



**WORLD  
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# WORLD HAPPINESS FEST 2021

CO-CREATING A SECURE BASE FOR THOSE  
IN THE FRONTLINES OF SUFFERING

REALIZING THE FUTURE OF HAPPINESS, TOGETHER

BY  
WORLD HAPPINESS FOUNDATION

# Why Understanding and Embracing Suffering is Important to Flourishing and Fundamental Peace

**World Happiness Week**

By

**LUIS GALLARDO**

March, 2021

There are times in our lives when we all wish we can change something that happened to us. Sometimes we lose a person we care about, we feel helpless and hurt, we miss out on opportunities, our bodies start to fail us as we get older, etc. These are all aspects of dukkha, one of the main teachings of the Buddha. The word dukkha is commonly translated as 'suffering.'

In Buddhism, desire and ignorance are the roots of suffering. Desire is explained as craving material goods, pleasure, and immortality - all of which are wants that can't be permanently satisfied. As a result, this brings suffering. Ignorance is explained as not seeing the world as it actually is. Vices, such as envy, greed, hatred, and anger, all derive from ignorance. That is why we need to use our mindfulness, consciousness, and inner balance as vehicles for insight and wisdom, which can help free us from suffering and live with genuine, fundamental peace.

## **Everyone Experiences Suffering**

According to the Buddha's teachings, we humans are stuck in the cycle of existence known as samsara. In samsara, we aimlessly wander and experience suffering, year after year and life after life, because we tightly grip to our grasping of self. It is a life we live under the influence of ignorance, the subjective world we create for ourselves.

Suffering is quite a dramatic word. People often think that this term applies to them. Most will say that starving children in a famine-struck African country or refugees fleeing from their war-torn countries can only know the true meaning of suffering. We tend to imagine that if we are good, careful, positive, play by the rules, and ignore the news, we won't experience it. That suffering is somewhere else. But suffering is everywhere.



Suffering is falling in love and then becoming smug. Suffering is not being able to make a meaningful connection with your children or your parents. It's the anxiety about what will happen tomorrow in school or at work. Suffering is knowing you won't have the money to pay your bills. It's hoping your company will get rid of your obnoxious colleague. You are thinking that life is moving too slow or too fast. Suffering is not getting what you desire or getting what you don't want, especially getting what you want but living in fear of losing it. All of this, and more, are suffering— sickness, old age, weakness, and dying.

Dukkha, which is sometimes translated as 'unsatisfactoriness,' 'anguish,' and even 'stress,' arises from the ignorance and our inability to understand that everything is temporary, unreliable, and ungraspable - and our wanting it to be otherwise. We wish our possessions, relationships, and even our identities remain unchanged, but that can't be. Everything is continuously transforming.

Let's say you break up with your partner. That is undoubtedly a stressful situation. But the suffering can be greatly exaggerated if you refuse to accept what has happened as the present reality. Under such difficult circumstances, we tend to say something like, 'This is not happening. This can't be true. It's not how it should be,' which can only cause you to suffer more. Acceptance is vital to end your suffering because you can't change until you first accept the truth of your reality.

All of this shows that people are creators of their suffering. There is a saying that an unhappy person in heaven will turn heaven into hell, while a happy person can turn hell into heaven. Therefore, change is required within ourselves. So, to overcome suffering, we have to acknowledge that our unhappy mind is the cause. There are two types of suffering - legitimate and illegitimate. Legitimate suffering is sorrow that corresponds to the situation. For example, someone you care about dies. Illegitimate suffering is disproportionate to the situation. But it all ties to our levels of care.

### **How Do We Care**

Being caring allows us to empathize with others and live a life based on love, affection, and compassion for the people around us. It can be tempting to succumb to selfishness and focus only on our desires and goals, but our days can be far more rewarding when we think about what the people in our lives are thinking and feeling. To care means to provide a listening ear, noticing when someone needs help, and helping the community without asking for a reward.

You don't have to be a social worker or a wealthy philanthropist to care for other people. Giving money is not the only way to be a caring human being. Even as an ordinary person, there are simple and effective ways to show that you care and want to help. It's such small acts

of care like sincerely asking people how they are and caring for what others are going through. Being observant of the needs of others, being approachable, sharing a meal with someone who does not have one, listening to those who need someone to talk to, and checking up on the people who matter to you.

The ongoing global pandemic is the perfect example of human care. Over the past year, we could see everything from panic-hoarding and despair to selfless care and compassion. Amid such suffering, people didn't turn their heads but instead decided to care for one another. We've called for social distancing to flatten the curve; we've checked in on our elderly neighbors, reached out to people who felt especially weak in self-isolation, volunteered, opposed racist fears and xenophobia, and combated misinformation online to stop the spread of panic. We raised funds for those who immensely struggled' we made and shared positive news and acts of kindness with our community, and so much more. Not to mention the care and the efforts, personal sacrifices, and risks of all those medical workers who have operated - and still do - in the front lines of suffering!

### **Suffering is Essential to Flourishing and Fundamental Peace**

The idea of human flourishing is ancient. It was shared by many Ancient Greek philosophers and was fully expressed in Aristotle's writings. It also has an enormous contemporary value. Human flourishing lies at the core of the positive psychology movement. Yet, many people are uncertain about their prospects for flourishing when so many unavoidable human flaws and frailties stand in their way to thriving.

You might wonder, how can a person thrive, given the complexity of life, their limits, and inevitable suffering? Not only that humans can flourish no matter their imperfections, but also that that human frailty is central to achieving fundamental peace and living well. Human flourishing includes the entirety of life, not just positive parts. Suffering is essential because people's ongoing struggles with their human limits and fallibility are a vital part of their lives and partly define them. Turning our back on the difficult and challenging aspects of our lives would amount to giving up essential parts of ourselves. So much of the growth, self-development, and meaning we find in life arise from working through individual shortcomings and weaknesses.

We all face some degree of adversity and suffering in life. Happiness and joy are never that far from sadness and sorrow. Our lives are always a complex mixture of positive and negative, strength and weakness, happiness and sadness. Part of what makes us human is to experience limits in life and suffer at times. The frailties, attachments, dependencies, and suffering that beset us are invaluable sources of meaning, growth, and deep relationships that constitute human flourishing. It can be said that a direct path to flourishing by focusing on the positive can be helpful. Although, we would lose too much of the richness and texture of life if we were

to focus so intensely on the positive that we ignore how the inevitable struggles of ordinary living can lead to personal development and growth.

The key message is simple - it is neither necessary nor desirable to eliminate human struggles and frailties to pursue a flourishing human life. Creating a proper attitude and response to our limitations, challenges, and suffering is the best way to a flourishing life.

### **The Roots of Human Suffering**

What are the causes, the roots of human suffering? They are:

1. We suffer because we don't know who we are. We confuse ourselves with our body, mind, experience.
2. We grasp and cling to experiences that are evanescent, transitory, and dreamlike. We often ask ourselves, 'what happened to my childhood?' It's over. 'What happened to yesterday?' It's over. 'What happened to five minutes ago?' IT'S OVER.
3. We are afraid of anything unpleasant. Being abandoned, mistreated by someone, embarrassed, humiliated, etc.
4. We identify with our ego.
5. We are afraid of dying.

The interesting thing about this is that all of the roots are connected. They are the same fear, and that is not knowing who we are. This is the biggest question that everyone should be asking. 'Who am I? What am I?' Are we the changing experience of our bodies, which is merely a perceptual activity? Are we the experience of our changing mind or the changing personality? Because we don't have the same character when we were kids or even ten years ago! What is at the basis of this?

When we begin with this reflective self-inquiry and start asking who we are, what we want, and our purpose, we start unraveling the truth of our being. Through insight and mindfulness, through the awareness of the body and mind and our mental space's attention, we arrive at the ultimate, most profound place in us - the awareness of awareness.

### **Overcoming Suffering**

***"There is always light if only we are brave enough to see it, if only we are brave enough to be it" - Amanda Gorman***

The first step to overcoming suffering is to realize that pain is not equal to it. As the familiar adage says, 'Pain is inevitable, suffering is optional.' If we are alive, we cannot escape experiencing pain.

We all experience it throughout our lives. Pain can be either physical or emotional, from which there is no escaping. On the other side, we have suffering, which we can do something about.

Suffering typically occurs as a chain reaction: stimulus-thought-reaction. Often, people have no control over the stimulus that causes them pain. But they can change their thoughts and emotional responses to the pain, which only intensifies their suffering. It's all about perception and interpretation. Suffering lies in people's mental and emotional reaction to what is perceived as an unpleasant or undesirable situation. When things aren't going according to plan, people tend to feel helpless and victimize themselves. This leads to depression, apathy, and resignation. Even worse, it leads to anxiety and worry, which can quickly escalate into a fear that is not easily conquered.

If we open to pain in the present moment, we can try to improve our situation. Even if we can't, we can at least change our attitude towards the painful experience and decrease suffering. How so? Because of the simple formula - pain + resistance = suffering. When we attempt to ignore our pain, we almost always suffer even more. When we are willing to be open to it, we can make use of it in our lives.

The willingness to be with our suffering gives rise to inner resourcefulness that we can carry over into all areas of our lives. We discover that whatever we give space to can move. Our feelings of anxiety, discomfort, frustration, or anger are free to unfold and reveal their real causes. Often, in allowing our pain to emerge, we discover a point of stillness, fundamental peacefulness, right in the middle of our suffering.

### **Growth From Suffering**

The growth through and from suffering can be divided into three categories:

1. Changes in Philosophy of Life;
2. Changes Within Self, and
3. Changes in relationships.

These changes are often described as wisdom. It is a central aspect of the growth that can happen through suffering. If we bravely face our suffering, we can gain a deeper appreciation for life, make fundamental positive changes in our priorities, and renew and strengthen our spiritual vitality. As far as changes within the self go, we can increase personal strength, have a deeper appreciation of vulnerability, and recognize our limitations. Changes in relationships

include--- increased emotional expressiveness, a deep sense of compassion, empathy, and intentionality in relationships.

Turning toward suffering is a vital part of welcoming everything life sends our way and ignoring nothing. This means that no part of ourselves or our experience can be pushed away - not the happiness and wonder, nor the pain and grief. All are woven into the very fabric of our lives. When we embrace this truth, we can grow from our suffering and step more fully into life.

### **Suffering in the Workplace**

Sadly, suffering is widespread in the workforce. Statistics on stress, grief, and burnout at work reveal that suffering is also too costly. Around 75 billion dollars is lost annually due to grief in the workplace and 300 billion dollars due to work-related stress. Such situations can be caused by personal tragedy that people are going through, especially challenging work assignments, difficulty with colleagues, hostility in the workplace, or economic factors driving companies to make difficult choices.

It's no wonder that all of these factors influence employee's learning and performance. When people are faced with severe personal tragedy, it isn't easy to expect them to stay open to experiences and exercise a growth mindset. If people work in unsafe conditions or have no means to talk about their challenges, what can we expect in their productivity? In many circumstances, workers themselves don't know how much of their ability to learn and perform is influenced by the difficult situations they are going through. And more so, they don't know what to do about it.

Nevertheless, there are many things that companies and other organizations can do to foster more understanding, compassion and help with suffering. It all starts with the leaders. Leaders should treat their workers as individuals, as whole people who carry emotions into their workplace and display them. They should encourage previous work and life boundaries, facilitate quality relationships among workers, and implement practices that foster perceiving, feeling, and acting in ways that promote care and compassion.

Day 1 of World Happiness Week our guides will educate business leaders on creating positive, compassionate, caring work environments. They will discuss the best programs, policies, and practices to implement for the highest chances of success.

## **Mental and Physical Suffering**

Even before this global pandemic, the prevalence of mental and physical illnesses among youth and adults was rapidly increasing. People were battling everything from depression, anxiety, and fatigue to cancer, leukemia, and other painful diseases. However, the pandemic has amplified all of this.

The number of people looking for help with depression and anxiety has skyrocketed. Isolation has hit us hard, and those who already suffered from certain illnesses, mental or physical, have experienced the worsening of their symptoms. According to the Kaiser Family Foundation data, 53% of adults have said the pandemic negatively impacted their mental health. Centers for Disease Control and Prevention (CDC) has reported that 41% of adults suffered from anxiety or depression, 30% more than in 2019! The percentage of people with a mental illness who are uninsured increased gravely for the first time since the Affordable Care Act (ACA) was passed.

While this is happening to the general population, healthcare workers are struggling even more. They have been battling burnout way before COVID-19, and now it's even worse. They are experiencing depression, anxiety, insomnia, and distress. Frontline healthcare workers face higher risks of infection and death due to excessive coronavirus exposure and suffer severe physical and mental consequences because they provide care to patients. Risks are also doubled for household members of front-facing healthcare workers. This is why a significant number of healthcare workers choose to live separately from their families, which deepens their feelings of anxiety and isolation. Others have no choice for self-isolation, so they have to come back to their partners, children, and parents and further distress themselves after long work hours.

What does this tell us? That this is happening to all of us. Our suffering is universal. Physical and mental health troubles are a natural reaction to an ongoing traumatic event such as a global pandemic. Because of this concerning data, Day 2 of World Happiness Week is all about Mental and Physical Health. It is dedicated to providing participants with the most up-to-date and relevant information regarding healthcare. The target audience here isn't just healthcare professionals but also individuals looking to improve their own physical and mental well-being.



## **Suffering at School and in the Classroom**

Did you know that half of all new teachers leave the profession within the first five years? The reason behind this is that the culture of the school is just too oppressive. There is no tolerance for innovation or creativity, no place for human connection. Empathy, gentleness, and compassion are frowned upon, if not wholly ignored. And this is the environment into which people send their kids.

Most students feel anxious or stressed at times in class, but some might be exposed to stress than others. When fear, anxiety, and tension build-up to severe levels for a child, they are at risk to develop toxic stress, which can have lasting effects on their behavioral, social, emotional, and physical health. All of this often happens in front of their teachers, but are they to blame? The situation is quite complicated. Though there are some bad teachers out there, most of them are compassionate and empathetic, and ready to help. However, teachers have become the product of rigid systems, procedures, and policies they are compelled to follow. They are given strict instructions from their unions about what they can or cannot say or do. Fear controls teachers' lives, and children are the ones who suffer.

Kids also face other problems, such as bullying, poverty, too much or too little parent involvement, classroom size, family factors, health, lack of school funding, etc. This situation is further aggravated by children's lack of physical access to their schools due to the COVID-19 pandemic. The most vulnerable kids live without parental care, live on the streets, refugees, migrants, children with disabilities, and those who live in high-risk, conflict-affected areas.

What is the solution? This is what we will try to unravel on Day 3 of World Happiness Week. The attendees will hear all about education that helps young people find their purpose, develop their social and emotional skills and character strengths.

## **A Suffering Planet**

In 2019, the world's leading scientists warned us that our planet is in grave danger from the rapid decline of the Earth's natural life-support systems. This warning came from the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES), after an extensive and the most thorough planetary health check ever undertaken.

The coral reefs are flickering out beneath the oceans, rainforests are desiccating into savannahs, land and ocean temperatures are increasing, and the rate of species extinctions is accelerating. Nature is being destroyed and is declining globally at rates unprecedented in human history. The health of ecosystems on which humans and all other species depend is rapidly deteriorating. We are eroding the very foundations of our livelihoods, health, food security, and quality of life worldwide. The secret is out, and it's not pretty. Our planet is suffering, and now more than ever, we feel the consequences of our actions.

Despite the progress we are making in conserving nature and implementing policies, the global goals for preserving and sustainability using nature and accomplishing sustainability can't be met by current trajectories. The plans for the next ten years and beyond can only be realized through transformative changes across economic, social, political, and technological factors.

Day 4 of the World Happiness Week is all about having a positive impact on nature. On this day, we align with the UN Sustainability Goals, acknowledging and celebrating our interconnection with Nature.

The goals include recycling, reducing the use of plastic bags, putting a stop to global warming, planting trees, using sustainable modes of transportation, and more. The speakers for this day are sustainability experts, social connection researchers, and business leaders who dream of a thriving planet. Together we will ask the question - what does a flourishing world mean for humanity?

We are focusing on helping people understand the plethora of ways to impact the world positively. Whether that is individually or through one's organization, this day will help participants align their values with their actions and contributions. Doing good CAN be easy, and we will show you how!

## **The Role of Transformative Technology in Human Suffering**

We live at the beginning of the Fourth Industrial Revolution, where virtual and physical systems are intertwined in services, manufacturing, and the human body itself. Over the past couple of years, we could see an exponential growth of technology's role in improving well-being, decreasing stress and anxiety, and addressing the fundamental causes of human physical and psychological suffering. These benefits are supported by a growing understanding of science, psychology, neuroscience, and the mechanisms underlying peace, compassion, love, and the fundamental sense of who we are.

And though we are slowly improving as a society and are now operating at a better place and with more advantages than any other period in human history, many people are still suffering deeply. That is why transformative technologies are here to support not only our thinking, functioning, and relationships but also to transform our hearts and minds. The goal is to support physical and mental health, emotional well-being, and human thriving.

To embrace these technologies in a way that supports a happier and healthier future, we must understand what these technologies are and how we can best utilize them. On Day 5 of World Happiness Week, we will connect participants with experts, researchers, developers, and engineers working on the latest and greatest transformative technology.

## **Global Issues Surrounding Human Suffering**

The beginning of 2021 offers a conflicting picture of the global economy, health, and well-being for those trying to identify trends, challenges, and opportunities. Concerns about long-term energy security, environmental issues, and sustainability are finally converging to create an action plan. While some countries have succeeded in bringing people out of poverty, too many are still tangled up in conflicts, diseases, poverty. On top of this, the coronavirus has hit most of the world, deepening most countries' problems.

What are the most critical challenges we face, and what are the possible solutions? The goal of the world's policymakers is to answer this question. On Day 6 of the World Happiness Week, government leaders worldwide will unite in a discussion surrounding global issues and challenges faced by individual countries, regions, and cities. By sharing perspectives, policies, successful solutions, best practices, and future goals, we aim to collectively create new paradigms for human

progress, based on happiness and well-being, that support the United Nations resolutions.

### **Take Away**

Suffering is indeed part of life. No one is exempt from it. But this doesn't mean we can't do something about it together. The state of 'dukkha' is maybe unavoidable, but it's not permanent, and when united, humankind can do so much to raise the levels of global happiness.

Choosing to be guided by wisdom instead of desire means having freedom from suffering. It means choosing to wake up from the unreal, temporary illusions and be on a path towards authentic happiness and genuine well-being. If we go through life's ordeals with a mindful and conscious approach, we can alleviate the suffering and experience fundamental peace.

So much is happening in the world that needs to be addressed, and the World Happiness Week provides the perfect opportunity for it. From March 18th to March 23rd, attendees from all over the world will be able to participate in finding solutions for global problems and enjoy the company of like-minded people while listening to insightful lectures on diverse topics. Participants can choose to attend in person (if you are at any of the +80 Agoras around the world and if COVID-19 measures permit), or they can choose to join from the comfort of their homes. The Digital Summit is free to attend, regardless of where you are. Join us in realizing the future of happiness.

We're looking forward to seeing you there!

<https://www.worldhappiness.foundation/>



# World Happiness Week

**March 18<sup>th</sup>-23<sup>rd</sup>, 2021**

The year 2020 has been challenging in many ways. A health crisis swept the world, disrupting practically everyone's daily life. Racial injustices, intolerance, and inequalities on almost every level, climate change, economic crises, and more only added to the problem. 2020 shook us all to the core, regardless of the corner of the world where we are living.

And now, it's time to focus our energy on recovery.

World Happiness Week is a global event with activations in over 80 cities worldwide. Due to COVID-19, all of these events have now successfully transitioned to digital platforms.

From March 18th to March 23rd, World Happiness Week encourages us to celebrate happiness and introduce some much-needed balance into our lives.

## **What is World Happiness Week?**

World Happiness Week is a global initiative that takes place every year. This online event is organized by the World Happiness Foundation, an organization dedicated to supporting government and business leaders in implementing new policies for creating happiness and well being for all.

The Foundation works in partnership with the United Nations University for Peace and supports two UN resolutions:

- **65/309 - Happiness:** Towards a Holistic Approach to Development
- **66/281 - International Day of Happiness**

World Happiness Week is one of the most diverse polycentric forums. In 2020, it reached over 10 million people in over 40 countries!

The Week consists of various events that happen digitally and in-person (where they're allowed due to COVID-19 restrictions). Leading experts in happiness and well-being talk about education, technology, science, business, policy, art, music, and more. In partnership with the United Nations University for Peace, the International Positive Education Network, Tecmilenio, IIT KGP, Transtech, and Latin Business Today, the World Happiness Week focuses on the future - realizing a world with freedom, happiness, and consciousness for all.

There will be four main segments to the World Happiness Week.

- **Global Agoras**

Agora is an Ancient Greek word with the meaning of 'public meeting place.' More than 80 agoras in over 40 countries worldwide will take place during the World Happiness Week. Every Agora will have a different set of activities planned.

- **Conscious Kids Fest**

If coronavirus restrictions permit, a live event in Spain will be held for the youngest Happiness Week participants. Children will enjoy yoga, live music, artists, games, healthy food, face painting, and many other kid-friendly activities.

- **Central Stage**

Festival vibes will spread around the central stage in A Coruna, Spain, where participants will attend workshops and seminars, dance to live music and DJs, eat delicious food, shop from conscious vendors, and much more.

- **Digital Summit**

Finally, the International Happiness Week is the largest and most accessible event with the theme of happiness and well-being. Anyone can join the free summit online!

### **Topic Overview**

World Happiness Week will last for six days. Each day has a specific topic attached to it, corresponding with the overarching theme of Realizing the Future of Happiness.

- **March 18th: Work**
- **March 19th: Health**
- **March 20th: Education**
- **March 21st: Self, Planet, Social Impact**
- **March 22nd: Transformative Technologies**
- **March 23rd: Governance, Public Policy**

The primary goal of all topics, presentations, and workshops is to introduce change at a systemic level to fight social injustices and environmental concerns. The World Happiness Foundation's work is in line with the UN Global Compact and the Sustainable Development Goals.

### **Why World Happiness Week Matters**

In this day and age, it is too easy to get swept up by the negative. The media - both traditional and social - emphasizes scandal and sensationalism, and evil (and false) news spread in a blink of an eye. World economies have no regard for natural wealth or communal bonds and are all too eager to encourage overconsumption.

If you're overwhelmed with work, suffering from a physical or mental condition, or are simply feeling more drained and lost than before, it seems like there is little that can keep you afloat.

The World Happiness Week aims to remedy that.

That is not to say that World Happiness Week offers short-term relief. Quite the opposite - all the esteemed speakers at the event are there to provide sustainable, long-term solutions. By changing the faulty foundations of society and learning new methods to help us cope with the pressures of reality, the World Happiness Week leads us to a better, more joyful future.

Join the World Happiness week if you want to hear what's new in the fields of healthcare, technology, education, social impact, public policy, and more. All of the information you retain will prove significant in how you view the world around you. They will guide you forward and possibly even influence the very next steps you take in life.

### **Day 1: Workplace Well-Being**

According to research, an individual spends approximately 90,000 hours of their life at work. That is one-third of their lifetime! It is no wonder that the type of work you do and your workplace's environment significantly impact your overall happiness.

Not only that, but the success of any business is directly linked to their employees' well-being. Overworked, stressed, underpaid, frustrated, or ill workers cannot give it their best at their job, causing a significant drop in organization performance.

It is one reason why many influential companies such as IBM, Google, Deloitte, and others have appointed Chief Happiness and Chief Mindfulness Officers in their organizations. Most of these positions came about because one person wanted to share the power of mindfulness with their coworkers.

However, the benefits of such a position are invaluable. Chief Mindfulness Officers are tasked with helping their employees manage their thoughts, emotions, and energy, and gain self-awareness. Digital distractions are also something that needs to be controlled, as they kill creativity and productivity.

This is why, on Day 1 of World Happiness Week, in partnership with Forrester and LIVE 13.5, our speakers will educate business leaders on how to create positive work environments. They will discuss the best programs, policies, and practices to implement for the highest chances of success.



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## World Happiness Fest Agenda 2021

### Sessions by Agora Hosts

**Thursday, March 18th - Work**



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[www.worldhappiness.foundation/](http://www.worldhappiness.foundation/)  
[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)

#### 1:00pm EST



**Bringing happiness to one of the most tedious jobs**

**Agora Medellín, Colombia**  
Anggy Corchuelo

#### 2:00pm EST



**Propuestas para la promoción del bienestar desde el sector público**

**Agora Pamplona / España**  
Leire Iriarte Cerdán



**Listening to Hear: Enhancing Your Communication Skills**

**Agora Knoxville TN**  
Alexia Georgiou



**Growing Your Storyteller Mindset for Unleashing Creativity, Leadership + Collaboration**

**Agora Basel, Switzerland**  
Rebecca Roberts



**12 principios de la psicología positiva para construir la buena vida en personas y organizaciones**

**Agora Good Life Café**  
Arlen Solodkin  
& Mariángela Rodríguez  
SPANISH



**Solo hay un vía para la retención y fidelización: la felicidad**

**Agora Awards of Happiness**  
Pedro Galván  
SPANISH



**Los 7 factores para la felicidad en el Trabajo**

**Agora Querétaro, México**  
Astrid Alviso

#### 2:30pm EST



**Business 101: it's About the People - Be an Ally!**

**Agora Canton, CT USA**  
Darrin Tulley

#### 3:30pm EST



**Mejores Prácticas en el mundo**

**Agora Best Practices**  
Arturo Villegas  
y Zulema Fernández

#### 1:30pm EST



**Actitud Positiva en momentos difíciles**

**Agora Barcelona, Spain**  
Joaquín Viñas



**Mujeres, Emprendimiento y Felicidad**

Angela Kohler  
& María Emma Martínez





#### Modelo Happynet: Habilidades para la Felicidad en las Organizaciones.

Paloma Fuentes  
Teresa Viejo  
Luis Castellano  
Manuel Palencia

7:45am ET - 8:45am ET



#### Welcome to The World Happiness Week by Founder Luis Gallardo

Luis Gallardo  
Founder World Happiness Foundation  
Rehki Singh  
Founding Board Member

8:45am-9:00am ET



#### The Practice of a Mindful Leader

Marc Lesser – SYILI  
Executive Coach, Mindful Leader,  
CEO of ZBA Associates

9:00 am ET- 9:30am ET



#### Taking the pulse to happiness at work under COVID-19

Nic Marks  
CEO and Founder of Friday Pulse

9:30am ET- 9:50am ET



#### Behind the curtains of ZOOM's unique Happiness culture

Tobias Grieb  
Co-Founder at Jonigo, Career & Happiness Coach

Blake Harris  
Senior Recruiter at Zoom

10:05am- 10:55am ET



#### How Purpose is influencing Happiness at Work With 6 authors/ consultants

EVE SIMON  
CEO, Founder, Chief Evolutionary Officer  
(Future of Leadership Salon)

11:00am- 11:50am ET



#### Increasing Happiness in the Workplace

Molly Tschang  
Founder of Abella Consulting

Raj Raghunathan  
Professor of Business at University of Texas

Kristin Neff  
Professor Educational Psychology  
at University of Texas

12 pm- 1 pm ET



#### Post Traumatic Growth- A conversation with Dr. Tal Ben-Shahar and Arlen Solodkin, MAPP

Tal Ben-Shahar  
Founder at Happiness Studies Academy  
Arlen Solodkin  
Founder and CEO Instituto de Bienestar  
Integral IBI (Well-being Institute)  
& Co-Director Good Life Café

1:00 pm - 1:20pm ET



#### Authenticity in the Workplace

Nandi Howard  
Diversity, Equity and Inclusion  
Partnerships, Senior Associate at Wayfair

1:25pm-1:45pm ET



#### Engineering Happiness at work

Sara Gebremedhin  
Vice President at JPMorgan Chase & Co.

1:50pm -2:10pm ET



#### Taking Organizational Happiness Seriously through Positive Leadership

Mohit Mukherjee  
Founding Director UPEACE center for  
Executive Education, University for Peace

2:15 pm-2:35 pm ET



#### "Leadership as the Frontliner Against Suffering at Work"

Valerie Freilich  
Executive Coach | Head of World Happiness Academy

Eve Simon  
Chief Evolutionary Officer ( Future of Leadership Salon)

Achim Nowak  
Executive coach, Author, Podcaster

2:35pm to 3:00pm ET



#### INTRODUCTION TO SESSIONS (IN SPANISH)

Nancy Martinez  
Directora General de LIVE 13.5 Construimos  
Organizaciones Felices = Mayor Productividad

Luis Gallardo  
Founder World Happiness Foundation

3:00pm - 3:05pm ET



#### Modelo de NeuroTransformación Consciente como alianza estratégica para el bienestar organizacional

Ofelia Santiago López  
Fundadora y CEO de Santiago Consultores

3:05pm - 3:25pm ET



#### Nuestro futuro es YA

María López Camacho  
Coordinadora Regional de Talento  
Humano en Ernst & Young

3:25pm - 3:50pm ET



#### Las personas como centro de la estrategia

Mariana Gámez Hernández  
Human Resources Director en Sony Electronics

3:50pm ET- 4:15pm ET



#### Employee Journey in the future

Ana Orihuela  
Directora de Recursos Humanos  
en AlphaCredit

4:40pm-5:05pm ET



#### Semiología de la felicidad en oficinas

Jhonattan Martínez Montes De Oca  
Director de Capital Humano  
en Grupo Dival

5:05pm-5:30pm ET



#### LiftUp - Elevando la moral y el bienestar del equipo LinkedIn

Ramiro Luz  
Responsable de LinkedIn Talent  
Solutions en Hispanoamérica

5:30pm-5:55pm ET



#### Compartiendo el Propósito, Creciendo Juntos

Mitzi Fernández  
Sr. HR Business Partner &  
Wellness Manager en Nestlé

6:20pm - 6:45pm ET



#### Work life balance in pandemic times

Horacio Manjarrez  
Director de Recursos  
Humanos de Grupo Gapp

6:45pm- 7:10pm ET



#### Celebramos las diferencias. Uber, un lugar para ser tú mismo.

María Fernanda Reséndiz  
Gerente de Comunicación Corporativa en Uber

7:35pm-8:00pm ET



#### Acciones para la calidad de vida de los colaboradores

Daniela Bedolla  
Regional Benefits & Experience Lead en Natura & Co.

8:00pm-8:25pm ET



#### Global Happiness Index & Brand Happiness Promoter Score

Guillermo Armenta Garrido  
Socio senior de la Práctica de Impacto  
Financiero en Horizontes Consulting

8:25pm-8:50pm ET



#### La felicidad como parte integral del bienestar de Walmart

Alejandra Paczka  
Transformation RH & People Business  
Partner Staff en Walmart México y Centroamérica

8:50pm - 9:15pm ET



#### El valor de la felicidad en el trabajo

João Nunes  
Managing Director en Page Group para México,  
Centroamérica y el Caribe Michael Page

9:20pm-9:40pm ET



## Day 2: Mental & Physical Health

If the year 2020 has taught us anything, it is the importance of physical health. Worldwide, over 2 million people have lost their lives in the COVID19 pandemic. Social distancing, wearing masks, regular hand-washing, and disinfection has become the norm all to preserve life and protect from infection.

Simultaneously, healthcare systems around the globe have been overtaken and paralyzed, delaying or withholding essential treatment to other patients. Indeed, physical health has never been so much at risk as it is today.

However, mental health mustn't be overlooked, either. Due to the pandemic, job insecurity, the looming threat of disease, and possibly death, more people report feeling depressed and anxious. Not only that, but due to travel bans and social distancing rules, more people are feeling isolated and lonely as well.

Because of this concerning data, Day 2 of World Happiness Week is all about Mental & Physical Health. It is dedicated to providing participants with the most up-to-date and relevant information regarding healthcare. The target audience here isn't just healthcare professionals but also individuals looking to improve their own physical and mental well-being.



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# World Happiness Fest Agenda 2021

## Sessions by Agora Hosts

**Friday, March 19th - Health**



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[www.worldhappiness.foundation/  
#WorldHappinessFest](http://www.worldhappiness.foundation/#WorldHappinessFest)

### 12:00pm EST



**Mindfulness, Compassion  
y Resiliencia Para  
Profesionales de la Salud,  
Educación y Organizaciones**  
**Agora Madrid/Oslo**  
*Rubén Revillas*



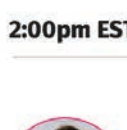
**PROGRAMA DE FORMACIÓN  
DE BIENESTAR MENTAL Y  
EMOCIONAL.**  
**Sesión Introductoria**  
**Agora Valencia, España**  
*Juan Brouilhet Fernández*



**Essentialism for mind,  
body and soul**  
**Agora Raleigh, North Carolina**  
*Div Manickam*



**Zašto djeca trebaju mindfulness?  
/ Why Children Need Mindfulness?**  
**Agora Zagreb, Croatia**  
*Branka Novosel*



**2:00pm EST**  
**Cultura Redárquica y  
Organizaciones Conscientes  
como motor del Bienestar  
Organizacional**  
**Agora SÚMASET Oleiros, Spain**  
*Silvia Estévez Touriño*



**Filosofía de una Vida Feliz**  
**Agora Cali, Colombia**  
*Fernando Plata*

### 1:00pm EST



**Ser feliz: los 7 compromisos  
para la felicidad**  
**Agora Lima, Perú**  
*José Alejandro Cueto*



**Salud integral  
para el Buen Vivir**  
**Agora Argentina**  
*Gaspar Contreras y  
Karen Gomez Díaz Granados*



**Enseñanzas de Japón:  
Valores, Orden y limpieza  
para el bienestar común  
/ Lecciones desde Bhután:  
Felicidad Nacional Bruta**  
**Agora Best Practices**  
*Arturo Villegas y Zulema Fernández*



**3 Ms for Clarity**  
**Agora Barcelona, Spain**  
*Paco Briseño*



**2:30pm EST**  
**Caminos conscientes  
con Mindfulness**  
**Agora Panamá**  
*María Elena Marín  
& Romina Rosenfeld*



**Pero para efectos internos  
es La Esperanza**  
**Agora Chile**  
*Rodrigo Tredinick*



**No Genius No Problem:  
Why Belonging Matters  
more than the Lone Genius**  
**Agora Vienna, Austria**  
*Imran Rehman*



**Social connectedness as  
the gateway to happiness**  
**Agora Berlin, Germany**  
*Togetherness Hub*





#### Entendiendo la Compasión como clave de la salud

**Paloma Fuentes**  
**Rosa Carmen Lobato**  
**Virginia Ruiz Martín**  
**Rosa Gutierrez**  
8am -9am ET



#### Welcome to The World Happiness Week by Founder Luis Gallardo

**Luis Gallardo**  
Founder World Happiness Foundation  
**Javier García Campayo**  
Psychiatrist and Professor at the University of Zaragoza  
9:30am -10am ET



#### Framing Suffering and Growth

**Edith Shiro**  
Clinical Psychologist  
11:05am - 11:25am ET



#### How to find energetic alignment in your life

**MILLAH**  
Artist and founder of YouTuneIn app  
11:25am- 11:45am ET



#### Introduction/Opening

**Luis Gallardo**  
Founder World Happiness Foundation  
**Kathryn Goetzke, MBA**  
Founder of iFred, Creator of Hopeful Minds and Hopeful Cities, The Hope Matrix podcast host and author of The Biggest Little Book About Hope  
11:45am- 12:00pm ET



#### The Global Impact of COVID on mental and physical health

**Myron Belfer, MD, MPA**  
Senior Attending Psychiatrist, Department of Psychiatry Professor of Psychiatry, Harvard Medical School  
12:00pm - 12:20pm ET



#### Healing through the Power of Hope

**Dan Tomasulo, PHD**  
Academic Director at Teachers College, Columbia University and author  
12:20pm - 12:40pm ET



#### How Compassion is Key to Recovery

**James R. Doty, MD**  
Founder & Director, The Center for Compassion and Altruism Research and Education Stanford University School of Medicine  
12:40pm - 1pm ET



#### The Prevents Pledge to Reach

**Barbara Van Dahlen, PHD**  
Executive Director, PREVENTS  
1pm - 1:20pm EST



#### Tools to Support Frontline Workers

**Marjorie Morrison, LMFT, LPC**  
CEO and Co-founder of Psych Hub  
1:20pm - 1:40pm ET



#### Talkspace as a Mechanism for Care and Connection

**Rachel O'Neill, PHD, LPCC-S**  
Director of Clinical Effectiveness, Talkspace  
1:40pm -2pm ET



#### Empowering Youth in Peer Activism

**Martin Rafferty**  
Founder and Chief Executive Officer of Youth Era  
2pm - 2:20pm ET



#### youthRISE: A New Era of Collective Action to Transform Mental Health

**Moitreyee Sinha**  
CEO and Founder of citiesRISE  
2:20pm - 2:40pm ET



#### Advancing Mental, Social, and Spiritual Health

**Tyler Norris, MDiv**  
Chief Executive of Well Being Trust  
2:40pm -3pm ET



#### Engaging in Challenging Times with Clarity, Calm, and Heartfulness.

**Sharon Salzberg**  
Meditation Teacher, Author, Co-founder of the Insight Meditation Society  
3pm-3:20pm ET



#### A Fresh Perspective on Addiction

**TJ Woodward**  
Founder of #UNHARMABLE and Founder and CEO at Conscious Recovery  
3:25pm-3:45pm ET



#### The Journey to be Free of Suffering

**Gabriella Wright**  
Actress, activist and Co-Founder of Never Alone  
3:50pm-4:10pm ET



#### Psychedelic Assisted Therapy: Bridging the Divide Between Indigenous Wisdom and Western Psychology

**Francoise Bourzat**  
Author of "Consciousness Medicine" & Founder of Center for Consciousness Medicine  
4:10pm-4:30pm ET



#### Permission to Feel

**Marc Brackett**  
Director of Yale Center for Emotional Intelligence and Author of "Permission to Feel"  
4:30pm-4:50pm ET

**2 AWARD PRESENTATIONS**  
- Health & COVID-19  
5:00pm-5:10pm ET

Two Afterparties Presented by Good Buzz

Virtual Comedy Event

(Family Friendly) 3/18/2021

& Music Event

3/20/2021



## Day 3: Positive Education

One of the many downfalls of education systems around the world is that they are uniform, one-size-fits-all. Instead of forcing every young person into the same mold, we should turn to a more positive approach to education, a curriculum that includes positive psychology principles. On Day 3 of World Happiness Week, the attendees will hear all about education that helps young people find their purpose, develop their social and emotional skills and character strengths. After all, today's children are our future leaders. Positive education will have an enormous impact on their lives and how they grow.

By listening to our speakers, educators, parents, and other individuals will gain a new perspective on education and realize its full potential.



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# World Happiness Fest Agenda 2021

## Sessions by Agora Hosts

**Saturday, March 20th - Education**



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[www.worldhappiness.foundation/  
#WorldHappinessFest](http://www.worldhappiness.foundation/#WorldHappinessFest)

**9:00am EST**



**Happyness is Discovering  
the Lost Shepherd  
in the Herd of Sheeps**

**Agora Delhi, India**  
Prof. Nitin Arora

**1:00pm EST**



**Worldschooling | Aprendiendo  
en libertad - Educando en  
felicidad**

**Agora Best Practices**  
Zulema Fernández

**2:30pm EST**



**Felicidad en el trabajo**  
**Agora Bogotá, Colombia**  
Juan Carlos Gutiérrez

**11:00am EST**



**El potencial del Open Space  
para promover Felicidad**

**Agora Valencia**  
Juan Luis Walker  
& Jose-Pedro Martínez



**Aprendizaje 4.0:  
Hackeando la educación**  
**Agora Madrid/Ecuador**  
Marianella Hernández



**Felicidad  
en tiempos difíciles**  
**Agora CDMX**  
Alejandra López

**12:00pm EST**



**Educación en Felicidad:  
Asignatura pendiente  
en el currículum**

**Agora SÜMASET Oleiros, Spain**  
Silvia Estévez Touriño



**Perdon como factor de  
cambio social: perdonar  
para pertenecer**

**Agora Naples, FL**  
Carmen Trujillo  
y Ana Teresa Urdaneta



**How to Build Resilience,  
Boost Happiness, and  
Thrive (Even During  
Uncertain Times)**

**Agora New York**  
Andrea Herrada  
y Raquel Alvarez



**Educación para la felicidad**  
**Agora Argentina**

Gaspar Contreras  
y Karen Gomez Diaz Granados

**3:30pm EST**



**Tendencias  
positivas de bienestar**

**Agora Santa Cruz, Bolivia**  
Juan Esteban Callaú,  
Mario Viscarra,  
Romina Paz Braustein  
y Henry Pers



**Agora Wake Up Schools**  
Happy Teachers Sangha



**El poder de la Resiliencia**  
**Agora Manizales, Colombia**  
Blanca Mery Sánchez





# World Happiness Fest Agenda 2021



In collaboration with



Tecmilenio University  
Institute for Wellbeing and Happiness

## Schedule for SPEAKERS

**Saturday, March 20<sup>th</sup> - POSITIVE EDUCATION**

[www.worldhappiness.foundation/](http://www.worldhappiness.foundation/)  
#WorldHappinessFest



### Welcome to The World Happiness Week by Founder Luis Gallardo

Luis Gallardo  
Founder World Happiness Foundation  
Rehki Singh  
Founding Board Member

8:45am - 9:00am ET



### Recomendaciones para profesores y padres de familia.

Rosalinda Ballesteros  
Directora del Instituto de Ciencias del Bienestar y la Felicidad

9am - 9:30am ET



### What if Poetry was the most important subject in education?

T.S. Powdye  
Former Minister of Education, Bhutan

9:30am - 10am ET



### Operationalizing Hope in Youth, to create Hopeful Minds

Kathryn Goetzke  
Founder of iFRED, Creator of Hopeful Minds and Hopeful Cities, The Hope Matrix podcast host and author of The Biggest Little Book About Hope

10:00am - 10:30am ET



### Unleashing Student Potential through the No Barriers Life

Andrea Delorey  
No Barriers Director of Education

10:30am - 10:50am ET



### Schools are increasingly looking at the best ways to combat the increasing anxiety students

Gilda Scarfe  
CEO and Founder of Positive ED

11:15am - 11:35am ET



### Why did it need Covid to change education forever? What are the right lessons for us to learn?

Sir Anthony Seldon  
President IPEN

12:00pm - 12:20pm ET



### Building happy communities with Wake Up Schools

Orlaith O'Sullivan  
Founder of Mindfulness Training and Consultancy

12:25pm - 12:45pm ET



### Human Flourishing and Education

Tyler Vanderweele  
Director of Human Flourishing Centre at Harvard University

12:50pm - 1:10pm ET



### My Purpose Your Purpose Our Purpose

Dominic Randolph  
Head of School at Riverdale Country School

1:40pm - 2:00pm ET



### Our current educational systems are no longer fit to develop future-ready generations

Ilona Boniwell  
CEO at Positran, Strategic Programme Leader of the MSc in Applied Positive Psychology at Anglia Ruskin University, Associate Professor at HEC Paris

2:05pm - 2:25pm ET



### En la presentación "La importancia del sentido de vida para el bienestar"

Maria Elena Garassini  
Consultora y profesora en el área de Bienestar en Universidad Jorge Tadeo Lozano

2:30pm - 2:50pm ET



### A new Education Movement for Wellbeing, impact and prosperity

Carlos Sentis  
Founder and CEO of the World Innovation Alliance for Social Impact (WIA)

2:50pm - 3:10pm ET



### A Fresh Perspective on Addiction

Ricardo Arguís  
Designation Pending

3:20pm - 3:40pm ET



### Learning & Executive Function Coaching, College & Career Planning, Special Education Advocacy

Sherri Fisher  
Designation Pending

3:45pm - 4:05pm ET



### Trauma Informed Perspectives on Positive Education

Tom Brunzell  
Educator, Researcher, & Author

4:10pm - 4:30pm ET



### Taking Off The MASK: Showing Up as Your Authentic Self

Ashanti Branch  
Founder & Executive Director of Ever Forward

4:35pm - 4:55pm ET



### Creating schools that work for everybody

Paul Atkins  
Co-founder and Vice President Prosocial World

5:00pm - 5:20pm ET



### 10 techniques to make kids feel better in 10 minutes or less (delivered in 20 minutes)... and why/how the techniques work

Emiliya Zhivotovskaya  
CEO and founder of The Flourishing Center

5:20pm - 5:40pm ET

### 3 AWARD PRESENTATIONS - EDUCATION & COVID-19

5:40pm - 6:00pm ET

Two Afterparties Presented by Good Buzz

Virtual Comedy Event

(Family Friendly) 3/18/2021

& Music Event

3/20/2021



## Day 4: Social Impact - Planet

The UN Sustainable Development Goals include the steps we need to take to preserve the planet we live on. Recycling, using sustainable modes of transportation, putting a stop to global warming, planting trees, reducing the use of plastic bags - acknowledging and celebrating nature, we have to stop its deterioration.

Day 4 of the World Happiness Week is all about having a positive impact on nature. However, to achieve this, we must first connect with our inner selves. The speakers for this day are sustainability experts, social connection researchers, and business leaders who dream of a thriving planet.

But what does a thriving planet mean for humanity? Day 4 will help participants understand what they can do to help this process. It doesn't have to be complicated at all!

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**World Happiness Fest Agenda 2021**  
**Sessions by Agora Hosts**  
**Sunday March 21st**  
**Self - Planet - Social Impact - Science of Spirituality**

**WORLD HAPPINESS FOUNDATION**  
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[www.worldhappiness.foundation/](http://www.worldhappiness.foundation/)  
[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)

9:30am EST



**Happiness Without Borders**  
Agora Dubai/United Arab Emirates  
Karima El Azizi

1:00pm EST



**Holistic approaches to personal and professional life**  
Agora Nuremberg, Germany  
Raffaello Palandri

2:30pm EST



**Felicidade se aprende - Building Happiness!**  
Agora Brasil  
Henrique Bueno

12:00am EST



**The way from knowledge to wisdom: Happiness**  
Agora Turkey  
Gülferi Yildirim  
Dr. Ender Sarac  
Prof. Sinan Canan  
Prof. Mehmet Sungur



**Sustaining Happiness by embracing our True Selves**  
Agora Awareness, Courage & Love Global Project  
Mavis Tsai & Valerie Freilich  
ENGLISH



**The Science of Emotions**  
Agora Weston, Florida (USA)  
Yaroslav Aristeiguieta

1:00pm EST



**La Cultura del Pacto y los ODS**  
Agora Compostelae  
María Jesús Soutullo  
Quintín Álvarez Núñez  
Inés López Fernández  
María Jesús Monteverde García

2:30pm EST



**Hoy Elijo Ser Feliz**  
Agora Punta del Este, Uruguay  
Pato Gil Villalobos



**What's Inside Matters Most. Yes, it all starts with you!**  
Agora Dallas, Texas  
Beth Wuller & Keith Ruffner



**Mantener la felicidad abrazando nuestro verdadero yo**  
Agora Awareness Courage & Love Global Project  
Manuella O'Connell

#### Welcome

**Luis Gallardo**  
Founder World Happiness Foundation

**Orly Wahba**  
Founder at Life Vest Inside

**Rekhi Singh**  
Founding Board Member

8:45am - 9:00am ET

#### The Science of Spirituality in action

**Rekhi Singh**  
Founding Board Member

9:00am - 9:20am ET

#### The Incredible Power of Intuition

**Manas Mandal**  
Professor at IIT KGP

9:25 AM - 9:45am ET

#### Understanding Suffering and Dukkha

**Saamdu Chetri, PhD**  
Former Executive Director  
GNH Centre Bhutan

9:50am - 10:10am ET

#### Acting on the six wounds of human kind

**Richard Rudd**  
Founder of Gene Keys

10:15am - 11:00am ET

#### Healing with Rumi, Poetry and Meditation

**Mohammed Najafi**  
Psychologist, Healer, Poet

11:05am - 11:25am ET

#### INTRO TO LIVE ART EXPERIENCE

**Diana Ringquist**  
Artist

**Zahra Karsan**  
Founder & CEO, GetZEND

11:25am - 11:30am ET

#### Reconnecting humanity: Awareness, Courage and Love Global Project

**Mavis Tsai, PhD**  
Psychologist and Author

12:00pm - 12:20pm ET

#### Healing through the Power of Hope

**Loretta Breuning, PhD**  
Founder of Inner Mammal Institute

12:25am - 12:55am ET

#### Leading from the Heart

**Deborah Rozman, Ph.D**  
President and co-CEO of HeartMath

1:00pm - 1:20pm ET

#### Singapore Kindness Movement

**Dr. William Wan**  
Consultant at Goodwins Law Corporation  
1:25pm - 1:45pm ET

#### Choose Love Foundation

**Scarlett Lewis**  
Founder of Choose Love Foundation

1:50pm - 2:10pm ET

#### Virtues Matter

**Dave Feldman**  
Social Entrepreneur, Community Builder

**Dara Feldman**  
Educator, Speaker, Coach and Consultant  
2:15pm - 2:35pm ET

#### Make Some Noise and Master Resilience

**Andrea Owen**  
Author, Global Speaker, and  
Life Coach at Your Kick-Ass Life Coaching  
3:00pm - 3:20pm ET

#### Mr Happy Living

**Matt Gersper**  
Founder of Happy Living

3:30pm - 3:50pm ET

#### Unlocking the Science of Spirituality

**Jeffery Martin**  
Co-founder TransTech,  
Author of the Finders

4:00pm - 4:30 pm ET

Two Afterparties Presented by Good Buzz

Virtual Comedy Event

(Family Friendly) 3/18/2021

& Music Event

3/20/2021

## Day 5: Transformative Technologies

There is hardly an industry that is evolving at a more rapid pace than technology. From robotics to virtual reality to AI to biotechnology - innovations in this field can be exhilarating, and intimidating at the same time. However, they also hold immense potential in helping humans evolve and flourish.

To best prepare ourselves for what's coming and find out how to integrate the new tech in a way that enriches our life and doesn't hinder it, we will talk with experts, engineers on Day 5 of World Happiness Week, and developers in transformative technologies of today.



# World Happiness Fest Agenda 2021

## Schedule for SPEAKERS

Monday, March 22<sup>nd</sup> - TRANSFORMATIVE TECHNOLOGIES



### Welcome

Luis Gallardo  
Founder World Happiness Foundation  
Nichol Bradford  
Executive Director and Co-Founder,  
The Transformative Technology Lab  
8:45am - 9:00am ET



### Future of Wellbeing Tech

Nichol Bradford  
Executive Director and Co-Founder,  
The Transformative Technology Lab  
9:00am - 9:35am ET



### The Incredible Power of Intuition

Laura Thomas  
Founder of Effective to Great Education, LLC  
9:00 am - 9:35am ET



### When Mental Health Goes Digital

Matthew Holland  
CEO Synergistic Creations, Inc  
9:35am - 9:55am ET



### Transformative Spaces by ArigamiUK & Transformative Tech Org

Ari Peralta  
WellTech Innovator & Philanthropist at Arigami UK  
9:55am - 10:15am ET



### 5 KEYS of FLOW Hacking for Founders Wellbeing

Remigijus Savickas  
FLOW HACKER, PERSONAL SHIFT STRATEGIST  
10:15am - 11am ET



### Tech for Mindfulness and Compassion

Jay Vidyarthi  
UX & Product Coach  
11:05am - 11:25am ET



### Using the Power of Your Inner Voice to Thrive

Cynthia Phelps  
Founder, InnerAlly  
11:30am - 11:50am ET



### Transformative Tech for Human Thriving

Dmitri Leonov  
CoFounder TaoPatch  
12:00pm - 12:20pm ET



### Holacracy: Social-Technology for the Evolution of Your Organization

Brian Robertson  
Co-Founder of HolacracyOne  
1:00pm - 1:20pm ET



### About the Future of Wellbeing Tech

Anastasia Ustinova  
Startup and Innovation Reporter  
Paola Téllez Muñoz  
Founder and Managing Director of Impact Minds  
1:25pm - 1:45pm ET



### Unlocking Digital Wellness: Sustainable Strategies for Tech-Life Balance & Digital Flourishing®

Nina Hersher  
CEO of the Digital Wellness Institute and co-Founder of the Digital Wellness Collective  
2:15pm - 2:35pm ET



### Mental Health & Happiness In The Digital Era

Nina Hersher  
CEO of the Digital Wellness Institute and co-Founder of the Digital Wellness Collective  
David Jay  
Head of Mobilization at The Center for Humane Technology  
Mar Cabra  
Pulitzer prize-winning investigative journalist and creator of digital wellness solutions  
Kyla Windley  
Product Design at Stanford,  
Emi Kim  
Director of the LGBTQ+ Initiative at LOG OFF Movement  
Kim Karr  
Executive Director/Co-Founder at #ICANHELP  
3:00pm - 4:00pm ET

World Happiness Awards  
- Category Technology  
4:00pm - 4:20pm ET

# World Happiness Fest Agenda 2021

## Sessions by Agora Hosts

Monday March 22<sup>nd</sup>  
TRANSFORMATIVE TECHNOLOGIES

10:00am EST



Predictably Profitable Transformations  
Agora Paris, France  
Prof. Agnis Stibe

12:00pm EST



Coaching Circles - escuchámonos profundamente para salir adelante - facilitating heart-based feed-forward - Unterstützung auf einer tieferen Ebene  
/ <https://sourcefield.network/>  
Agora Austria  
Angelika Pohnitzer

1:00pm EST



Leadership from within - wie man von Innen stark und gesund nach vorne geht  
Agora Germany  
Eve Simon

1:00pm EST



Cómo una actitud positiva marca el destino del negocio y de la cuenta de resultados  
Agora Santiago de Compostela, España  
Berta Caro e Isidoro Martínez



Reingeniería de la Felicidad  
Agora Barcelona, España  
Raquel Valero

2:30pm EST



La rueda de la Felicidad  
Agora Barranquilla, Colombia  
Ana María Peláez  
Mario Andrés Franco  
Héctor Puche  
Javier Galán  
Natalia Getino  
Pedro Eloy Rodríguez

2.30pm EST



Mental Health Solutions in Times of Crisis  
Agora Vienna, Austria  
Angelika Pohnitzer & Mike Beer



Re-enfoca tu vida hacia SER feliz  
Agora San José, Costa Rica  
Rodolfo Carrillo



Gestión del optimismo: transformar las pérdidas de la pandemia en un camino de crecimiento  
Agora Mendoza, Argentina  
Marita Abraham



## Day 6: Public Policies and Economy

Real change can only occur if the public policy supports it. On the last day of the World Happiness Week, participants gather round to debate global problems and the unique challenges that each country faces.

Political leaders share their policies, perspectives, best practices, future goals, and successful solutions, to advance human progress. Of course, the United Nations resolutions are at the core of this day (as they are in all the others), and happiness and well-being are the main focus.



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# World Happiness Fest Agenda 2021

## Schedule for SPEAKERS



**WORLD  
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FOUNDATION**  
b6 CREATION

In collaboration with



**WELLBEING  
ECONOMY  
ALLIANCE**

**Tuesday, March 23<sup>rd</sup> - Governance and Public Policy**

[www.worldhappiness.foundation/](http://www.worldhappiness.foundation/)  
[#WorldHappinessFest](https://twitter.com/WorldHappinessFest)



**The Economics of Happiness**  
*Luis Gallardo*  
Founder World Happiness Foundation




*Mariano Rojas, PHD*  
Author *The Economics of Happiness*  
*Rutger Hoekstra*  
Founder at *MetricsForTheFuture*  
9:00am - 10:00am ET



**Economics & EcoTherapy**  
*Tia Kansara, Ph.D. Hon FRIBA*  
Executive Director *Replenish.earth*  
10:00am - 10:30am ET



**Advancing The Common Good**  
*Philip Kotler*  
S.C.Johnson Distinguished Professor of International Marketing at Northwestern University and author  
10:30am - 11:00am ET






**How Do We Design Policies for a Wellbeing Economy?**  
*Amanda Janoo*  
Knowledge and Policy Lead at WE All (Wellbeing Economy Alliance)  
*Doreen Grove*  
Co-Founder and chair of Wellbeing Economy Scotland  
*Suzy Morrissey*  
Founders of the Wellbeing Economy Alliance Aotearoa New Zealand Hub  
*Edgar Mora Altamirano*  
Senior Design Strategist-Gensler | Public Administrator, Urbanist, Journalist | Ex-ministro de Educación | Ex-alcalde de Curridabat  
11:05am - 12:30pm ET



**The World of Happiness and Sustainability**  
*Luis Gallardo*  
Founder World Happiness Foundation



*Jeffrey Sachs*  
President at Sustainable Development Solutions Network  
12:30pm - 1:00pm ET



**The World Happiness Report 2021**  
*Luis Gallardo*  
Founder World Happiness Foundation




*John Helliwell*  
Editor of the World Happiness Report  
1:00pm - 1:30pm ET



**Happytalism emerging as new paradigm**  
*Luis Gallardo*  
Founder World Happiness Foundation



*Jayme Illien*  
CEO Illien Global  
1:30pm - 2:00 pm ET




**Economía Creativa y Felicidad**  
*Juan Pastor*  
*Creatividad y Felicidad*  
2:05pm - 2:25pm ET





**Plan A, Economía para la Vida. Transformando la economía para mejorar la vida de las personas**  
*Diego Isabel Lamonedá*  
Co-fundador y Director de NESI Forum  
*Sandra Pina*  
Directora de QUIERO  
*Claudina Carmamuti*  
Cofundadora y Directora de Desarrollo en Canvas Consultores  
*Sergio Garcia*  
Investigador de la Universidad Pública de Navarra  
2:30pm - 3:30pm ET



**India Happiness Report**  
*Dr. Rajesh K Pillania*  
Professor of Strategy at Management Development Institute (MDI), Gurgaon, India.  
3:30pm - 3:50pm ET



**Impact Investment as a force for Good**  
*Daniel Almagor*  
Co-Founder and CEO Small Giants, Australia  
3:50pm - 4:10pm

**Closing by**  
**Luis Gallardo + Team**  
4:10pm - Onward

## 1:00pm EST



**Felicidad, economía y mindfulness: la política del bienestar**  
**Agora Miami**  
Marisela Cuevas  
& María Emilia Gambuzza



**Holding space for anxiety and nourishing happiness**  
**Agora Dublin, Ireland**  
Orlaith O'Sullivan



**¿Es obligación de los gobiernos hacer felices a sus ciudadanos?**  
**Agora Best Practices**  
Arturo Villegas  
Zulema Fernández



**Del yo al nosotros; el poder ilimitado de la pertenencia**  
**Agora Tulum, Mexico**  
Diana Caribe Cabañas Mendoza

## 2:30pm EST



**El Lider Resiliente**  
**Agora México**  
Liliana Nuñez

## 3:30pm EST



**7 Pillars of Happiness**  
**Agora Piacenza**  
Davide Pirovano  
Milena Simeoni,  
Soili Rainieri  
Lorenzo Del Moro  
Elenamaria Pirovano  
Antonella Crotti,  
Federico Grolli

## 3:30pm EST



**Sé feliz intencionalmente cumpliendo tu propósito de vida e impactando con valor en otras vidas**

**Agora Guatemala**  
Erik M.F. Maldonado H.  
Lily Maldonado  
Alan Tenenbaum  
Philip Wilson  
Brenda Itzé Lemus Gordillo



**Management Board of the Economy for Common Good, Switzerland; Speaker and Consultant"**  
**Agora Vienna, Austria**  
Angelika Pohnitzer  
Thomas Schanz

## Conclusion

As you can see, a lot is happening during World Happiness Week! From March 18th to March 23rd, attendees from all over the world will be able to enjoy the company of like-minded people and listen to insightful lectures on various topics.

You can choose whether you want to attend in person (if you're in Spain, or at any of the +80 Agoras around the world and if COVID-19 measures permit) or if you're going to join from the comfort of your home. The Digital Summit is free to attend, regardless of where you are!

This year's World Happiness Week will have exciting subjects and even more exciting speakers.

**Day 1** is all about finding your happiness at the workplace. Gone are the days where employees are expected to grin and bear it until the end of their shift. Chief Happiness and Mindfulness Officers are popping up in companies, aiming to teach their employees how to work smart, not hard, and preserve their mental health in the face of stressful workdays.

**Day 2** talks about mental and physical health. You will hear the latest discoveries in the realm of psychology, psychiatry, and medicine in general.

**Day 3** focuses on positive education, where pioneers in this field will share their thoughts on what's next for education systems worldwide. You have to admit - the current education formats are getting a little stale.

**Day 4** embraces the power of nature and social impact. Learn how to protect the environment and how to connect with your community so you can all work together to make our planet a better place for future generations.

**Day 5** takes a turn into the alley of technology, where tech experts will deliver presentations on how the latest innovations can help humanity thrive.

Finally, **Day 6** brings together great political minds. After all, to achieve true global happiness, the world's policymakers must be on board. On Day 6, the speakers and participants will enjoy a lengthy discussion on what can be done to accomplish the goal of making everyone happy, no matter where they are in the world.

Join us in realizing a world with freedom, consciousness, and happiness for all.



## The World Happiness Awards

*The World Happiness Awards exist to highlight how much good there is in the world, we are realizing a world with freedom, consciousness, and happiness for all and thanks to all Laureates we are closer.*

*- Luis Gallardo, Founder & President - World Happiness Foundation*

### EDUCATION:

#### Irene Greaves (Houston, Texas USA)

Irena's program, "Lovescaping," addresses the most urgent, timely, and important need in our world: learning to love. The program focuses on 15 pillars: empathy, humility, care, respect, honesty, communication, trust, vulnerability, patience, liberation, compassion, solidarity, gratitude, forgiveness, and hope, and has been adopted in public k-12 schools throughout Houston, TX metro area and beyond.

#### Wake Up Schools (Plum Village, France)

Wake Up Schools is an initiative of Thich Nhat Hanh and his Plum Village community. Wake Up Schools supports educators seeking to integrate mindfulness and applied ethics into their own lives. With mindfulness, teachers and students can experience more peace, learn how to take care of difficult emotions, and create conditions for happy schools and a happy world.



## HEALTH:

### Pilar Sordo (Santiago, Chile)

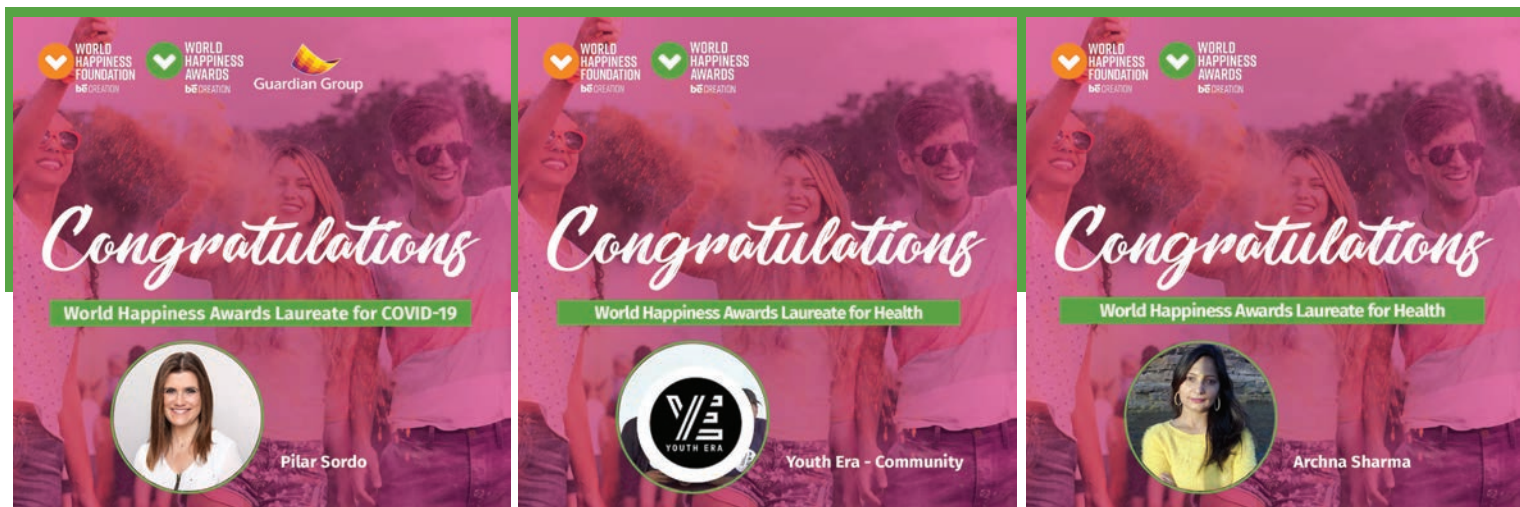
Pilar is the director of CáncerVida Foundation, supporting patients with lung and pancreatic cancer. Pilar has become one of the most influential speakers on well-being in Latin America, with her popular talks on healthy living, personal development, and resilience. She is also the author of several best-selling books in Latin America and the Caribbean.

### Archna Sharma (Indore, India)

Archna Sharma is an award-winning Indian social activist and the Founder of happiness firm, "Roccia Bliss - Your Happiness Partner®". She is a scientific and spiritual soul who is widely known as Thought Technologist® for her work in art and science of thoughts. As a happiness and mindset coach, Archna is on a mission to eradicate mental poverty and to improve mental health through the Art of Positive Thinking. While based in India, Archna has taken her message to communities throughout Singapore, the USA, Italy, Malaysia, Qatar, Afghanistan, Bhutan, the Philippines, and Nepal.

### Youth Era, (Eugene, Oregon USA)

Youth Era creates lasting positive change in the lives of young people and the systems that serve them. By uniting a diverse collective of young adults and organizations around innovative solutions, Youth Era impacts thousands each year. A new drop-in center in Eugene, OR, equips young school-leavers with the tools to become happy and successful adults who continue to give back to their communities.



## TECHNOLOGY:

### Dr. David Rabin & Kathryn Fantauzzi of Apollo Neuro, (San Francisco, CA USA)

Apollo Neuroscience was co-founded by a board-certified psychiatrist and neuroscientist Dr. David Rabin, MD, Ph.D., and his wife, Kathryn Fantauzzi. Apollo is an innovative “touch therapy” wearable device for the treatment of chronic stress. Dr. Rabin discovered that certain waves of vibration -- delivered via a simple device worn on the wrist or ankle -- can rapidly restore balance to both the mind and body, measurably reducing stress, improving focus, and supporting better sleep.

### The Mind Clan (Mumbai, India)

Mind Clan curates inclusive and supportive resources that support easy access to mental health providers. The website and database is a free service run by volunteers in an initiative to stem the stigma often associated with mental health issues. Mind Clan believes that intimidation and judgment can be eliminated when people are empowered to make their own choices, based on their current needs, in a non-threatening community.





## **COVID 19 SPECIAL RECOGNITION AWARD (PRESENTED BY GUARDIAN GROUP):**

### **Christina Williams (Jamaica)**

Christina Williams is an advocate for sexual and reproductive health rights. When the Covid-19 pandemic struck, she took the lead and founded programs including COVINNECTED and A.H.E.A.D that assist underfunded students and schools in Jamaica. The COVINNECTED project has been endorsed by the UNDP Multi-Country Office, and tenets of the model have been adopted by the country's top five universities, earning preliminary acceptance by Jamaica's Ministry of Education.

