

AGENDA October 27th

MEANINGFUL LIFE

*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 Rosalinda Ballesteros / Spanish (English Subtitle)	
8:25 a. m.	8:48 a. m.	Masterclass Ryan Niemiec What Matters Most to You? How Character Strengths Are the Answer English (Spanish Subtitle)	
8:48 a. m.	8:50 a. m.	Networking break	
8:50 a. m.	9:17 a. m.	360°Talk David Guerra y Hugo Rivera Demystifying Anxiety Spanish (English Subtitle)	
9:17 a. m.	9:20 a. m.	Networking break	
9:20 a. m.	9:28 a. m.	Flash Samuel Sánchez Developing a purposeful life, tools to achieve it Spanish (English Subtitle)	
9:28 a. m.	9:30 a. m.	Networking break	
9:30 a. m.	9:40 a. m.	Flash Design Thinking: Life philosophy to get closer to the purpose Piera Lombardi Spanish (English Subtitle)	
9:40 a. m.	9:45 a. m.	Move: Yoga with Mirenchu Ruiz / Spanish (English Subtitle)	
9:45 a. m.	10:05 a.m.	Masterclass Mirenchu Ruiz Movement with intencion Spanish (English Subtitle)	
10:25 a. m.	10:35 a. m.	Networking break	
10:35 a. m.	11:02 a. m.	Masterclass Masaya Okamoto Awareness and Virtue: Universal knowledge to transform our life from inside out Spanish (English Subtitle)	
11:02 a. m.	11:05 a. m.	Networking break	
11:05 a. m.	11:50 a. m.	Q&A Simón Cohen to Deepak Chopra English (Spanish Subtitle)	
11:50 a. m.	12:15 p. m.	Q&A Ivonne Vargas to Rommel Pacheco If you act positively, you inspire others Spanish (English Subtitle)	
12:15 p. m.	12:20 p. m.	Networking break	
12:20 p. m.	12:33 p. m.	Masterclass Denise Quinlan The Perils of Perfections English (Spanish Subtitle)	
12:33 p. m.	12:35 p. m.	Networking break	
12:35 p. m.	1:08 p. m.	Masterclass Mónica López Hernando Love and Generosity: keys to build healthy relationships Spanish (English Subtitle)	
1:08 p. m.	1:10 p. m.	Networking break	
1:10 p. m.	1:22 p. m.	Masterclass Patrizio Paoletti Sustainability starts in our mind Italiano (Traducción a Spanish)	
1:22 p. m.	1:30 p. m.	Networking break	
1:30 p. m.	1:40 p. m.	Flash Mónica Garza Grief and strengths Spanish (English Subtitle)	
1:40 p. m.	1:50 p. m.	Flash Ruby Vizcarra A Mexican model who fights for the inclusion of albinos Spanish (English Subtitle)	
1:50 p. m.	2:00 p. m.	Masterclass Gabriela Ortiz Sleep disorders and how to sleep better Spanish (English Subtitle)	
2:00 p. m.	3:05 p. m.	Networking break	
3:05 p. m.	3:15 p. m.	Recap Rosalinda Ballesteros / Spanish (English Subtitle)	
3:15 p. m.	3:35 p. m.	Masterclass Barbara Fredrickson The Goods in Everyday Love English (Spanish Subtitle)	
3:35 p. m.	3:40 p. m.	Networking break	
3:40 p. m.	3:50 p. m.	Flash Adriana Bernal Molina Turn your heart on Spanish (English Subtitle)	
3:50 p. m.	4:10 p. m.	Masterclass Richard Davidson Well-being is a skill English (Spanish Subtitle)	
4:10 p. m.	4:15 p. m.	Networking break	
4:15 p. m.	4:35 p. m.	Luis Gutiérrez Presentation of the book "Propósito: Descubre el tuyo" Spanish (English Subtitle)	
4:35 p. m.	4:40 p. m.	Move: Yoga with Mirenchu Ruiz / Spanish (English Subtitle)	
4:40 p. m.	6:10 p. m.	4:40- 5:40 p.m. Tecmichallenge: Prosperity Spanish (English Subtitle)	Workshop with expert (Activity with cost) Masaya Okamoto Living with the Meta-Awareness for Happiness and Wellbeing Spanish (English Subtitle)
		5:40- 5:45 p.m. Networking break	
		5:45- 5:55 p.m. Flash Ana Castelo Your flourishing in adversity like the cactus Spanish (English Subtitle)	
		5:55- 6:05 p.m. Flash María Sanmiguel One Self for All: Creative Life Purpose, Relationship Resilience and Grit in Crisis Situations Spanish (English Subtitle)	
		6:05- 6:10 p.m. Networking break	
6:10 p. m.	6:35 p. m.	360°Talk Gaby Ortiz and Fernando Castilleja Exercise and physical activity to prevent chronic diseases Spanish (English Subtitle)	
6:35 p. m.	6:40 p. m.	Networking break	
6:40 p. m.	7:00 p. m.	Masterclass Tal Ben-Shahar and Rosalinda Ballesteros Discussion about the purpose of life English (Spanish Subtitle)	
7:00 p. m.	7:10 p. m.	Closing Day- Rosalinda Ballesteros Spanish (English Subtitle)	



Presented by:
InStride

Tecmilenio University
Institute for Wellbeing and Happiness

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CONNECT WITH THE EXPERIENCE OF BEING HUMAN IN A WORLD OF CHALLENGES

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

Language: Spanish (English subtitle)

8:15-8:25 a.m. **Welcome- Rosalinda Ballesteros**

Language: Spanish (English subtitle)

8:25- 8:48 a.m. **Masterclass: What Matters Most to You? How Character Strengths Are the Answer - Ryan Niemiec**

Ryan Niemiec will explain this answer and delve into the latest science and practice of character strengths. With over 100 new studies on the VIA Classification and VIA Survey each year, the science of character strengths is constantly evolving and advancing. You will be able to soak in the exciting new findings and understand how these are applicable to a meaningful life – your life, right now.

Language: English (Spanish subtitle)

8:50- 9:17 a.m. **360° Talk: Demystifying Anxiety- David Guerra y Hugo Rivera**

Acknowledge anxiety and how it appears in different ways, know what to do before it, how to ask for help, and how to differentiate it from other fleeting emotions. Learn to endure the pressure from the routine and the job.

Language: Spanish (English subtitle)

9:20- 9:28 a.m. **Flash: Developing a purposeful life, tools to achieve it- Samuel Sánchez**

Developing a life with purpose, tools to achieve it

Language: Spanish (English subtitle)

9:30- 9:40 a.m. **Flash: Design Thinking: Life philosophy to get closer to the purpose- Piera Lombardi**

Prosper in a changing world is a great challenge and a great opportunity. I want to share 4 distinctions that link together effective practices or habits from the HR area that have been the grounds to answer with skill and enable an effective mindset to articulate collaborative behaviors and achieve business strategies.

Language: Spanish (English subtitle)

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

Language: Spanish (English subtitle)

9:45- 10:05 a.m. **Masterclass: Movement with intent- Mirenchu Ruiz**

Yoga is a philosophical tool that helps us stay in shape, relax, and live in a calmer, more aware and healthier way through physical practices that allow us to improve our health and wellbeing, both physical and mental and spiritual.

Yoga invites us to explore our limits and put us in contact with our body and ourselves.

Language: Spanish (English subtitle)

10:35- 11:02 a.m. **Masterclass: Awareness and Virtue: Universal knowledge to transform our life from inside out - Masaya Okamoto**

Life can be transformed from inside out. We are able to choose living wellbeing and happiness, which is a skill we can develop within us. This conference integrates a

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meditative practice of Mindfulness with an approach on cultivating awareness and virtue to learn how to live well and even better.

Language: Spanish (English subtitle)

11:05- 11:50 a.m. **Q&A Simón Cohen to Deepak Chopra**

Language: English (Spanish subtitle)

11:50 a.m.- 12:15 p.m. **Q&A Ivonne Vargas a Rommel Pacheco: If you act positively, you inspire others**

In diving, as in life, there are always moments of fear. That is how Rommel Pacheco faces them. Remembering the reasons why he does what he does, and how he inspires others with his determination, has helped the Olympic diver to progress in scenarios of doubt and fear. In this interview we will show you how Rommel Pacheco prepares to live extreme moments.

Language: Spanish (English subtitle)

12:20- 12:33 p.m. **Masterclass: The Perils of Perfections- Denise Quinlan**

We live in an era of rampant perfectionism – our T.V screens are filled with people trying to make our faces, bodies, houses, and cars perfect. On social media people feel obliged to project an image of 'the perfect lifestyle'. All of this comes at a great cost which includes harsh self-criticism and procrastination for individuals, and cultures of blaming and hiding mistakes in organisations. Listen to why Denise now believes that perfectionism is a self-indulgence none of us can afford and what we can do to move towards a more compassionate culture empowers learning and growth.

Language: English (Spanish subtitle)

12:35 p.m.- 1:08 p.m. **Masterclass: Love and Generosity: keys to build healthy relationships- Mónica López Hernando**

Some research on Positive Psychology practices that help build friendship relationships, as well as other activities that help link in a healthier way, will be shared.

Additionally, we will address the PERMA+H model, which can help us answer the following questions: How to distinguish a healthy relationship from one that is not? How to build a positive friendship that lasts throughout time? What do we need to be able to trust each other and create deep bonds?

A good conversation to value the bonds with others, recover old relationships, and dare to create new ones.

Language: Spanish (English subtitle)

1:10- 1:22 p.m. **Masterclass: Sustainability starts in our mind- Patrizio Paoletti**

Language: Italian (Spanish subtitle)

1:30- 1:40 p.m. **Flash: Grief and strengths- Mónica Garza**

At some point in life, every human being faces the death of a loved one and, inevitably, goes through a grief process. That is why, as human beings, we pay attention to the personal tools, strategies or resources that can accompany and guide us throughout this process. Hone (2017) mentions that the loss of a loved one is not planned and expected, and that despite the events that happen in life cannot be controlled, the way to react before them can be, even the death of someone we love.

Language: Spanish (English subtitle)

1:40-1:50 p.m. **Flash: A Mexican model who fights for the inclusion of albinos- Ruby Vizcarra**

Language: Spanish (English subtitle)

1:50- 2:00 p.m. **Masterclass: Sleep disorders and how to sleep better- Gaby Ortiz**

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Why do we sleep? And how sleep affects our quality of life and the everyday physiological processes. Learn how to identify sleep disorders and develop routines that allow us to have proper sleep both in quality and quantity.

Language: Spanish (English subtitle)

3:00- 3:15 p.m. **Recap- Rosalinda Ballesteros**

Language: Spanish (English subtitle)

3:15- 3:35 p.m. **Masterclass: The Goods in Everyday Love- Barbara Fredrickson**

Barbara Fredrickson has investigated the nature of positive emotions for more than three decades. In this talk, she will share her foundational Broaden-and-Build Theory of positive emotions as a backdrop for her latest thinking and evidence on the value of positive emotions that we co-experience with others in everyday life, what she terms "positivity resonance" and offers as a scientific definition of love, the emotion. Positivity resonance, her research has shown, undergirds mental health and resilience, public health and prosocial tendencies, as well as physical health and longevity. After spotlighting the evidence that supports these conclusions, Dr. Fredrickson describe a simple "micro-intervention" that anyone can use to increase positive connections and reap the associated benefits.

Again, please forgive my slowness to provide these marketing details. Let me know if there is anything else that I can provide to help to create a successful event.

Language: English (Spanish subtitle)

3:40- 3:50 p.m. **Flash: Turn your heart on- Adriana Bernal Molina**

Because of the current situation lived worldwide due to COVID-19, many people have consulted me worried about the emotional distress this is causing them. Since it is well known that all adverse and unexpected situations trigger a series of negative emotions that, if not faced positively, end up impacting the physical and psychological health of people, they also have a negative impact on coexistence and the relationship with others, which is a high-risk scenario due to the confinement.

Language: Spanish (English subtitle)

3:50- 4:10 p.m. **Masterclass: Well-being is a skill- Richard Davidson**

This talk will consider scientific evidence that suggests that we can change our brains by transforming our minds and cultivate habits of mind that will improve well-being. These include happiness, resilience, compassion and emotional balance. Each of these characteristics is instantiated in brain circuits that exhibit plasticity and thus can be shaped and modified by experience and training. Mental training to cultivate well-being has profound implications for the workplace including its impact on leadership, creativity, employee health, productivity and collaboration.

Language: English (Spanish subtitle)

4:15- 4:35 p.m. **Presentation of the book "Propósito: Descubre el tuyo" - Luis Gutiérrez**

Language: Spanish (English subtitle)

4:35- 4:40 p.m. **Move: Yoga con Mirenchu Ruiz**

Language: Spanish (English subtitle)

4:40- 6:10 p.m. **Workshop with expert (Activity with cost): Living with the Meta-Awareness for Happiness and Wellbeing- Masaya Okamoto**

One of the fundamental keys that leads us to a conscious life well lived is to cultivate the Meta-Awareness. The wholehearted mindful Meta-Awareness allows us to consciously create deep inner transformation and growth, construct happiness and wellbeing within, and cultivate and live the best qualities and virtues in daily life. Learn the wise ways of living to nourish the power of goodwill and deep mindful living.

Language: Spanish (English subtitle)

Wellbeing Auditorium



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4:40- 5:40 p.m. **Tecmichallenge: Prosperity**

Language: Spanish (English subtitle)

5:45- 5:55 p.m. **Flash: Your flourishing in adversity like the cactus - Ana Castelo**

Language: Spanish (English subtitle)

5:55-6:05 p.m. **Flash: One Self for All: Creative Life Purpose, Relationship Resilience and Grit in Crisis Situations - María Sanmiguel**

The most important reinvention of our time is being presented in the current scenario in the face of a global pandemic; creating tools towards a resilient and positive adaptation that allow a human flourishing between the individual and his community is the central axis of the present intervention; with the objective of extending Hope from an active role between the strength, the entity of positive psychological capital and the psychological quality of Grit; one of the main findings of the research is oriented to how : "Purpose transcends when it creates hope in another human being; it is the unique expression of each individual to embody with creativity and authenticity their strengths, their passions, to redirect persevering to their goals in resilient moments; and their humanity to leave a mark towards the prevalence of a more meaningful life".

Language: Spanish (English subtitle)

6:10- 6:35 p.m. **360° Talk: Exercise and physical activity to prevent chronic diseases - Gabriela Ortiz y Fernando Castilleja**

We will talk about chronic-degenerative diseases, their impact on public health and how exercise and healthy habits can help to prevent them despite having a clear genetic tendency to suffer from them.

Language: Spanish (English subtitle)

6:40- 7:00 p.m. **Masterclass: Discussion about the purpose of life- Tal Ben-Shahar y Rosalinda Ballesteros**

During this discussion, we will talk about topics on how to find our life's purpose, handle the stress the pandemic created, and the importance of generosity.

Language: English (Spanish subtitle)

7:00-7:10 p.m. **Closing day**

Language: Spanish (English subtitle)