants who want to learn more and join an international community of individuals and organizations that are starting to consciously evolve their futures.

About David:

I am a scientist, writer, and activist. As a scientist, I played a role in the sea change described above. The most accessible way to learn more about this sea change is [my conversation with H.H. Dalai Lama](#) and [associated podcast](#) organized by the Mind and Life Institute. As a writer, I communicate to the general public in books such as [This View of Life: Completing the Darwinian Revolution](#) and my novel [Atlas Hugged: The Autobiography of John Galt III](#).

As an activist, I work in real-world settings through my non-profit organization [Prosocial World](#) (PW), whose mission is “to consciously evolve a world that works for all”. PW provides a framework for any person or organization to begin consciously stewarding their cultural evolution at multiple scales. The workshop will showcase one of our projects, which is working with organizations throughout Latin America.



Rodolfo Carrillo, Costa Rica

Founder & CEO of SER Consulting

leader@serleader.com

Title: The Journey from Being to Leadership to Results

Workshop Description: Who I am defines how I lead. How I lead determines the culture. Culture drives results. Peter Drucker said: “Culture eats strategy for breakfast”.

- If that is so, shouldn't we focus more on culture rather than strategy?
- Yet, how do we develop a culture that drives results?
- What is the impact of leadership on culture?
- So how do we develop leadership?

In this session we will examine the relationship between who I am, how I lead, the way my leadership impacts culture and the effect that has on organizational results. We will play a game where we'll demonstrate this relationship. Then we'll identify how: as we work on expanding ourselves, we can directly transform the organization and have better results. At the end, you will understand that:

- There is not one correct way of leading
- Working on yourself expands your leadership
- Culture is a result of your leadership style
- Being aware of your leadership style will help drive results

About Rodolfo:

As a Conscious Leadership Shaman, I have developed the powerful SER model for achieving leadership of the fullest potential as well as, deep-sustainable personal mastery and business growth.

I'm an MBA graduate and have been involved in mentoring transformational leaders, business consulting and training for more than 15 years and have participated as an independent director in more than 25 business boards. I've also been meditating and in a personal and spiritual development path since I was 7 years old. I love bringing a very interesting and unique combination of business skills, experience and spiritual wisdom which help me trigger profound transformation through my work, which is motivated by my purpose: to raise consciousness in the World so all beings can live in harmony and greater wellbeing.

IGNITE SESSIONS 3:30am - 4:15am Costa Rica Time



Gabriela Montalto, Costa Rica
Conscious Leadership Coach
montalto.coaching@gmail.com

Title: The Power of Pausing: Let's get it on

Ignite Session Description: Pausing is a priority today for any changemaker. It gives us clarity of thinking and let us access our intuition, for better decision taking/making. In this session we will know what pausing is, its benefits, barriers, but most important, we will put it to practice by connecting common challenges we face every day, with our body, our heart, and our mind. Pausing will take us to look at the sea of emerging possibilities that arises, disregarding any negative reactions that we may have, bringing the best response to the challenge, and helping us choose

the wisest way to solve it.

About Gabriela:

I am a certified leadership and happiness coach and facilitator. I deeply believe that opening our hearts and minds to new experiences will lead us to create the life we want in harmony with the purpose of life on this earth. Humans, nature, the planet and the Universe, we are all connected and the higher we vibrate in love, understanding and empathy, the better our lives will be. I love to learn new things, so I consider myself an eternal student. I deeply enjoy hosting a weekly wellbeing radio talk show in Costa Rica named "Camino en Positivo".



Ivan Bojanic, United States

Senior Strategy & Implementation Manager at Gongos, Inc

ibojanic@mac.com

Title: The Business Case for Happiness: A better metric for success

Ignite Session Description: A dated business truism is that it's not enough to simply satisfy customers; one must *delight* them to build loyalty. However, businesses seeking to "delight" tend to use metrics like sales and market share as proxies for sentiment, assuming that customers who buy must be happy. These metrics gauge the likelihood that customers will buy again in the future – i.e., the value customers create for the business.

But they fail to explain what the *business* is doing for its *customers*. What if the happiness a company generates were as valid a metric of success as revenue? Emerging lines of research suggest that building strategy around core human emotions - like happiness - is not only possible, but essential to long-term profitability. In this talk, I will discuss the relevance of happiness in business strategy, and how it offers a new way of thinking about the role and operations of businesses.

About Ivan:

My first career was in post-conflict redevelopment, working in former Yugoslavia and Iraq over a decade. There, I saw the value of psychosocial interventions as complements to physical reconstruction, and became interested in measuring outcomes in a human context. That led me to a Master's degree in quantitative methods at Columbia University (USA).

Since 2007, I've worked in business research, exploring diverse topics and industries with a focus on human emotion, e.g., why we value the tactile experience of an old-school watch or record album. I'm most interested in learning how businesses can help people live more happily and meaningfully.



Timothy Fish, United States

Senior Director of Medical Affairs of Alkermes

timothy5700@att.net

Title: A Balanced Leader: The Challenge of Finding Personal Happiness Sustainability as a Leader Amidst Future and Past Orientation Thinking

Ignite Session Description: When a leader, in any capacity, is happy, those who seek and receive their direction are more comfortable as well. In this discussion, we will explore an aspect of leadership happiness, although not completely misunderstood, is often overlooked. This aspect will consider how a leader can optimize happiness and sustainability in themselves; balance ambition, past performance, with current position.

Exaggerated ambition, as a future looking orientation, leads to anxiety, frustration, and unhealthy competition. Juxtaposed, leaders with a strong sense of ambition, can also be preoccupied with their past performance. Ruminating on the past leads to depression, despair, and withdraw. This dichotomy of future/past orientation presents a challenge to the leader to be present in the moment to discover and cultivate happiness in their current role. Through a synopsis of the scientific literature, discussions with key executives, and my own personal experience, we can learn how a leader can still be ambitious, look to the past for lessons learned, but remain rooted in the present.

About Timothy:

Dr. Fish is a 25+ year career professional as a healthcare provider. He's acquired a Bachelors, MBA, and a Doctorate in Nursing Practice. His graduate studies focused on leadership and change management. Professionally, Dr. Fish is responsible for a team of clinicians and scientists in the pharmaceutical industry, and has global experience building functions and leading teams in Europe, Asia, and the Americas.

With a growing interest in how a leader can find their inner harmony, Dr Fish has explored ways to be authentic to one's desire to grow and assume more responsibilities but retain satisfaction, sustainability, and happiness. Through regular research of the scientific literature, engaging in Happiness based curricula and regular reflection, Dr. Fish has defined a pathway.

BE THE CHANGE TALKS 4:30pm – 4:50pm Costa Rica Time



Mapula Thema, Botswana

Motswana GNH Advocate - #MosetsanyanaMosadi

M.Thema@afdb.org

Title: Happiness and Culture: When the North Meets the South

Be The Change Talk Description: I look forward every year, to the World Happiness Report - an intriguing writes up that details the complex indicators that contribute to what makes a happy nation. My country, Botswana, has almost always been last or there about – I apparently come from a very peaceful (according to the Global Peace Index 2021 third most peaceful country in Africa) but unhappy country (this year, we are 146 out of 149, being happier than only Rwanda, Zimbabwe and Afghanistan).

Costa Rica is 16th. At 50, Mauritius is the happiest country in Africa, Congo (Brazzaville) comes in second, Ivory Coast, where I am duty assigned, is 3rd happiest at 85, and the rest of Africa then sporadically features from 91 onwards. Africa, a continent of 54 countries, does not feature at all in the top half of happiest countries. Aside from New Zealand, the top ten happiest countries are in the North (Europe) and had no game to play in the scramble for the Africa.

Are these indicators relevant for the South (Africa, specifically), does culture have a role to play in how we perceive happiness?

About Mapula:

I am Mapula T. Thema, a Motswana; a Strategic Management and Business Information System Specialist as well as a Peace and happiness practitioner with over 25 years' work experience in different roles. I am currently a Corporate Information Technology Client Services Manager at an International Development Finance Institution. *All views expressed in this profile and in my participation in the conference are mine and mine alone in my private and personal capacity, and do not in any way necessarily represent the views of my employer or any other entity I am professionally associated with.

I first came to Costa Rica because it was one of the happiest nations in the world at the time. I wanted to see this "happy". All my memories of happy, with the biggest most genuine smiles, were from the most basic situations in Africa, and yet here were numbers, saying that I, and everyone else from my beloved country, was unhappy. I decided then on that I would one day, engage at a relevant platform, and tell short stories about the Africans who are happy despite the indicators. #HappyBotswana #HappyAfrica.



Sophia Argabright, United States (Citizen) / Costa Rica
(Residence)
Living Kundalini, Coach
sophia@kundalinicoaching.com

Title: Choose Sovereignty: Taking Radical Responsibility for Your Own Life

Be The Change Talk Description: What would the world be like if we all owned our power? In this session, I'll provide a potent transmission about sovereignty. About how we are the creators, and we have the power to choose differently. That when one takes radical responsibility for their life then the eternal environment begins to shift around them as well.

We LITERALLY have a choice in every single moment to be the change we wish to see, and I have an array of tools that support anchoring in that new paradigm of existence. If you're ready to leave inspired, I'll bring the energy through allowing one to REMEMBER who and what they are!

About Sophia:

I am mentor, course leader and retreat host that focuses on supporting remembrance on all realms. Remembering who and what we are and what we are capable of. Remembering why we are here. This is my mission and my passion - to shift from "life is happening to me" to "I am creating my life, what is this teaching me". Witnessing beings create lives that were previously unimaginable is my greatest honor. I merge together my 10 years of shamanic arts deep study, kundalini certifications, conscious communication trainings and energetic certifications to hold 1-1 containers, in-person retreats and online courses.



Janice Brasted, United States
Instructor & Learning Specialist of Blue Ridge School
jbrasted@blueridgeschool.com

Title: Creating Camp Happy Co-Work: The Perpendicular Process

Be The Change Talk Description: I am excited to share my *Perpendicular Process* (loosely rooted in Charles Vogl's *The Art of Community* and the creative problem-solving process) which supports individual goals within a nurturing group.

We'll look at an informal case study of a community created with the process for international students at Blue Ridge School unable to return home over Thanksgiving break. We'll then discuss how you might use the

Perpendicular Process to welcome others into your own positive, productive community.

About Janice:

I am a veteran secondary educator with graduate work in educational psychology, sociology, and curriculum. I live and work at Blue Ridge School, an all-boys boarding school near Charlottesville, VA, USA, where I am a learning specialist in the Fishburne Learning Center and an instructor/curriculum designer for international student programs.

Sunday, March 6, 2022

Workshops – 8:30am – 10:00am Costa Rica Time



Amy Bliss, United States
Founder & Visionary of The Warrior cOre
amy@thewarriorcore.com

Title: Shifting the Masculinity Paradigm

Workshop Description: Masculinity is in crisis. While women have been given more and more permission to break out of traditional roles and expectations, what we expect of men has largely remained stagnant for centuries. Around the globe, the vast majority of societies have very strict definitions of what a man is “supposed to be,” reinforced by family, education systems, culture and religion.

While stifling, this has been accepted, expected and safe for a very long time. However, in the current climate, especially post #metoo, being exactly what society expects is now considered “toxic” and “part of the problem,” with no alternatives offered. What if we allowed men to be who they are as a human rather than expecting them to perform a role?

In this workshop, we will first talk about the impact of the rigid definition of masculinity on men and those around them. In the second half, we move to a discussion on ways we can shift this paradigm and the changes this would bring about for individuals, relationships and society as a whole.

About Amy:

After a 20+ year corporate career, in mostly male-dominated industries and fields, where I both felt completely comfortable and truly excelled, I spent a good deal of time studying Female Empowerment. During this time I kept having the same thought: “Where is this for men?? Men need this, too.” Hearing this question echoed by a man during a men’s session of an intensive women’s course, I knew I found my purpose.

I believe the vast majority of men are wonderful souls, caught in a "damned if they do, damned if they don't" existence. I want nothing more than for them to be able to truly express who they are and live their best lives; to be able to experience what it feels like to live as their true authentic selves without society's rules of what a man should or shouldn't be. Imagine the world if men were given the freedom to pursue their deepest passions without judgment or ridicule...

I lead, facilitate and challenge from a place of empathy, support and encouragement, free of judgment. After years of bringing this work to individuals all over the world, through 1-on-1 coaching, I now focus on groups – workshops, men’s groups and retreats.



Lars Kure Juul, Denmark
Organizational Happiness
Trusted Advisor & Author
freakwave@mac.com

& Mohit Mukherjee, USA
Founding Director, UPEACE
Centre for Executive Education
mmukherjee@upeace.org

Title: Organizational Happiness - Going Beyond the Why!

Workshop Description: This hands-on and dynamic workshop will be run as a simulation, where working in small groups, you will have the opportunity design an “ideal” Organizational Happiness strategy for a hypothetical organization. Each group will then share their approach and how they also ensured that different stakeholders in the organization saw the strategy as a ‘win’.

Lars and Mohit will share selected ‘best practices’ from their experience implementing Organizational Happiness strategies. We will all discuss the importance of measuring the impact of an Organizational Happiness implementation and look into a practical tool for doing that.

Participants will receive a copy of the #1 International Bestseller, Organizational Happiness.

All participants will leave the workshop with:

- A practical simulation for developing an Organizational Happiness strategy
- Knowledge of best practices in Organizational Happiness
- The Happiness Sweet Spot framework
- Template for developing a Game Plan
- Access to The Motivational Landscape platform
- Organizational Happiness Book (hardcopy and pdf)

About Lars:

I have a passion for unlocking potential, facilitating growth and development through a strong purpose, a strengths-based culture, and compassionate leadership. I’m the author of Organizational Happiness (with foreword by Mohit), that became a #1 International Bestseller on Amazon last year. The book is now available in English, Spanish and Arabic. I am an international trusted advisor, HR-executive, and talent management expert working out of Copenhagen with a wide range of leaders, international organizations, and institutions around the globe. I am a keynote speaker on organizational happiness, compassionate leadership, employee engagement, talent management, and leadership at international conferences and events in many parts of the world.

About Mohit:

I am the founding Director of Centre for Executive Education. Previously, I served as Vice President of Programs for Watson University, the first incubator leading to a degree for next generation social entrepreneurs. Prior to these positions, I served as an Education Program Manager of the Earth Charter Initiative, a global movement of organizations and individuals promoting sustainable development. My Bachelor’s degree is in Industrial Engineering from Stanford University, which I earned in 1995. I obtained my Master’s degree at the Harvard Graduate School of Education in 2002. I currently reside in Florida with my wife and two daughters.



Dionne Clabaugh, United States
Faculty, School of Human Development at Pacific Oaks College
dclabaugh@pacificoaks.edu

Title: Listen Your Way to Happiness & Wellness!

Workshop Description: This workshop was inspired by an article written by Mays Imad, a female survivor of the 1991 bombings in Baghdad, which included schools and shelters occupied by women and children. Mays Imad (July, 2021) suggests 13 ways in which faculty members can promote their college students’ mental health during the pandemic, another source of trauma for many. And yet, none of her suggestions included listening! This vexed and intrigued me!

After reviewing Parker Palmer’s [The Courage to Teach](#), I reflected on opportunities educators and facilitators have to make lasting impact on

others through listening. This impact requires responsibility to make ourselves fully available to listen in ways that bring ease and awareness.

Join this very interactive workshop for first-hand experiences with listening. See how your attention can lead to happiness and wellness. Why? Because the listener is fully available! How? Join us and hear for yourself!

About Dionne:

Dr. Dionne Clabaugh is a facilitator, author, mentor, and learning designer. Since 1982 she’s worked in classrooms and community from preschool to graduate school, college faculty and parents. Her intention is to increase individual capacity and organizational effectiveness through design, mentoring, and facilitation.

Dr. Dionne earned degrees in music therapy, organization development, and Learning and Instruction, teaches at Pacific Oaks College’s School of Human Development. All her work is grounded in Self-Determination Theory, constructivism, collaboration, and reflective practice for personal and professional growth. She’s a board member for Head Start, Educators for Peaceful Classrooms and Communities, and K-12 Innovate.

IGNITE SESSIONS
10:30am - 11:15am Costa Rica Time



Adriana Santos, Mexico
CEO of SERENTI
adriana.santos@serenti.com.mx

Title: Employee Emotional Wellbeing



Ignite Session Description: Employee Emotional Wellbeing (EEW) is an invitation to allow your employees to uncover the opportunities given to them by taking charge of their emotional well-being and the ability to choose their job with purpose. Through the use of dynamic exercises with the magical FLOW® tool, we will uncover strengths that will help you face the challenges of this era and allow you to be more compassionate on the way to productivity and success in your company.

Be part of an intense dose of evolution in the business system: going from having to resilience, from hierarchical growth to purpose. It is our own mosaic of approaches that come together to integrate into ONE well-being. The experience includes activities of mindfulness, positive psychology, ikigai method and card game, all in 45 min.

The foundation of our method is based on the book Happiness Sweet Spot by Lars Kure Juul, which has brought success to our clients by bringing well-being to companies for 5 years. The design of the session is based on the book Flow by Mihaly Csikszentmihalyi and our three phases of serenity development: purpose, balance and pay it forward.

About Adriana:

Master in Human Development with bachelor's in psychology from the Universidad Anáhuac. Certified by the University of Peace-UN as a Consultant in Organizational Wellbeing. Walk the talk. Certified Life Coach and Executive Coach by ICC® London. Certified in Creative Tools and Human Development Points of you®: Coaching game, Faces and Flow.

She has worked for more than 12 years as a Human Resources consultant, specializing in Emotional Well-being. An International speaker and workshop leader on topics such as: Emotional Well-being and Human Development in the Work Environment in the Global Action Week XODS, Compassionate Leadership in the international entrepreneurship event CREA, How to connect emotionally with your staff in order to retain them?, at the Congress International Happiness. Author of positive psychology articles for VSM Magazine, Coparmex Vallarta and FENAPSIME.



Christine Ramsay, United States
CEO & Founder of Ignite Inclusion
igniteinclusion@gmail.com

Title: How to Awaken Your Happiness

Ignite Session Description: Want to learn how to be happy? Are you struggling to find happiness in your life? Would you like to enjoy a real and deep happiness? Globally, more than 300 million people of all ages suffer from depression. Happiness is different for all of us based on our diverse experiences and is unique to you. In this session you will discover how to spark your own happiness.

You will be provided principles, exercises, and tools to easily transform your life for the better. You will learn to enjoy your mornings, improve your relationships, master your emotions, live in the present, overcome your difficulties, and live your life to the fullest. When we can look deep within ourselves and practice self-love, self-compassion, and self-acceptance we can see ourselves and the world around us more positively in turn caring for our own well-being and those around us.

About Christine:

My name is Christine Ramsay (She/Her/Hers) and I'm a first-generation Armenian-American whose life purpose is to create a world where all people feel seen, heard, valued, celebrated, and loved so they continue to thrive and ignite their happiness. I am a connector, storyteller, and cross-cultural inclusive leader whose superpower is empathy. I am Chief Empowerment Officer and Founder of Ignite Inclusion, LLC whose mission is to help individuals and organizations unlock their inner genius and discover their potential by taking control of their happiness and wellbeing.

Our vision is to create an inclusive culture of happiness where all humans feel seen, heard, valued, celebrated, and loved for seeing the world differently. Helping people, organizational leaders and teams, and communities continue to thrive and take control of their own happiness with building habits that create life-work flow. I'm a Certified Happiness and Leadership Coach, Tedx and motivational speaker, Certified coach in Brain Based Skills Neuroscience of Inclusion, Certified coach for Social and Emotional Intelligence (EI), and a Certified Diversity Professional (CDP). I am also a parent advocate for Gender inclusion, Autism & Neurodiversity, Well-being and Happiness.



Ivanna Lajara, Dominican Republic
Founder of Instituto Meraki de Felicidad Laboral
ivannalajara@gmail.com

Title: The Centenarian's Recipe for a Happy Life

Ignite Session Description: During this ignite session, we'll dive into lessons and findings about longevity and happiness from the largest and healthiest community of centenarians in Latin America. Beyond their habits, let's look at what drives their 100+ year lives that serve as inspiration and example to the rest of the world.

About Ivanna:

I am a researcher, teacher, and entrepreneur. In 2015, I founded the Meraki Institute for Happiness at Work and have worked with more than 80 organizations in the Dominican Republic and the USA. Founder of the social project Cuando Sea Grande. After traveling to the Nordic countries for research, in 2020, last year I co-produced the first happiness docuseries in Spanish with #LaGranPregunta. I'm currently producing a documentary on happiness and longevity. I've co-founded the employment platform Wajobs.com and the virtual assistant platform holagenia.com. Since 2016 I'm faculty member at UNIBE's dual degree program. I'm currently, a PhD student in Change Leadership, at Western Michigan University.

BE THE CHANGE TALKS 11:30am – 11:50am Costa Rica Time



Jeff Norris, United States (Citizen) / Costa Rica (Residence)
Biology Teacher at the United World College Costa Rica
jeff.norris@uwccostarica.org

Title: The Search for Happiness in the Secondary Classroom

Ignite Session Description: In 2020 I shared with GGH Summit participants my ideas and approach for designing the high-school (i.e., secondary) classroom as a place for adolescent happiness and wellbeing. In my previous "Un-conference" I outlined my perspective, attitude, and methodology to convert the physical and temporal space of my classroom into a place of happiness for teenagers.

Now, it's time to present some of the data I've collected over the past couple of years, even if it's only "warm data" and anecdotes, as suggested by previous GGH Summit participants. In Rm.15 Biology at United World College Costa Rica, my years-long shift to a student-centered learning model leans heavily on deliberate time and experience in nature and basic mindfulness practices (known happiness and wellbeing boosters). At the GGH Summit in 2022 I will be prepared to share my findings as well as ask summit participants for additional feedback and ideas.

About Jeff:

As a tropical ecologist, educator, and long-time resident of Costa Rica, most of my professional life has been dedicated to classroom education (over 20 years) in both US and Costa Rican schools. This time has been spent teaching science, biology, and ecology courses at every level from kindergarten through college. For the past decade I've been the IB Biology teacher

and Sustainability Advisor at United World College Costa Rica. When not teaching Biology, or chasing birds and exploring the nature about campus, I am usually found promoting the Biodiversity and Peace citizen science program in the Children's Eternal Rainforest.



Estela Cachoua, United States

Co-Founder of Inner Alignment Retreats

estela.cachoua@gmail.com

Title: We Are the Lucky Ones: Abundance & Happiness

Be The Change Talk Description: We must feel very lucky and happy to be alive now a time of abundance and more awareness of it or would you rather live in 1922. But how to attain this when sadly our culture, media, and work environment are being overly negative and pessimistic. It seems they want us to be in fear and panic most of the time.

There must be political and monetary reasons for that, but we also like to over-criticize everything, having no hope for beautiful things or the good in people, we are cynical and are losing our sense of awe, of feeling lucky to be here at this moment in time. I believe this attitude avoids our capacity to strive for happiness, peace, for greatness in our lives. We feel that everything is getting worse when is the exact opposite. We are living in the most exciting time in human history.

About Estela:

I'm Estela Cachoua, Co-Founder of Inner Alignment Retreats and previously an international banker for 30 years working at HSBC Bank managing business development for financial institutions in Latin-American. Currently working on transformational wellness retreats and writing a book about higher perspectives.

I have a Bachelor of Science in Banking and Finance, a master's degree Marketing and Communications, and postgraduates' studies in Leadership Development, Digital Mindset & Transformation and International Business Administration.

About 8 years ago I had anxiety and depression, which I did not know I had, but I tried to understand what was happening to me and why. Trying to understand this was a journey that took me years to know myself and to open my perspective. I took many different classes, coaching, courses, retreats, seminars etc. I took Professor Rag Raghunathan Coursera course A Life of Happiness and Fulfillment. I took the Chief Happiness Practitioner course in the World Happiness Academy and seminars with Professor Tal Ben-Shahar and presentations with Nic Marks among many other studies.



Piotr Michón, Poland

Associate Professor at the Poznań University of Economics and Business

Piotr.Michon@ue.poznan.pl

Title: To Be a Father in a Mother-Care-For-Child Society

Be The Change Talk Description: Popular culture is full of fathers who take care of their children alone. Indeed, Pinocchio, Bambi, The Little Mermaid, Beauty and the Beast, Pocahontas and Chicken Little are just a few of the children's movies in which fathers serve as the sole parent. Such fathers are often shown as assertive, imperious, physically

separated from their children; at other times, they are funny and naïve—such as those in Aladdin and Beauty and the Beast.

The image of the floundering single father in popular culture reveals something significant: a desirable model of parental behavior. Such indirect conditioning communicates that in order to be a good parent, one needs to act like a mother. My talk is about: how to be a happy father, when you are expected to be mother-like for your children? What are the obstacles and difficulties fathers face?

About Piotr:

My name is Piotr Michoń and I am a professor at the Poznań University of Economics. I run a blog/podcast: Economics of Happiness (<https://ekonomiaszczescia.pl/>). I am an economist, but I prefer to be called a social scientist, in addition to economics in my work I use: (social) psychology, philosophy and sociology. I am also the author of few books. My last one: "Work, Care and Gender. The science of (un) happiness" (<https://wydawnictwo.ue.poznan.pl/book.html?isbn=978-83-8211-075-3>) focuses on happiness in the areas of: family, marriage, children and gender. I analyzed the results of scientific studies in order to scrutinize Russell's seven causes of unhappiness.

IGNITE SESSIONS 1:00pm - 1:45pm Costa Rica Time



Aissa Thalia, United States

Happy Mindsetter, Founder & Happiness Mindset Coach
aissa@happymindsetter.com

Title: What's Your Happy Name?

Ignite Session Description: Come have fun and rename yourself with your chosen Happy Name through a visualization and writing exercise followed by a meditation. Actively take part in igniting your inner joy with your mind, body and soul. Be ready to go inward and connect with the true you, the happy you! Obtain a new outlook on life and yourself. Leave feeling light, joyful and at ease.

Happiness is needed now more than ever. It's the gatekeeper to our health, wealth, success, love & everything else we desire. Happiness never stopped being relevant, we just chose to not give it the importance it deserves. Today we consciously change that and place our happiness first!

We will dance, meditate, visualize and raise our vibration to connect with our higher selves. Enter with a curious mind, an open heart and playful spirit and you will walk away feeling energized, confident, and happy!

About Aisaa:

I am a Happiness Coach, Meditation Facilitator, Chief Happiness Practitioner, Actress & the Founder of Happy Mindsetter. I help actors who haven't booked in 90 days or more feel happy, confident and inspired to keep going. While I specialize in coaching actors, I support global happiness for all who are willing to learn how to cultivate their inner-joy. I'm passionate about happiness because it changed my life! I was once unaware that my thoughts & emotions were negatively affecting my health & creative success. When I finally found my happy, it completely improved my well-being and artistic career.



Prakash Rao, United States

President and CEO of the Personalized Transplant Medicine Institute

PRao@njsharingnetwork.org

Title: The Power of Motivation: A team and their journey to saving more than 11,000 lives through organ donation and transplantation

Ignite Session Description: I work in the challenging field of clinical transplantation, and as a transplant immunologist, it is my task to facilitate life- saving transplants, often from deceased donors. This amazingly selfless deed by the donor family has life-altering consequences for all involved.

To the donor family, it gives closure, to the fortunate recipients, a new lease on life, not only physically, but spiritually as well, and to those of us who help facilitate this process, a feeling of a job well done. This benevolent change is reflected in the lives of all those who are impacted by the process. It is literally like casting a pebble in a pond. The ripple effect extends far beyond the initial point.

I have used the inspirational adrenaline from this process to motivate my team and have them take ownership of what we accomplish on a daily basis. The sum total of this organizational sweet spot; a superb team of committed professional who which have played a role in saving more than 11,000 lives in the past ten years.

It has been shown that organizational health trumps organizational efficiency. We have used this principle with great success and created powerful motivational tools like handwritten, personal, "Thank You" letters that we send regularly to members of our team to acknowledge their commitment to our mission. We have also created "departmental wellness" gifts, that represent a modest way of saying thank you for a job well done. I look forward to sharing these experiences, in a very engaging conversation with the other participants.

About Prakash:

I am a trained Transplant Immunologist. As the VP and COO for Diagnostics and Research Operations at the NJ Sharing Network in New Jersey, USA, I have the high honor of leading a team of dedicated and consummate professionals devoted to saving and enhancing lives. The task of my team and I is to assess the immunological compatibility of an organ donor and the recipient to facilitate a successful transplant, and in the post-transplant period, help to sustain this life saving process. Over the past twelve years, we have had a hand in saving more than 11,000 lives through organ donation and transplantation, an accomplishment of immense satisfaction to my colleagues and myself. In addition to my clinical duties, I also carry out state of the art research directed towards addressing critical topics in clinical transplantation.

I am invited to present my research all over the world, and this is subsequently published in peer reviewed journals. My research has received awards, and my innovations are patented in the USA, and internationally. I serve on numerous policy making boards and committees in the arena of deceased and living donor transplantation. I have a PhD from Bombay University in India, and an MBA from Tulane University, New Orleans, La, USA. I am a Fellow of the American College of Healthcare Executives.



Esthela Caicedo, Honduras
CEO of the Centro de Asesoría Integral
ortecaicedo@hotmail.com

Title: Happiness Through Values

Ignite Session Description: It is time to take action. It is necessary to implement values in our lives in order to have a better quality of life. The majority of people live life taking many things for granted and forgetting to enjoy and value the little things. The practice of values is necessary in order to have a balanced life. Each person has the power to change their own world just by putting values into actions.

So, let's be intentional and take action! In this session you will experience happiness through the practice of simple values such as joy, gratitude, positive attitude, and forgiveness which are easy to put into practice in different ways. You will have fun and increase your levels of endorphins and serotonin and at the same time. You will learn a simple methodology in which you will experience, measure, and live in values. When you practice values on a daily basis, you can boost your happiness levels, self-esteem, and well-being.

About Esthela:

I consider myself a passionate practitioner of values. I love adding value to others and leading people through processes to live happier lives based in values. I am a passionate teacher who loves studying. I have a bachelor's degree in English as a Second Language, a bachelor's degree in Law, a master's degree in psychology and a PHD in Education. I also have a certification as coach, speaker and trainer by the John Maxwell Team, a certification as business coach by The George Washington University School of Business.

I am a specialist on Values Based Leadership certified by Global Priority Solutions; I recently certified as a positive psychology teacher by La Salle University. I have more than 20 years of experience as an educator in all levels; more than 10 years as a trainer and speaker for different private and public businesses and educational institutions. I am an expert in personal development, values, and leadership.