

# OCTOBER 25th

## POSITIVE ORGANIZATIONS

\*UTC-5 CDT North America

Start time	Ending time	The InStride Auditorium	WELLBEING AUDITORIUM
8:00 a.m.	8:10 a.m.	Mindfulness practice Masaya Okamoto Spanish (English Subtitle)	
8:10 a.m.	8:25 a.m.	Welcome David Garza, Bruno Zepeda y Rosalinda Ballesteros Spanish (English Subtitle)	
8:25 a.m.	8:30 a.m.	InStride Welcome English (Spanish Subtitle)	
8:30 a.m.	8:45 a.m.	Masterclass Kim Cameron The Effect of Positively Energizing Leadership English (Spanish Subtitle)	
8:45 a.m.	8:50 a.m.	<b>Networking break</b>	
8:50 a.m.	9:05 a.m.	Masterclass The Wellbeing conscious habit Bruno Zepeda Spanish (English Subtitle)	
9:05 a.m.	9:10 a.m.	<b>Networking break</b>	
9:10 a.m.	9:29 a.m.	Masterclass Luis Gallardo The importance of re-connecting. Happytatism as a new emerging system English (Spanish Subtitle)	
9:30 a.m.	9:34 a.m.	Move: Yoga with Mirenchu Ruiz	
9:34 a.m.	9:40 a.m.	<b>Networking break</b>	
9:40 a.m.	10:09 a.m.	360°Talk Fundación máshumano: Tomás Pereda, Subdirector of Fundacion máshumano Miriam Martín, Marketing and Communication Director of Sodexo Pablo Marina, Global Head of Health & Wellness in Banco Santander Physical and emotional wellbeing of professionals: A key factor in the strategy of organizations Spanish (English Subtitle)	
10:09 a.m.	10:10 a.m.	<b>Networking break</b>	
10:10 a.m.	10:20 a.m.	Flash: EGL Happiness Festival Yeri Pérez and Beatriz Álvarez Spanish (English Subtitle)	
10:20 a.m.	10:47 a.m.	360°Talk, Oriana Tickell y Santiago Vázquez, Reinventing Leadership from positive psychology and coaching Spanish (English Subtitle)	
10:47 a.m.	10:50 a.m.	<b>Networking break</b>	
10:50 a.m.	11:09 a.m.	Masterclass Josefina Esposito Dupuy Gratitude and Wellbeing in organizations Spanish (English Subtitle)	
11:10 a.m.	11:30 a.m.	Q&A Valeria de Alba and Simón Cohen Spanish (English Subtitle)	
11:30 a.m.	11:35 a.m.	<b>Networking break</b>	
11:35 a.m.	11:55 a.m.	Masterclass Inés Saenz The power of diversity Spanish (English Subtitle)	
11:55 a.m.	12:00 p.m.	<b>Networking break</b>	
12:00 p.m.	12:19 a.m.	Masterclass Philip Kotler Advancing the common good as a business strategy English (Spanish Subtitle)	
12:19 a.m.	12:25 p.m.	<b>Networking break</b>	
12:25 p.m.	1:55 p.m.	12:25 a 12:35 p.m. Flash with Rodrigo Ponce-Díaz Emotional Monitoring of Work Teams in times of COVID19 Spanish (English Subtitle)	Workshop with expert (Activity with cost) Santiago Vázquez Coaching and Positive Psychology. Emerging Coaching Model FLOW Spanish (English Subtitle)
		<b>12:35-1:55 p.m. Networking break</b>	
1:55 p.m.	2:45 p.m.	<b>Networking break</b>	
2:45 p.m.	2:55 p.m.	Recap Magali Maldonado Spanish (English Subtitle)	
2:55 p.m.	3:10 p.m.	Masterclass Michelle Westfort, InStride Positive Organizations: Employee Education as a Strategy English (Spanish Subtitle)	
3:10 p.m.	3:15 p.m.	<b>Networking break</b>	
3:15 p.m.	3:35 p.m.	Masterclass Claudio Ibañez Positive Psychology and Covid-19 Spanish (English Subtitle)	
3:35 p.m.	3:40 p.m.	<b>Networking break</b>	
3:40 p.m.	4:05 p.m.	360° Talk Gurpreet Singh, Sofia Ruiz Blake y Ray Lutzky, Instride Global Strategic Enterprise Education for Positive Organizations English (Spanish Subtitle)	
4:05 p.m.	4:10 p.m.	<b>Networking break</b>	
4:10 p.m.	4:40 p.m.	Masterclass Magali Maldonado, Ana Paula Nacif y Paulette Moreno Positive Leadership: the route for your reinvention, work and personal Spanish (English Subtitle)	
4:40 p.m.	4:45 p.m.	Move: Yoga with Mirenchu Ruiz	
4:35 p.m.	6:05 p.m.	4:45-4:55 p.m. Flash Elena Olascoaga 3 compassionate leadership practices Spanish (English Subtitle)	Workshop with expert (Activity with cost) Claudio Ibañez "OPTIMISM AND ITS IMPACT What is optimism, how it is measured and how it is strengthened." Spanish (English Subtitled)
		4:55-5:05 p.m. Tecmitalks David Job Lozano Spanish (English Subtitle)	
		<b>5:05- 5:10 p.m. Networking Break</b>	
		5:10- 5:13 p.m. Flash NOM035 Flor Araujo Spanish (English Subtitle)	
		<b>5:13- 5:50 p.m. Networking break</b>	
5:50 p.m.	6:40 p.m.	Masterclass: Leading Organizations in Wellbeing Culture Verónica Galán, Luis Zaldivar, Fidel Ibarra and Gustavo García Spanish (English Subtitle)	
6:40 p.m.	6:50 p.m.	Masterclass Rosalinda Ballesteros and Iván Guerrero Factor Wellbeing Spanish (English Subtitle)	
6:50 p.m.	7:14 p.m.	Masterclass Covadonga Chavés Compassion in the organizational environment Spanish (English Subtitle)	
7:15 p.m.	7:30 p.m.	Masterclass Seeking wellbeing hurts... and Transforms Juan Freire Spanish (English Subtitle)	
7:30 p.m.	7:35 p.m.	Cierre del día Magali Maldonado Spanish (English Subtitle)	



Presented by:  
**InStride**

Tecmilenio University  
Institute for Wellbeing and Happiness

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**POSITIVE ORGANIZATIONS**

## **BUILD A LEADING WELLBEING CULTURE ORGANIZATION**

**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

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8:00- 8:10 a.m. **Mindfulness Practice- Masaya Okamoto**

**Language:** Spanish (English subtitle)

8:10-8:25 a.m. **Welcome- David Garza, Bruno Zepeda and Rosalinda Ballesteros**

**Language:** Spanish (English subtitle)

8:25-8:30 a.m. **InStride Welcome**

**Language:** English (Spanish subtitle)

8:30-8:45 a.m. **Masterclass: The Effect of Positively Energizing Leadership - Kim Cameron**

This presentation shows how leaders can achieve extraordinary results through the positive energy generated by virtuous interactions with employees. It offers validated scientific evidence that all individuals are inherently attracted to and flourish in the presence of positive energy, and provides some practical tools of positive energizers.

**Language:** English (subtitle a Spanish)

8:50-9:05 a.m. **Masterclass: The Wellbeing conscious habit- Bruno Zepeda**

**Language:** Spanish (English subtitle)

9:10 a.m.- 9:29 a.m. **Masterclass: The importance of re-connecting. Happytalism as a new emerging system - Luis Gallardo**

Luis Gallardo delves into the current triple disconnection with oneself, with our communities and nature as and how to achieve the re-connection through new development paradigms such as Happytalism.

**Language:** English (subtitle a Spanish)

9:30- 9:40 a.m. **Move: Yoga with Mirechu Ruiz**

**Language:** Spanish (English subtitle)

9:40-10:09 a.m. **360° Talk: Physical and emotional wellbeing of professionals: A key factor in the strategy of organizations -**

**Tomás Pereda (Subdirector of Fundación máshumano), Miriam Martín (Marketing and Communication Director of Sodexo) and Pablo Marina (Global Head of Health & Wellness in Banco Santander)/ Fundación Máshumano**

**Language:** Spanish (English subtitle)

10:10- 10:20 a.m. **Flash: EGL Happiness Festival with Yeri Pérez and Beatriz Álvarez**

**Language:** Spanish (English subtitle)

10:20- 10:47 a.m. **360° Talk: Reinventing Leadership from positive psychology and coaching-Oriana Tickell y Santiago Vázquez**

**Language:** Spanish (English subtitle)



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10:50-11:09 a.m. **Masterclass: Gratitude and Wellbeing in organizations- Josefina Esposito Dupuy**

People that enter into the job world invest approximately one fourth of their adulthood working and, for many of them; this aspect of life is an important activity. Considering this, being able to feel well and function properly at work represent key aspects of general wellbeing of people. Experiencing a high wellbeing level is related to a variety of positive organizational attitudes (Keeman et al., 2017), within which we can consider, in some studies conducted in the field of Positive Psychology, research about superior work performance (Lyubomirsky et al., 2005), low rotation intentions, actual low rotation (Boehm & Lyubomirsky, 2008), among others. As Keeman and his collaborators state (2017), understanding that the job has an impact on the people's wellbeing, and that the latter is a key factor for the success of several organizations, it is essential for organizations to move in directions that allow them to promote wellbeing at work (Dewe & Cooper, 2012; Hone et al., 2014). This methodology is delivered to us to design the life we wish.

**Language:** Spanish (English subtitle)

11:10-11:30 a.m. **Q&A Valeria de Alba to Simón Cohen**

**Language:** Spanish (English subtitle)

11:35- 11:55 a.m. **Masterclass: The power of diversity- Inés Sáenz**

**Language:** Spanish (English subtitle)

12:00- 12:19 p.m. **Masterclass: Advancing the common good as a business strategy- Philip Kotler**

Phillip Kotler advocates the development of new development paradigms based on impact on the common good. From companies to institutions.

**Language:** English (Spanish subtitle)

12:25-1:55 p.m. **Workshop with expert (Activity with cost): Coaching y Psicología Positiva. Modelo de Coaching Emergente FLOW- Coaching and Positive Psychology. Emerging Coaching Model FLOW- Santiago Vázquez**

Undoubtedly, we are living in a new age that is speeding up the need to re-invent management.

Today, organizations need business leaders able to develop their teams, generate trust and contribute to the optimum performance of their members while assuming a "coach" leader role.

This workshop is aimed for coaching and human resources professionals, but also for leaders overall that want to know tools and interventions developed and contrasted by Positive Psychology that allow them to contribute to the development of the potential and flourishing in their teams.

**Language:** Spanish (English subtitle)

12:25-12:35 p.m. **Flash: Emotional Monitoring of Work Teams in times of COVID19- Rodrigo Ponce-Díaz**

**Language:** Spanish (English subtitle)

2:45-2:55 p.m. **Recap Magali Maldonado**

**Language:** Spanish (English subtitle)

2:55-3:10 p.m. **Masterclass: Positive Organizations: Employee Education as a Strategy- Michelle Westfort, InStride**

**Language:** English (Spanish subtitle)

3:15- 3:35 p.m. **Masterclass: Positive Psychology and Covid-19 – Claudio Ibáñez**

**Language:** Spanish (English subtitle)



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#### 3:40- 4:05 p.m. **Masterclass: Global Strategic Enterprise Education for Positive Organizations - Gurpreet Singh, Sofia Ruiz Blake y Ray Lutzky, InStride**

Designing employee programs that create lifelong learning opportunities and positive impact on wellbeing requires leadership, commitment and innovation. InStride has partnered with Universidad Tecmilenio and other leading universities to deliver world-class online education to corporations interested in creating strategic enterprise education programs that transform their organizations. In this overview, the team from InStride will explore the ways that strategic enterprise education contributes to the development of positive organizations and promotes wellbeing, retention and satisfaction among employees.

**Language:** English (Spanish subtitle)

#### 4:10-4:40 p.m. **Positive Leadership: the route for your reinvention, work and personal - Magali Maldonado, Ana Paula Nacif y Paulette Moreno**

**Language:** Spanish (English subtitle)

#### 4:40-4:45 p.m. **Move: Yoga with Mirenchu Ruiz**

**Language:** Spanish (English subtitle)

#### 4:45-4:55 p.m. **Flash: 3 compassionate leadership practices- Elena Olascoaga**

During this discussion you will know 3 compassionate leadership practices that you may put into practice in your work groups and with your colleagues and your organization. The results of these practices are teams with a high sense of belonging, a strong sense of significance, and plenty of passion during their day-to-day.

**Language:** Spanish (English subtitle)

#### 4:55-5:05 p.m. **Tecmitalks: David Job Lozano**

**Language:** Spanish (English subtitle)

#### 5:10-5:13 p.m. **Flash: NOM-035 - Flor Araujo**

**Language:** Spanish (English subtitle)

#### 4:35-6:05 p.m. **Workshop with expert (Activity with cost): Optimism and Its impact. What is optimism, how it is measured and how it is strengthened- Claudio Ibáñez**

Optimism activates in people positive emotions such as trust, hope, persistence, resilience, calm, security, gratitude and courage. And these emotions are essential to work adequately before difficulties, since they expand our minds, increase our intelligence and creativity to solve problems; help us focus on solutions, strengthen our ability to relate, move us to collaborate and negotiate constructively, reinforce the persistence to achieve goals, facilitate the creation of sense and meaning before crises, and help us maintain on our feet and move forward in the face of trouble.

**Language:** English (Spanish subtitle)

#### 5:50- 6:40 p.m. **Masterclass: Leading Organizations in Wellbeing Culture- Verónica Galán, Gustavo García, Fidel Ibarra y Luis Zaldivar.**

**Language:** Spanish (English subtitle)

#### 6:40- 6:50 p.m. **Masterclass: Factor Wellbeing- Rosalinda Ballesteros and Iván Guerrero**

Results presentation of Factor Wellbeing 2021 and top organizations that achieved the award of Factor Wellbeing.

**Language:** Spanish (English subtitle)

#### 6:50- 7:14 p.m. **Masterclass: Compassion in the organizational environment- Covadonga Chavés**

In the last years, there is an increasing interest for leadership focused on people or humanistic leadership. In this sense, the starting of compassionate skills is already





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considered as a competitive advantage for many organizational environments. In this lecture, we will define what is compassion and skills form it. Studies confirming its value in the work environment shall be reviewed, and we shall present strategies for their development during everyday life.

**Language:** Spanish (English subtitle)

7:15- 7:30 p.m. **Masterclass: Seeking wellbeing hurts... and transforms- Juan Freire**

**Language:** Spanish (English subtitle)

7:30- 7:35 p.m. **Closing of the day- Magali Maldonado**

**Language:** Spanish (English subtitle)

