FRIDAY, MARCH 10, 2023

REGISTRATION (CAFETERIA TERRACE) 8:00 - 9:00
WELCOME, OVERVIEW, & FRAMING (TENT) 9:00 - 9:30

KEYNOTE SPEAKERS  MARC BRACKETT & ROBIN STERN (TENT) 9:30 - 10:30

COFFEE BREAK (CAFETERIA TERRACE) 10:30 - 11:00

WORKSHOPS  11:00 AM - 12:15
THE GOOD MAN, THE REAL MAN, AND THE NEED TO BELONG (COUNCIL ROOM) • AMY BLISS • UNITED STATES
PEACEFUL PRESENCE IN A DIVIDED WORLD THROUGH BOOSTING CULTURAL INTELLIGENCE (AULA MAGNA) • MARILYN O’HEARNE & SHOKO MASUDA • UNITED STATES / JAPAN
UNLEASH YOUR INNER CHILD AND FIND YOUR AUTHENTIC VOICE (HOLISTIC CENTER) • ARUN SARADANA, MONICA VENTURA, & BHARU ZEN • UNITED STATES

LUNCH (CAFETERIA TERRACE & TENT) 12:15 - 13:15
UPEACE CAMPUS TOUR (LEAVES FROM CAFETERIA TERRACE) 13:15 - 13:45

WORKSHOPS  14:00 - 15:15
THE POWER OF BELONGING: ORGANIZATIONAL HAPPINESS IN ACTION (AULA MAGNA) • MOHIT MUKHERJEE & LARS KURE JUUL • UNITED STATES & DENMARK
TURNING PAIN INTO POWER THROUGH DANCE (HOLISTIC CENTER) • HEATHER ZOCCALI • UNITED STATES
IMPACT: MOVING TOWARDS ACTION (COUNCIL ROOM) • AFRIN KHAN • UNITED STATES

GROUP PHOTO (CAFETERIA TERRACE) 15:15 - 15:30
COFFEE BREAK (CAFETERIA TERRACE) 15:30 - 16:00

BE THE CHANGE TALKS  16:00 - 16:15
AWARENESS OF OURSELVES AS "OTHERS" (COUNCIL ROOM) • LARA KHOURI • UNITED ARAB EMIRATES
THE WELL-DESIGNED ENTREPRENEUR: WHY PRIORITIZING WELL-BEING IS KEY TO A FULFILLING CAREER (AULA MAGNA) • GABRIELA CEVALLOS • ECUADOR
FINDING YOUR INSPIRATION IN FATE (HOLISTIC CENTER) • NISHCHAL BANSKOTA • NEPAL / UNITED STATES

CLOSING  THE UNIVERSITY FOR PEACE: CONTINUING YOUR JOURNEY (TENT) 16:30 - 17:00

HAPPY HOUR (CAFETERIA TERRACE) 17:00 - 18:00
SATURDAY, MARCH 11, 2023

KEYNOTE SPEAKER  DAVE EVANS (TENT)  9:00 - 10:00

COFFEE BREAK  (CAFETERIA TERRACE)  10:00 - 10:30

WORKSHOPS  10:30 AM - 12:00

IMAGINING YOUR ODYSSEY - DESIGNING YOU  (ULA MAGNA) • DAVE EVANS • UNITED STATES

“MAGIC SQUARE”: THE ULTIMATE RECIPE FOR JOY  (HOLISTIC CENTER) • GILLIAN WAGNER • GERMANY

A SIMULATION OF HAPPINESS AT WORK  (COUNCIL ROOM) • RAJ RAGHUNATHAN • UNITED STATES

LUNCH  (CAFETERIA TERRACE)  12:00 - 13:00

WORKSHOPS  13:00 - 14:15

"MONEY ISN'T EVERYTHING - EVERYTHING IS MONEY"  (COUNCIL ROOM) • THOMAS SHEPARD • USA

REWILDING 4 WELL-BEING AND HAPPINESS: FINDING YOUR REST-PLAY-WORK FIT  (HOLISTIC CENTER) • GWEN FLUHR & ART SHERWOOD • UNITED STATES

PERCEPTION AWARENESS & CONTEMPLATIVE PRACTICES  (ULA MAGNA) • JOÃO SARAVIA • BRAZIL

BE THE CHANGE TALKS  14:30 - 14:45

THE IMPACT OF FAMILY ON HAPPINESS & FULFILLMENT  (HOLISTIC CENTER) • GAONE MASIRE • BOTSWANA

TINKERING WITH BELONGING  (COUNCIL ROOM) • JEANETTE LANGSTON • UNITED STATES

THE POWER OF (RE)WRITING OUR NARRATIVES  (ULA MAGNA) • FELIPE MERCADO • UNITED STATES

COFFEE BREAK  (CAFETERIA TERRACE)  14:45 - 15:15

IGNITE SESSIONS  15:15 - 16:00

SCIENCE OF HAPPINESS IN THE NEW WORLD OF WORK  (ULA MAGNA) • GILLIAN MANDICH • CANADA

ACTIVE LISTENING: CLARITY OF MIND & COMFORT WITH SILENCE  (HOLISTIC CENTER) • GABRIELA MONTALTO • COSTA RICA

HAPPIER, BETTER, FASTER, STRONGER: UNDERSTANDING "HAPPINESS" AS A PRACTICE  (COUNCIL ROOM) • ARIANNA REYES-CHANTO • COSTA RICA

IGNITE SESSIONS  16:15 - 17:00

LEADERSHIP & THE EGO  (HOLISTIC CENTER) • RODOLFO CARRILLO • COSTA RICA

INTERSECTIONAL HAPPINESS  (COUNCIL ROOM) • MERCEDES QUESADA-EMBID • UNITED STATES

THE HAPPINESS UNICORN: OVERCOMING CHALLENGES THROUGH AWE AND GRATITUDE  (ULA MAGNA) • SUSAN FOSTER, ANDY BROWN, & RODNEY HARRIS • UNITED STATES
SUNDAY, MARCH 12, 2023

WORKSHOPS

AVOIDING BURNOUT: HOW TO SHIFT CHANGEMAKING TOWARDS REGENERATION (COUNCIL ROOM) • MARION BRASTEL & ERINN WOODSIDE • SPAIN

HARNESSING COMPONENTS OF FLOW THROUGH TAI CHI (HOLISTIC CENTER) • PHILIP DUNWOODY • UNITED STATES

INVITING HAPPINESS THROUGH ENERGY (ULA MAGNA) • JAMIE FERRER • HONG KONG & PHILIPPINES

COFFEE BREAK (CAFETERIA TERRACE) 10:15 - 10:45

IGNITE SESSIONS

DISCOVERING PURPOSE: WHAT IS THE REASON YOU WAKE UP EVERY MORNING (ULA MAGNA) • NICOLE FUENTES • UNITED STATES

MENTAL WEALTH: FROM INSPIRATION TO TRANSFORMATION AND RESILIENCE (COUNCIL ROOM) • SVETLANA SAITSKY • UNITED STATES

HAPPYTALISM. BUILDING NEW NARRATIVES TO RISING (HOLISTIC CENTER) • LUIS GALLARDO • SPAIN

BE THE CHANGE TALKS

WITH A LITTLE HELP TO MY FRIENDS: MATTERING & PSYCHOTHERAPY REVERSED (ULA MAGNA) • DANNY RECIO • COSTA RICA

EMBRACING YOUR YEAR (HOLISTIC CENTER) • LILIANA NÚÑEZ • MEXICO

FLUID MECHANICS FOR HAPPINESS (COUNCIL ROOM) • VICTOR HUGO ROJAS GARRO • COSTA RICA

LUNCH (CAFETERIA TERRACE) 12:00 - 13:00

IGNITE SESSIONS

ATTAINING HAPPINESS VIA PERSONALITY TYPES (COUNCIL ROOM) • DAVID ESPINOZA • COSTA RICA

THE ORGANIZATION: THE CENTER OF GRAVITY FOR GLOBAL WELL-BEING, HAPPINESS, AND PEACE (ULA MAGNA) • HUMBERTO RUEDA • COLOMBIA

CLOSING SESSION (TENT) 14:00 - 15:00

OPTIONAL

FOREST THERAPY (LEAVES FROM CAFETERIA TERRACE)

BIRDWATCHING (LEAVES FROM TENT)