

AGENDA OCTOBER 26th

POSITIVE EDUCATION

*UTC-5 CDT North America

Start time	Ending time	The InStride Auditorium	WELLBEING AUDITORIUM
8:05 a.m.	8:15 a. m.	Mindfulness practice Masaya Okamoto Spanish (English Subtitle)	
8:15 a. m.	8:25 a. m.	Welcome Luis Gutiérrez Spanish (English Subtitle)	
8:25 a. m.	8:50 a. m.	360°Talk Gilda Scarfe, Jonathan Beale and David Johnson Human Flourishing and the Aims of Education English (Spanish Subtitle)	
8:50 a. m.	8:55 a. m.	Networking break	
8:55 a. m.	9:20 a. m.	Masterclass Rosalinda Ballesteros Fight boredom in the school context Spanish (English Subtitle)	
9:20 a. m.	9:39 a. m.	Masterclass Katy Granville-Chapman Leadership: what's love got to do with it? English (Spanish Subtitle)	
9:40 a. m.	9:45 a. m.	Move: Yoga with Mirenchu Ruiz	
9:45 a. m.	11:15 p. m.		Workshop with expert (Activity with cost) Rosalinda Ballesteros Fight boredom in the school context Spanish (English Subtitle)
11:15 p. m.	11:20 p. m.	Networking break	
11:20 p. m.	11:40 p. m.	Masterclass Thakur S.Powdyel Educating the whole being, from nature English (Spanish Subtitle)	
11:40 p. m.	11:45 p. m.	Networking break	
11:45 p. m.	12:05 p. m.	Masterclass Ricardo Arguís Rey Happy Classrooms: Working and assessing wellbeing in educational centers Spanish (English Subtitle)	
12:05 p. m.	12:10 p. m.	Networking break	
12:10 p. m.	12:29 p. m.	Masterclass Anne Johnstone Developing a Mindset for Wellbeing English (Spanish Subtitle)	
12:30 p. m.	12:35 p. m.	Networking break	
12:35 p. m.	12:51 p. m.	Masterclass Gilda Scarfe How can schools better support students flourishing? English (Spanish Subtitle)	
12:51 p. m.	1:00 p. m.	Networking break	
1:00 p. m.	1:20 p. m.	Masterclass Marc Brackett Permission To Feel: The Power of Emotional Intelligence to Achieve Success in School and Life English (Spanish Subtitle)	
1:20 p. m.	1:40 p. m.	Masterclass Tracy Moxley How can we Thrive? The Effects of Social Media on Wellbeing English (Spanish Subtitle)	
1:40 p. m.	1:45 p. m.	Networking break	
1:45 p. m.	1:55 p. m.	Flash Melissa Valdés Learning to appreciate Spanish (English Subtitle)	
1:55 p. m.	3:05 a.m.	Networking break	
3:05 p. m.	3:15 p. m.	Recap Luis Gutiérrez/ Spanish (English Subtitle)	
3:15 p. m.	3:25 p. m.	Flash Diego García Faculty wellbeing: action pathways in a changing world Spanish (English Subtitle)	
3:25 p. m.	3:35 p. m.	Flash Tamara Lechner Why Teachers Must Address The Elephant English (Spanish Subtitle)	
3:35 p. m.	3:40 p. m.	Networking break	
3:40 p. m.	4:02 p. m.	Masterclass Itzel Villarreal, Emilia Ruiz, Leticia Rangel, Katia Medina Positive Education: 360 Impact Master Degree in Positive Education Spanish (English Subtitle)	
4:02 p. m.	4:05 p. m.	Networking break	
4:05 p. m.	4:15 p. m.	Tecmitalks Gabriel Gálvez Figueroa Spanish (English Subtitle)	
4:15 p. m.	4:23 p. m.	Flash Happiness is Education Iliana González Sánchez Spanish (English Subtitle)	
4:23 p. m.	4:30 p. m.	Networking break	
4:30 p. m.	6:00 p. m.	4:30-5:00 p.m. The value of Integrity Academic Integrity Committee and National Integrity Mascot 5:00-5:05 p.m. Networking break 5:05-5:16 p.m. Flash Neurotips for online interaction Epifanio Sánchez Spanish (English Subtitle) 5:16- 5:26 p.m. Flash Learning to Forgive as path to Social Wellbeing Oscar Sánchez-Hernández Spanish (English Subtitle) 5:26- 6:00 Networking break	Workshop with expert (Activity with cost) Anne Johnstone Hope Through Adversity – harnessing the transformative power of positive education in challenging times English (Spanish Subtitle)
6:00 p. m.	6:15 p.m.	Masterclass Luis Gutiérrez Let's not go back to normality	
6:15 p.m.	6:20 p. m.	Closing Day Luis Gutiérrez Spanish (English Subtitle)	



Presented by:
InStride

Tecnimilenio University
Institute for Wellbeing and Happiness

AGENDA OCTOBER 26th

POSITIVE EDUCATION

PREPARE YOUR STUDENTS FOR LIFE

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

360° Talk: A panel discussion offering opinion 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

*UTC-5 CDT North America

8:05- 8:15 a.m. **Mindfulness Practice- Masaya Okamoto**

Language: Spanish (English subtitle)

8:15-8:25 a.m. **Welcome- Luis Gutiérrez**

Language: Spanish (English subtitle)

8:25-8:50 a.m. 360° Talk: **Human Flourishing and the Aims of Education- Gilda Scarfe, Jonathan Beale and David Johnson**

It is widely agreed that the ultimate aim both of education and of life is to flourish. The question of what it means to lead a flourishing life is among philosophy's perennial questions and it underpins the field of contemporary educational research known as 'character education'. Children are routinely being taught-to-the-test through common practices in teaching based around question spotting and learning stock responses which may gain marks, but which actually feign competence and mask a lack of understanding. The impact of high-stakes testing is rather substantial, I will suggest, because high-stakes testing brings with it a "default" philosophy of education. And we have to ask ourselves the question as to whether the relentless culture of teaching children to the test is actually providing the young men and women that we want to graduate from our schools, to make up the society, economy and leaders of tomorrow.

Language: English (Spanish subtitle)

8:55-9:20 a.m. **Masterclass: Fight boredom in the school context- Rosalinda Ballesteros**

Language: Spanish (English subtitle)

9:20- 9:39 a.m. **Masterclass: Leadership: what's love got to do with it?: - Katy Granville-Chapman**

Around the world the Covid-19 pandemic is challenging leaders to step up like never before. Senior leaders are in the spotlight, but the need for leadership does not stop with them. People everywhere, whatever their role, can accept the challenge of leadership- the challenge to step up and be a force for good at a difficult time. This is a time for our understanding of leadership to break beyond formal positions and structures to a dynamic process that enables people to act courageously for the good of others. It is a time to reimagine leaders as those at all levels of society and from all backgrounds who embrace the challenge in their own context to step up and spread love.

Language: English (Spanish subtitle)

9:40- 9:45 a.m. **Move: Yoga with Mirenchu Ruiz**

Language: Spanish (English subtitle)

9:45- 11:15 a.m. **Workshop with expert (Activity with cost): Fight boredom in the school context - Rosalinda Ballesteros**

We usually think that boredom is a student issue, so in this workshop we'll invite you to change your point of view regarding the reasons why students get bored with the topic of home-schooling or in the classroom. We encourage you to use positive strategies to create a connection and end boredom/Aimed to: teachers, coordinators and managers at all school levels

Language: Spanish (English subtitle)

Wellbeing Auditorium



Presented by:
InStride

Tecmilenio University
Institute for Wellbeing and Happiness

AGENDA OCTOBER 26th

POSITIVE EDUCATION

11:20-11:40 a.m. **Masterclass: Educating the whole being, from nature-Thakur S.Powdyel**

TS Powdyel delves into an education model implemented in Bhutan focused on Gross National Happiness (GNH) and the green schools model.

Language: English (Spanish subtitle)

11:45 a.m. -12:05 p.m. **Masterclass: Happy Classrooms: Working and assessing wellbeing in educational centers- Ricardo Arguís Rey**

This lecture will present a general landscape of Positive Education, and it will be illustrated with a concrete intervention example: the "Happy Classrooms" program, which has no cost and is for free distribution, widely recognized worldwide and available online in both English and Spanish. Finally, the importance of evaluation in Positive Education will be highlighted, and several proposals and free resources will be introduced to carry it out in educational centers.

Language: Spanish (English subtitle)

12:10-12:29 p.m. **Masterclass: Developing a Mindset for Wellbeing- Anne Johnstone**

This presentation will explore the concept of an 'other person mindset' and how this can be fostered to support higher levels of wellbeing. A blend of theoretical principles combined with practical strategies will be shared: from high quality connections to generating a ripple effect of goodwill through prosocial interventions.

Language: English (Spanish subtitle)

12:35- 12:51 p.m. **Masterclass: How can schools better support students flourishing? - Gilda Scarfe**

Language: English (Spanish subtitle)

1:00-1:20 p.m. **Masterclass: Permission To Feel: The Power of Emotional Intelligence to Achieve Success in School and Life- Marc Brackett**

Emotions influence learning, decision making, relationships, physical and mental health, creativity, and performance. Our wise use of emotion is especially important to our success. In my presentation, I will (1) describe our recent large-scale studies on the emotional lives of children and adults, including pre and post COVID, (2) share our Center's model of emotional intelligence, (3) present our evidence-based approach to SEL, RULER, which has been adopted by over 3,000 schools across the globe, including Mexico, and (4) provide participants with research-based tools to build emotional intelligence and enhance personal and professional success.

Language: English (Spanish subtitle)

1:20- 1:40 p.m. **Masterclass: How can we Thrive? The Effects of Social Media on Wellbeing- Tracy Moxley**

Language: English (Spanish subtitle)

1:45- 1:55 p.m. **Flash: Learning to appreciate.- Melissa Valdés**

The objective of this discussion is to share the research results, ideas to activate character strengths as an essential tool for wellbeing, and an appreciation culture.

Language: Spanish (English subtitle)

3:05- 3:15 p.m. **Recap- Luis Gutiérrez**

Language: Spanish (English subtitle)

3:15- 3:25 p.m. **Flash: Faculty wellbeing: action pathways in a changing world- Diego García**

Within the framework of the Wellbeing 360 event, this talk is presented with the purpose of reflecting on possible interventions that can be made to maintain, protect and promote the subjective and psychological wellbeing of teachers in changing times characterized by the uncertainty generated during and after Covid-19.



Presented by:
InStride

Tecmilenio University
Institute for Wellbeing and Happiness

AGENDA OCTOBER 26th

POSITIVE EDUCATION

Hence, a learning journey oriented to the development of personal resources and strategies based on the relevant scientific literature is carried out.

Our hope is that this talk will contribute to the noble vocation of teachers to empower them to be promoters of change and mental health in their educational communities.

Language: Spanish (English subtitle)

3:25- 3:35 p.m. **Flash: Why Teachers Must Address The Elephant in The Classroom-Tamara Lechner**

We are all too aware that the last year has been so different from any other year. In our school communities, there is this deep wish to just "go back to normal", to the safety of the known structures, relationships and ways of working. But prior to the global pandemic, we had a mental health crisis and a future skills gap that was leaving students unprepared for life. Normal wasn't working.

The opportunity today is to make a massive shift by harnessing the momentum of change initiated by necessity. We don't want to see those innovations lost. This new school year will not be like the start of any ordinary school year. These are times of new beginnings marked by hope, strengths, vulnerabilities as well as by elements of grief and loss. In this session we will explore the psychological impact of long-term uncertainty; the context, we will suggest best practices for psychological safety, we will prepare teachers to expect and manage emotional responses and finally, we will build a better future on a foundation of strengths. The session will include a compilation of data from teachers around the world and suggestions as to what's next.

Language: English (Spanish subtitle)

3:40- 4:02 p.m. **Masterclass: Positive Education: 360 Impact - Itzel Villarreal, Emilia Ruiz, Leticia Rangel, Katia Medina**

Language: Spanish (English subtitle)

4:05- 4:15 p.m. **Tecmitalks- Gabriel Gálvez Figueroa**

Language: Spanish (English subtitle)

4:15- 4:25 p.m. **Flash: Happiness is Education- Iliana González Sánchez**

In this lecture we will learn about successful practices conducted by the San Felipe IEC to become a school that promotes happiness and wellbeing as part of the school's culture.

Language: Spanish (English subtitle)

4:30- 6:00 p.m. **Workshop with expert (Activity with cost): Hope Through Adversity - harnessing the transformative power of positive education in challenging times- Anne Johnstone**

This workshop is for school leaders and educators seeking practical ways to harness the power of Positive Education in their own school context. It will focus on building positive cultural values to support student wellbeing, and to help students and staff flourish and look to the future with hope.

Language: English (Spanish subtitle)

Wellbeing Auditorium

4:30- 5:00 p.m. **The value of Integrity- Academic Integrity Committee and National Integrity Mascot**

Language: Spanish (English subtitle)

5:05-5:16 p.m. **Flash: Neurotips for online interaction- Epifanio Sánchez**

Language: Spanish (English subtitle)



Presented by:
InStride

Tecmilenio University
Institute for Wellbeing and Happiness

AGENDA OCTOBER 26th

POSITIVE EDUCATION

5:16- 5:26 p.m. **Flash: Learning to Forgive as path to Social Wellbeing- Oscar Sánchez-Hernández**

Two pioneering studies are presented in Spain on the Learning to Forgive program inspired by the research of Robert Enright and his team, pioneers in forgiveness education. In line with other studies, it is recommended to incorporate forgiveness education in programs to promote social welfare and bullying prevention.

In this paper we would briefly explain the research conducted and focus extensively on the applied part of the Learning to Forgive program explaining its main techniques.

Language: Spanish (English subtitle)

6:00- 6:15 p.m. **Masterclass: Let's not go back to normality- Luis Gutiérrez**

This session offers a reflection on what the virtual and the traditional worlds of the classroom mean. Traditional profiles are confronted to discover what is really important and how the hybrid future can be a great opportunity to create deep connections that achieve the students' growth. From practical examples, the aim is to identify the profiles and how these will develop skills to face the VUCA times the best way possible.

Language: Spanish (English subtitle)

6:15- 6:20 p.m. **Closing day- Luis Gutiérrez**

Language: Spanish (English subtitle)