



Presented by:  
InStride

Tecmilenio University  
Institute for Wellbeing and Happiness

# AGENDA OCTOBER 29th

## THRIVING CITIES

Hosted by DistritoTec

\*UTC-5 CDT North America

Start time	Ending time	The InStride Auditorium	WELLBEING AUDITORIUM
8:10 a. m.	8:20 a. m.	Mindfulness practice Masaya Okamoto Spanish (English Subtitle)	
8:20 a. m.	8:23 a.m.	Welcome Lorena Pulido Spanish (English Subtitle)	
8:23 a.m.	8:50 a. m.	Masterclass Vandana Shiva Creating Happiness from food, from the ground English (Spanish Subtitle)	
8:50 a. m.	9:30 a. m.	360°Talk Lorena Pulido, Pablo Lazo and Marilú Colosio Thriving city Spanish (English Subtitle)	
9:30 a. m.	9:50 a. m.	Masterclass Sergio Fajardo The city we can be Spanish (English Subtitle)	
9:50 a. m.	10:20 a. m.	360°Talk Cynthia Villarreal, María Enriquez y Perla Martínez Sustainable city Spanish (English Subtitle)	
10:20 a. m.	10:25 a. m.	Networking break	
10:25 a. m.	10:35 a. m.	Flash Zeida Guajardo Inclusive language Spanish (English Subtitle)	
10:35 a. m.	10:45 a. m.	Tecmitalks Jorge Raúl Fernández de Castro Spanish (English Subtitle)	
10:45 a. m.	10:50 a. m.	Move: Yoga with Mirenchu Ruiz / Spanish (English Subtitle)	
10:50 a. m.	11:20 a. m.	360°Talk Miguel Alejandro González Melissa Toussaint Art city Spanish (English Subtitle)	
11:20 a. m.	11:25 a. m.	Networking break	
11:25 a. m.	12:55 a. m.	Networking break	Workshop with expert (Activity with cost) Frida Haaz y Daniela Abella Community projects co-creation and design Spanish (English Subtitle)
12:55 a. m.	1:00 p. m.	Networking break	
1:00 p. m.	1:25 p. m.	360°Talk Lorena Guillé City for the future Spanish (English Subtitle)	
1:25 p. m.	1:30 p. m.	Networking break	
1:30 p. m.	1:50 p. m.	Masterclass Fernando Ariel García, Sarahi Algarín Ruiz Addressing inequalities with participation of children. Spanish (English Subtitle)	
1:50 p. m.	2:00 p. m.	Flash Fabián Arias Wellbeing Space: from an architecture perspective Spanish (English Subtitle)	
2:00 p. m.	3:05 p.m.	Networking break	
3:05 p.m.	3:15 p. m.	Recap Eloah Aquino Spanish (English Subtitle)	
3:15 p. m.	3:45 p. m.	360°Talk Sergio Andrade, Mayra Hernández Lucía Escalante, Laura de los Santos Safe city Spanish (English Subtitle)	
3:45 p. m.	3:50 p. m.	Move: Yoga with Mirenchu	
3:50 p. m.	4:20 p. m.	360°Talk Oswaldo Zurita, Nérida Escobedo Pepe Macías, Juan Cristobal Human and Accessible City Spanish (English Subtitle)	
4:20 p. m.	4:40 p. m.	Flash Zeida Guajardo, Rocío Estrada, Mayra Rodríguez, María Castillo Positive Relationships and Sorority Spanish (English Subtitle)	
4:40 p. m.	4:45 p. m.	Networking break	
4:45 p. m.	5:15 p. m.	360°Talk Iván Guerrero, Jimena Echegollen, Miguel Posadas, Kenia Coronado "Positive Museums Online - Is it possible to promote wellbeing through digital tools?" Spanish (English Subtitle)	
5:15 p. m.	5:20 p. m.	Networking break	
5:20 p. m.	5:50 p. m.	360°Talk Kena Vallín, Ximena Peredo Mariana Ramírez, Antonio Muñoz Kind City Spanish (English Subtitle)	
5:50 p. m.	5:55 p. m.	Networking break	
5:55 p. m.	6:25 p. m.	Recap Aquino Eloah, Mariana Ramírez, Laura de los Santos, Lorena Pulido, Melissa Toussaint, Perla Mtz, Juan Cristobal Collado	
6:25 p. m.	7:55 p. m.	6:25- 6:35 p.m. Artistic closing event: Interactive Folklore Show: Raíces, La Lotería. Spanish (English Subtitle)	Workshop with expert (Free activity) Sheila Ferniza y Carolina Leos (DistritoTec) Inclusive Urban Renewal Spanish (English Subtitle)



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## PROMOTE SOCIAL WELLBEING

**Masterclass:** A presentation delivered by top experts in the field.

**360° Talk:** A panel discussion offering opinión and debating specific aspects.

**Flash:** Presentaciones simultáneas de ponentes por convocatoria

**Move:** Wellbeing activity.

**Networking break:** Visit the networking area and meet people

**Workshop with Expert:** Workshop with cost

**Q&A:** Interview with speaker

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8:10- 8:20 a.m. **Mindfulness Practice- Masaya Okamoto**

**Language:** Spanish (English subtitle)

8:20-8:23 a.m. **Welcome- Lorena Pulido**

**Language:** Spanish (English subtitle)

8:23- 8:50 a.m. **Masterclass- Vandana Shiva**

Vandana Shiva develops a theory of change based on quantum physics and the importance of focusing on what we eat and how it is grown.

**Language:** English (Spanish subtitle)

8:50- 9:30 a.m. **360° Talk: Thriving city- Lorena Pulido, Pablo Lazo and Marilú Colosio**

Dialog about urban trends and realities, how to rethink and reframe the city we can be.

**Language:** Spanish (English subtitle)

9:30- 9:50 a.m. **Masterclass: The City We Can Be- Sergio Fajardo**

Provide a framework for civic empowerment and participation, seeking to encourage new social leaderships and innovative relationships between the diversity of actors in a civil society.

**Language:** Spanish (English subtitle)

9:50- 10:20 a.m. **360° Talk: Sustainable City- Cynthia Villarreal, María Enriquez y Perla Martínez**

Know key concepts and practices to build a sustainable city.

**Language:** Spanish (English subtitle)

10:25- 10:35 a.m. **Flash: Inclusive Language- Zeida Guajardo**

Using inclusive language is a tool that fosters acknowledging people as subjects of rights and strengthens the path towards their autonomy. Inclusive language helps to make visible those historically discriminated people, groups and communities. To reflect and redefine the language we use, leads to a transformation in the social construction of concepts and in the generalization of an equal treatment culture, thus avoiding naturalizing and perpetuating stereotypes and prejudices. The invitation is to broaden the language patterns, seeking to contribute in the achievement of equal and less discriminating coexistence.

**Language:** Spanish (English subtitle)

10:35- 10:45 a.m. **Tecmitalks- Jorge Raúl Fernández de Castro**

**Language:** Spanish (English subtitle)

10:45- 10:50 a.m. **Move: Yoga with Mirechu Ruiz**

**Language:** Spanish (English subtitle)

10:50- 11:20 a.m. **360° Talk: Art city- Melissa Toussaint, Miguel Alejandro González**

Panel on the role of public art in the creation of social cohesion.

**Language:** Spanish (English subtitle)





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11:25- 12:55 a.m. **Workshop with expert (Activity with cost): Community projects co-creation and design - Frida Haaz y Daniela Abella**

How do we get the community involved prior to implementing a project?

In this workshop you will learn community management methodologies and tools to co-design social, economic or environmental projects. Knowing the needs, talents and resources of people within a community, before proposing solutions, increases the project's chances of success.

**Language:** Spanish (English subtitle)

1:00- 1:25 p.m. **360° Talk: City for the future- Lorena Guillé**

**Language:** Spanish (English subtitle)

1:30- 1:50 p.m. **Masterclass: Addressing inequalities with participation of children.**

**Fernando Ariel García, Sarahi Algarín Ruiz**

**Language:** Spanish (English subtitle)

1:50-2:00 p.m. **Flash: Wellbeing Space: from an architecture perspective- Fabián Arias**

Have you ever wondered if a determined place can give us relief or at least help us deal with the current stress? Is it possible that there are spaces that help us keep healthy?

Natural light, textures, colors, shapes, sounds, among others. Classic Feng Shui as art to provide wellbeing to people.

**Language:** Spanish (English subtitle)

3:05- 3:15 p.m. **Recap- Aquino Eloah**

**Language:** Spanish (English subtitle)

3:15- 3:45 p.m. **360° Talk: Safe City- Sergio Andrade, Mayra Hernández, Lucía Escalante y Laura de los Santos**

Know concepts and good practices that incentivize safe coexistence and prevention of violence in public spaces.

**Language:** Spanish (English subtitle)

3:45- 3:50 p.m. **Move: Yoga with Mirenchu**

**Language:** Spanish (English subtitle)

3:50- 4:20 p.m. **360° Talk: Human and Accessible City- Oswaldo Zurita, Nélide Escobedo, Pepe Macías y Juan Cristobal Collado**

A panel that seeks bringing down the main myths about mobility and inclusion in public spaces, while opening the landscape towards a vision.

**Language:** Spanish (English subtitle)

4:20- 4:40 p.m. **Flash: Positive Relationships and Sorority-Zeida Guajardo, Rocío Estrada, Mayra Rodríguez, María Castillo**

In this panel we will share behaviors to avoid and at least ten specific strategies to follow in order to encourage positive relationships and sorority among women, both in the personal as well as in the academic and labor fields.

The invitation is to create and develop positive relationships, to deconstruct competition patterns and strengthen and favor collaboration and coexistence, by encouraging character strengths such as Love, Kindness and Hope.

**Language:** Spanish (English subtitle)

4:45- 5:15 p.m. **360° Talk: Positive Museums Online - Is it possible to promote wellbeing through digital tools? -- Iván Guerrero, Jimena Echegollen, Miguel Posadas, Kenia Coronado**

In this panel, we are accompanied by coordinators and specialists in education services of the 3Museos, Horno3 and MARCO museums, who developed wellbeing experiences, in an online program, to positively impact the lives of the participants during the health contingency due to COVID-19 in 2020.

**Language:** Spanish (English subtitle)





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5:20- 5:50 p.m. **360° Talk: Kind City- Kena Vallín, Ximena Peredo, Antonio Muñoz, Mariana Ramírez**

A panel about the good practices that incentivize trust, active participation and community union.

**Language:** Spanish (English subtitle)

5:55- 6:25 p.m. **Recap- Aquino Eloah, Mariana Ramírez, Laura de los Santos, Lorena Pulido, Melissa Toussaint, Perla Mtz, Juan Cristobal Collado**

A panel, with moderators from the other discussion panels, which summarizes the learning of the day.

**Language:** Spanish (English subtitle)

6:25-6:35 p.m. **Artistic closing event: Interactive Folklore Show: Raíces, La Lotería.**

**Language:** Spanish (English subtitle)

6:25- 7:55 p.m **Workshop (Free activity): Inclusive Urban Renewal- Sheila Ferniza y Carolina Leos**

The goal of this workshop is to have the participants become familiar with the current inclusion challenges in Latin American cities, as well as the use of geo-referenced data analysis for the visualization and territorialization of strategic categories.

**Language:** Spanish (English subtitle)

**Previous registration and limit Access**

