

2-DAY EVENT ONLINE
FEBRUARY 10 \& $11 \cdot 6: 30-17: 00$ (EST)


```CONVERSATION GROUP6:30-7:30
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KEYNOTE SPEAKER Mónica araya ..... 8:00-9:00

```IGNITE SESSIONS9:30-10:15HAPPINESS ENHANCEMENT MODEL•DAVID KAUFMAN•CANADA
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SOCIALIMPACT: HOW TO SERVEA PURPOSETO BOOST YOUR HAPPINESS? •
MONICA DIAZ•SWITZERLAND
MINDFUL LEADERS•MAGDALENA COMAS COLL•SPAIN
BE THE CHANGE TALKS ..... 11:15-11:45
FINNISH HAPPINESS • MIIA HUITTI • FINLAND \& THE POWER OF PURPOSE: EFECTO
MULTIPLICADOR•TAREK SAKER•PANAMA
LIVING MINDFULLY IN THE PRESENT MOMENT - A KEY TO INNER PEACE, WELLBEING
AND CONTENTMENT•LENE S $\varnothing V O L D \cdot N O R W A Y \& E D U C A T I O N \cdot A N A R I C O \cdot M E X I C O$
I SEEYOU: HONORING OTHERS•KATHLEEN OWEEGON•UNITED STATES \&
SUSTAINABLE HAPPINESS•PAULA IMMO•FINLAND

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\begin{tabular}{|c|c|}
\hline CONVERSATION GROUP & 12:00-13:00 \\
\hline WORKSHOPS & 13:15-14:30 \\
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LEVERAGING STRENGTHS•ANDREEAPAP•NETHERLANDS
CREATING JOY • MAVIS TSAI \& VALERIE FREILICH•UNITED STATES
PROFESSIONAL ALIGNMENT•SALLYWOLF •UNITED STATES

```WORKSHOPS
LEARNING TO CREATE HAPPINESS \& HEALING THROUGH MOVEMENT•JANA
DANIELSON•CANADA
THE WORDS IN OUR EXPERIENCES•ELIZABETH WULLER \& JAMIE FERRER • USA
FROM STAGNATION TO PROCRASTINATION BUSTER•LIAN ALLWEIS •UNITED STATES
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## IGNITE SESSIONS

