

3-DAY EVENT @ THE UNIVERISTY FOR PEACE IN COSTA RICA MARCH 10-12

## FRIDAY, MARCH 10, 2023



## WORKSHOPS

11:00 AM - 12:15
THEGOODMAN, THEREALMAN, AND THENEEDTOBELONG (COUNCILROOM)•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 SARDANA, MONICA VENTURA, \& BHARU ZEN • UNITED STATES


| GROUP PHOTO (CAFETERIA TERRACE) | $\mathbf{1 5 : 1 5 - 1 5 : \mathbf { 1 5 0 }}$ |
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| C COFFEE BREAK (CAFETERIA TERRACE) | $\mathbf{1 5 : 3 0 - 1 6 : 0 0}$ |

be the change talks 16:00-16:15

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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
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"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 (AULA MAGNA) •JOÃO SARAVIA• BRAZIL

## BE THE CHANGE TALKS <br> 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 (AULA MAGNA) • FELIPE MERCADO • UNITED StATES


IGNITE SESSIONS
SCIENCE OF HAPPINESS IN THE NEW WORLD OF WORK (AULA 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
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IGNITE SESSIONS
LEADERSHIP \& THE EGO (HOLISTIC CENTER) •RODOLFO CARRILLO • COSTA RICA
INTERSECTIONAL HAPPINESS (COUNCILROOM) •MERCEDES QUESADA-EMBID•UNITED STATES THE HAPPINESS UNICORN: OVERCOMING CHALLENGES THROUGH AWE AND GRATITUDE (AULA MAGNA) • SUSAN FOSTER, ANDY BROWN, \& RODNEY HARRIS • UNITED STATES

## SUNDAY, MARCH 12, 2023

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

HARNESSING COMPONENTS OF FLOW THROUGH TAICHI (HOLISTIC CENTER) • PHILIP DUNWOODY

- united states

INVITING HAPPINESS THROUGHENERGY (AULA MAGNA) •JAMIE FERRER• HONG KONG \& PHILIPPINES


## IGNITE SESSIONS

DISCOVERING PURPOSE: WHAT IS THE REASON YOU WAKE UP EVERY MORNING (AULA 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

11:45-12:00

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

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EMBRACING YOUR YEAR (HOLISTIC CENTER) - LILIANA NÚNNEZ • MEXICO
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FLUID MECHANICS FOR HAPPINESS (COUNCIL ROOM) •VICTOR HUGO ROJAS GARRO•COSTA
RICA


| CLOSINGSESSION (TENT) | $14: 00-15: 00$ |
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| OPTIONAL | $15: 00-16: 30$ |

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FOREST THERAPY (LEAVES FROM CAFETERIA TERRACE)
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BIRDWATCHING (LEAVES FROM TENT)

