

AGENDA OCTOBER 28th

POSITIVE FAMILIES

*UTC-5 CDT North America

Start time	Ending time	The InStride Auditorium	WELLBEING AUDITORIUM
8:32 a. m.	8:40 a.m.	Welcome / Iván Guerrero Spanish (English Subtitle)	
8:42 a.m.	8:50 a. m.	360°Talk Princess Sarah Bint Asem Emotional Learning English (Spanish Subtitle)	
8:50 a. m.	8:55 a. m.	Networking break	
8:55 a. m.	9:35 a. m.	Masterclass Fernanda Familiar Covid Reflections Spanish (English Subtitle)	
9:35 a. m.	9:44 a. m.	Flash Kathia Villarreal Parental Interference: A critical reality in non-traditional family Spanish (English Subtitle)	
9:45 a. m.	9:50 a. m.	Move: Yoga con Mirenchu Ruiz / Spanish (English Subtitle)	
9:50 a. m.	10:00 a. m.	Flash Mayra Cordero Practical and Simple Tools to Enjoy Life NOW! English (Spanish Subtitle)	Workshop with expert (Activity with cost) Lorena Valera ACHIEVING FAMILY HAPPINESS THROUGH MY WELLBEING Spanish (English subtitled)
9:50 a. m.	11:20 a. m.	10:00-11:20 a.m. Networking break	
11:20 a. m.	11:25 a. m.	Networking break	
11:25 a. m.	11:50 a. m.	360°Talk Monica Esquinca, Carolina Zarate y Fernanda Evia Wellbeing and resilience tools for children and teenagers after the pandemic Spanish (English Subtitle)	
11:50 a. m.	11:54 a.m.	Networking break	
11:54 a.m.	12:15 p. m.	Flash Oliver Sahlmann Merry? Christmas? Learn how 2021 will be the best Christmas of your life Spanish (English Subtitle)	
12:15 p. m.	12:35 p. m.	Masterclass María Elena Garassini Positive parenthood in uncertain times Spanish (English Subtitle)	
12:35 p. m.	12:40 p. m.	Networking break	
12:40 p. m.	1:20 p. m.	Masterclass Kristen Race Building Resilience in Times of Uncertainty: Mindful Tools for Families English (Spanish Subtitle)	
1:20 p. m.	1:50 p. m.	Networking break	
1:50 p. m.	2:05 p. m.	Masterclass Iván Guerrero Develop family strengths Spanish (English Subtitle)	
2:05 p. m.	3:05 p. m.	Networking break	
3:05 p. m.	3:15 p. m.	Recap Iván Guerrero / Spanish (English Subtitle)	
3:15 p. m.	3:35 p. m.	Masterclass Miguel Isla Pedagogy of coexistence Spanish (English Subtitle)	
3:35 p. m.	3:40 p. m.	Networking break	
3:40 p. m.	4:05 p. m.	Masterclass Lea Waters From adversity to adaptability: How families can flourish in stressful times English (Spanish Subtitle)	
4:05 p. m.	4:10 p. m.	Networking break	
4:10 p. m.	4:20 p. m.	Tecmitalks Patricia García Sáenz Spanish (English Subtitle)	
4:20 p. m.	4:25 p. m.	Move: Yoga with Mirenchu	
4:25 p. m.	4:35 p. m.	Networking break	
4:35 p. m.	6:05 p. m.	Networking break	Workshop with expert (Activity with cost) Iván Guerrero Family strengths Spanish (English Subtitle)
6:05 p. m.	6:10 p. m.	Networking break	
6:20 p. m.	6:40 p. m.	Masterclass Andrea Monsanto The power of your words Spanish (English Subtitle)	
6:40 p. m.	6:50 p. m.	Closing day Iván Guerrero Spanish (English Subtitle)	

STRENGTHEN FAMILY BONDS WITH A POSITIVE APPROACH

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

8:32-8:40 a.m. **Welcome- Iván Guerrero**

Language: Spanish (English subtitle)

8:42- 8:48 a.m. **360° Talk: Emotional Learning- Princess Noor Bint Asem**

Emotional Learning is an essential skill to acquire as a family to enhance self-understanding and to be understood. Kyan Foundation will share insights and helpful tools as to how to incorporate emotional intelligence skills in family dynamics.

Language: English (Spanish subtitle)

8:55- 9:35 a.m. **Masterclass: Covid Reflections- Fernanda Familiar**

Language: Spanish (English subtitle)

9:35- 9:44 a.m. **Flash: Parental Interference: A critical reality in non-traditional family - Kathia Villarreal**

Understanding Parental Interference and its consequences would help to act in a positive way by solving various questions: What does responsible raising consist of? How to respect the children's communication and relationship with their father and mother? How to be supportive to families that have been through a separation process? How to encourage coexistence with both parents under normal and unusual circumstances? And many others.

Language: Spanish (English subtitle)

9:45- 9:50 a.m. **Move: Yoga with Mirencu Ruiz**

Language: Spanish (English subtitle)

9:50- 10:00 a.m. **Flash- Practical and Simple Tools to Enjoy Life now!- Mayra Cordero**

Language: English (Spanish subtitle)

9:50- 11:20 a.m. **Workshop with expert (Activity with cost): Achieving family happiness through my wellbeing- Lorena Valera**

This workshop is aimed for both parents, as well as people who work with families. We will analyze the positive effect the family experiences when parents increase their wellbeing, and the meaning of this. Ultimately, we will focus on very simple strategies on how to increase this wellbeing in everyday life despite our circumstances.

Language: Spanish (English subtitle)

11:25- 11:50 a.m. **360° Talk: Wellbeing and resilience tools for children and teenagers after the pandemic - Mónica Esquinca, Carolina Zarate y María Fernanda Evia**

After more than one year and a half of social distancing due to the pandemic, we still cannot estimate the impact it has had on children and teenagers. Before an increasing number of anxiety and depressive conditions, Mónica Esquinca and Carolina Zárat, expert psychologists with more than 15 years of experience in therapy, will help us to reflect, from the perspective of tens of treated patients. The most valuable aspect will be that they share practical tools and tips so that us as parents and teachers can accompany them and create learning for resilience, wellbeing and growth.

Language: Spanish (English subtitle)

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11:54 a.m. - 12:15 p.m. **Flash: Merry? Christmas? Learn how 2021 will be the best Christmas of your life - Oliver Sahlmann**

The conference will give you the tools so that you can make the gifts that create a high wellbeing level without the need to pay for them, or if you are going to invest economical resources for gifts like these, they can create the greatest return in positive emotions. The learning you will take will empower you, create Christmas spaces of happiness and smiles for your loved ones.

With this event you will be ready to live the best Christmas of your life!

Language: Spanish (English subtitle)

12:15- 12:35 p.m. **Masterclass: Positive parenthood in uncertain times - María Elena Garassini**

In this lecture, we present the Positive Parenthood proposal and the 4 parental competences of modern times: care, bonding, education and reflection. You will also learn the Positive Psychology's Wellbeing model and raising based on the parents and children's strengths.

Reflecting on the strengths of our parents in our raising, and our strengths as parents in raising our children, we will introduce the contributions about Positive Parenthood as answers to the parents' challenges before the current changing reality.

Language: Spanish (English subtitle)

12:40- 1:20 p.m. **Masterclass: Building Resilience in Times of Uncertainty: Mindful Tools for Families- Kristen Race**

Identify personal overt and covert stressors that lead to survival mode

Acquire skills to calm your mind on demand

Discover strategies to communicate with young adults most effectively (or teens?)

Utilize tools to boost positivity

Language: English (Spanish subtitle)

1:50- 2:05 p.m. **Masterclass: Develop family strengths- Iván Guerrero**

In this talk we will discuss how parents can develop a parental approach based on strengths and strategies that will help us identify these qualities in our children, as well as recognize the importance of giving them opportunities for them to use these in everyday activities and develop in full.

Language: Spanish (English subtitle)

3:05- 3:15 p.m. **Recap - Iván Guerrero**

Language: Spanish (English subtitle)

3:15- 3:35 p.m. **Masterclass: Pedagogy of coexistence- Miguel Isla**

The essential family coexistence for a healthy coexistence in society.

Language: Spanish (English subtitle)

3:40- 4:05 p.m. **Masterclass: From adversity to adaptability: How families can flourish in stressful times- Lea Waters**

COVID-19 has dramatically altered family life. There are many obstacles families must overcome and yet, there are also opportunities that arise when families experiencing adversity together. This presentation will explore how we can use the stress of the pandemic as a catalyst to become stronger, how we can help our kids build resilience and how we can bond as a family.

Language: English (Spanish subtitle)

4:10- 4:20 p.m. **Tecmitalks- Patricia García Sáenz**

Language: Spanish (English subtitle)



Presented by:
InStride

Tecmilenio University
Institute for Wellbeing and Happiness

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4:20- 4:25 p.m. **Move: Yoga with Mirenchu**

Language: Spanish (English subtitle)

4:35- 6:05 p.m. **Workshop with expert (Activity with cost): Family strengths- Iván Guerrero**

Character strengths are qualities people use daily. As parent, it is important to know how to identify your children strengths, enable opportunities for them to use these, and reflect on the outcome they get. This level of awareness on the use of strengths will help the children seek for experiences that help them grow, develop skills, relate better, and event face hard or adverse situations constructively. This workshop is a great opportunity for parents that wish to develop and exercise a parenting style focused on strengths.

Language: Spanish (English subtitle)

6:20- 6:40 p.m. **Masterclass: The power of your words- Andrea Monsanto**

In this lecture you will learn how words change your brain and your interpersonal relationships. Through the principles of conscious and compassionate communication, you will obtain simple tools that you can use to improve your relationship with yourself and others.

You will understand how to promote empathy, compassion, and gratitude to be part of a happy family.

Language: Spanish (English subtitle)

6:40-6:50 p.m. **Closing day - Iván Guerrero**

Language: Spanish (English subtitle)

