

# AGENDA



GLOBAL WELLNESS  
SUMMIT 2023

A TIME OF  
TRANSFORMATION

NOVEMBER 6-9, 2023 | MIAMI, FLORIDA, USA



As the Global Wellness Summit (GWS) welcomes top executives from around the world to its highly anticipated conference, this year's theme, "**A Time of Transformation,**" couldn't be more fitting.

The dynamic landscape of the wellness industry continues to create significant opportunities in a wide range of sectors, from mental health and beauty, to real estate and travel, to healthcare and medicine. The Agenda is thoughtfully designed to explore the multifaceted dimensions of wellness, examining how this booming industry is reshaping the global business landscape.

Exploring the evolving trends and innovative strategies driving the wellness economy, the Agenda offers invaluable insights for business executives, policymakers and investors seeking to harness the full potential of this transformative period. Engaging keynotes and panels span a wide array of topics, such as the new era emerging for women's health, the intersection of sports, hospitality and wellness, the transformative power of mental wellness (including hearing from gymnast Simone Biles), new innovations in longevity medicine and more.

This year's GWS promises to be an unparalleled opportunity for attendees to network, share expertise and learn from the most influential leaders in the wellness sector. We invite you to engage in the offstage collaborative discussions that so often lead to relationships shaping the future of wellness, from the Table Topic lunches to After-Dinner Conversations to social events. Forging meaningful connections is at the heart of our DNA.

The Agenda is your guide to this momentous Summit. The plenary sessions will be video recorded, and your delegate registration includes access to the recordings shortly after the Summit. (Please note, recording is not allowed for the sessions with Timbaland or Simone Biles.)

Join the conversation online throughout the Summit, using #2023GWS on your preferred social media platform, and utilize the Summit App to network with other delegates.

*Thank you for being part of the Summit's global community.*



# PRE- SUMMIT

# 2023 AGENDA

Most plenary sessions are recorded for on-demand access after the Summit.

MONDAY, NOVEMBER 6, 2023

## PRE-SUMMIT ACTIVITIES

**8:00AM-12:30PM**

*Must be pre-registered to participate*

**Half-Day Tour of Miami!**

Explore the vibrant history of Miami and uncover the rich history, cultural diversity and architectural marvels that have shaped the city into the dynamic and alluring destination it is today.

**12:00PM-5:30PM**

Lower Promenade

**GWS Registration & Concierge Open**

**1:30PM-5:00PM**

Lower Promenade

**The Myndstream Multisensory Experience**

Step into total relaxation with **Myndstream x Sprig x Oakworks**. Sink into ultimate luxury on The Oakworks SoVi Vibroacoustic bed, immerse yourself in Sprig's calming aromatherapy and feel your mind unwind as Myndstream releases the power of music.

**1:30PM-4:15PM**

**KNOWLEDGE WORKSHOPS**

**1:30PM-2:15PM**

Jasmine

**Knowledge Workshop**

*The Global Wellness Institute: Empowering Wellness & Your Business*

Learn how the nonprofit Global Wellness Institute (GWI) pillars can enhance your business, through Research, Initiatives, Wellness Evidence, Geography of Wellness, **Wellness Moonshot: A World Free of Preventable Disease**, Ambassadorships, BBC StoryWorks and more.

**Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Institute, United States  
**Susie Ellis**, Chair & CEO, Global Wellness Institute, United States

**Jessi Brandt**, Manager of Operations & Logistics, Global Wellness Summit, United States

**Kristiana Tarnuzzer**, Director of Development, Global Wellness Institute, United States

1:30PM-2:15PM

Jasmine

**GWI Advisory Board Members****Alexia Brue**, Co-Founder, *Well+Good*, United States**Richard H. Carmona, MD**, 17th US Surgeon General, Chief of Health Innovation, Canyon Ranch, United States**Anjan Chatterjee, MD**, Professor of Neurology, Psychology & Architecture, University of Pennsylvania; Founding Director, Penn Center for Neuroaesthetics, United States**Pierre-Louis Delapalme**, Co-President & Co-Chairman, Biologique Recherche, France**Michelle Floh**, CEO, R&J Abramson Foundation, United States**Sue Harmsworth**, Founder of ESPA & SATCC, United Kingdom**Bill Kapp, MD**, Founder & CEO, Fountain Life, United States**Victor Koo**, Chairman & Co-Founder, Tianren Culture, Hong Kong**Mia Kyricos**, President & Chief Love Officer (CEO), Kyricos & Associates, LLC, United States**Freddie Moross**, Founder & CEO, Myndstream, United Kingdom**Laurie Racine**, CEO & Founder, LifeSquare, United States**Michael Roizen, MD**, Emeritus Chief Wellness Officer, Cleveland Clinic; Professor, Lerner College of Medicine of Cleveland Clinic at Case Western Reserve University, United States**Rupert Schmid**, Co-President & Co-Chairman, Biologique Recherche, France**Rick Stollmeyer**, CEO, Inspired Flight Technologies, United States**GWI Research Team****Tonia Callender**, Research Fellow, Global Wellness Institute, United States**Katherine Johnston**, Senior Research Fellow, Global Wellness Institute, United States**Ophelia Yeung**, Senior Research Fellow, Global Wellness Institute, United States*Global Wellness Institute Advisory Board Members, Initiative Members, Geography of Wellness Country Partners and Ambassadors are encouraged to attend.*

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**2:30PM-3:15PM**

Jasmine

**Knowledge Workshop***Cancer Patients on the Move:**The Rise in Leisure Travel***Sponsored by Biologique Recherche**

Discover what is fueling this rise in travel. Uncover guests' travel intentions and needs. Learn ways you can provide a safe and stress-free travel journey and positive wellness experience.

**Julie Bach**, Executive Director, Wellness for Cancer, United States

**Anna Bjurstam**, Wellness Pioneer & Senior Strategic Advisor, Six Senses & Raison d'Etre

**Shyamali Singhal, MD**, Surgical Oncologist, Medical Director Apricity Oncology, United States

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**3:30PM-4:15PM**

Jasmine

**Knowledge Workshop***Live. Work. Play. THRIVE***Sponsored by Fountain Life**

The future of healthcare is at home and in the gap between medical and wellness.

**Todd Shaw**, SVP, Business Development, Fountain Life, United States

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**4:30PM-5:15PM**

Jasmine

**New Delegate Orientation***Making the Most of Your First Summit*

An informal meeting for first-time delegates to learn about the Summit and connect with key leadership.

**Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Institute, United States

**Susie Ellis**, Chair & CEO, Global Wellness Institute, United States

**Michelle Gamble**, VP, Global Business Development, Global Wellness Summit, United States

**Beatrice Hochegger**, Director of Events, Global Wellness Summit, United States

**Jessi Brandt**, Manager of Operations & Logistics, Global Wellness Summit, United States

**4:30PM-5:15PM**

Jasmine

**GWS Advisory Board Members****Amir Alroy**, Co-Founder, Welltech Ventures, Israel**Anna Bjurstam**, Wellness Pioneer, Six Senses, Sweden**C. Victor Brick**, Co-Founder, John W. Brick Mental Health Foundation; CEO, Ohana Growth Partners, LLC, United States**Tony de Leede**, Founder, Gwinganna Lifestyle Retreat, Australia**Cathy Feliciano-Chon**, Managing Director, Finn Partners Asia, Hong Kong**Nicola Finley, MD**, Principal & Founder, Dr. Nicola PLLC, United States**Irene Forte**, CEO, Irene Forte Skincare, United Kingdom**Maggie Hsu**, Partner, Andreessen Horowitz, United States**Ömer K. Isvan**, President, SERVOTEL, United Kingdom**Franz Linser, PhD**, CEO, Linser Hospitality GmbH, Austria**Hannah Messerli, PhD**, Tourism and Economics, George Washington University, United States**Veronica Schreibeis Smith**, CEO, Vera Iconica Architecture, United States**Yoriko Soma**, CEO, Conceptasia, Inc., Japan**Prof. Mary Tabacchi, PhD**, RD, Professor Emerita, Cornell University, United States**6:00PM-6:45PM**

Japengo

**Private VIP Cocktail Reception for Sponsors, GWI Ambassadors, Susie Ellis Scholarship Recipients & Media**

Hosted by the GWS Board of Advisors &amp; the GWI Board of Advisors.

*\*Please see full list of media at the end of the Agenda.***7:00PM**

Riverwalk Terrace

**Welcome Party***Palm trees & ocean breezes!*

Special welcome from Hyatt Regency Miami's Amir Blattner, General Manager &amp; David Whitaker, President &amp; Chief Executive Officer

**Sponsored by Hyatt Regency Miami**

Attire: Miami casual!



9:00PM-10:00PM

## CHOICE OF THREE CONCURRENT ACTIVITIES

**After-Dinner Conversations**

Not quite ready to call it a night? Casually connect with other delegates, share thoughts and ideas on the topic, and make some new friends in the process. Hosted by industry leaders.

**Option 1**

Hibiscus A

**After-Dinner Conversation**

*Exploring New Opportunities Bringing Sports into Wellness & Hospitality*

**Craig Collin**, President, Tavistock Development, United States

**Susie Ellis**, Chair & CEO, Global Wellness Institute, United States

**Patricia Ladis**, Founder & CEO, WiseBody, United States

**Option 2**

Hibiscus B

**After-Dinner Conversation**

*Understanding & Harnessing AI*

**Maggie Hsu**, Partner, Andreessen Horowitz, United States

**Bill Kapp, MD**, Founder & CEO, Fountain Life, United States

**Option 3**

Jasmine

**After-Dinner Conversation**

*New Weight-Loss Drugs & Their Impact on Wellness*

**Richard H. Carmona, MD**, 17th US Surgeon General, Chief of Health Innovation, Canyon Ranch, United States

**Elke Benedetto Reisch, MD**, Medical Doctor, Lanserhof Group, Germany

**Michael Roizen, MD**, Emeritus Chief Wellness Officer, Cleveland Clinic; Professor, Lerner College of Medicine of Cleveland Clinic at Case Western Reserve University, United States

**WORDLY TRANSLATION**

Scan here for real-time  
AI-powered translation  
during each session in  
the Regency Ballroom



DAY  
**ONE**

TUESDAY, NOVEMBER 7, 2023

DAY ONE

DAY 1 (Tuesday)

**6:30AM-7:00AM**

Riverwalk Terrace

**Sanctum: The Power of Now**

*Join a cathartic workout experience that empowers the body and expands the mind.*

A holistic moving sequence that balances the physical body with the mind and the spirit. Routed in multidisciplinary forms of physical conditioning like modern fitness, HIIT workout, Kundalini, martial arts, breath work and functional movement—and with the most powerful, carefully curated music. Special equipment provided!

*Attire: Comfortable workout clothing*

**6:30AM-7:10AM**

Meet in hotel lobby

**A Wellness Walk® with Walsh!**

A Wellness Walk® with Walsh in Miami is all about activating the senses and exploring our innate connection to the beauty of the natural world around us. This 40-minute mindfulness walk will take us through a journey of discovery: of self, of one another, of what happens to our bodies and brains when we are exposed to natural elements. All while enjoying the sunshine and warmth of beautiful, vibrant Miami.

*Attire: Comfortable walking clothing and shoes*

**6:30AM-8:00AM**

Japengo

**BREAKFAST**

Only for delegates staying at the Hyatt Regency Miami who booked via the GWS room block

**8:30AM-8:50AM**

Regency Ballroom

**GWS 2023 Opening**

*Transformation in the Natural World:  
Life Is Change*

**Louie Schwartzberg**, Founder & Filmmaker,  
Moving Art, United States

**8:55AM-9:10AM**

Regency Ballroom

**Welcome & Keynote***Gratitude in a World Turned Upside Down***Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, United States**9:15AM-9:30AM**

Regency Ballroom

**Welcome & Keynote***The State of Our Industry at a Time of Transformation***Susie Ellis**, Chair & CEO, Global Wellness Summit, United States**9:35AM-9:55AM**

Regency Ballroom

**Keynote***Consciousness: A New Paradigm*

Can a shift in consciousness change the world? Presenting new scientific research and the critical role of meditation in developing human creative potential and providing solutions to our world's problems.

**Tony Nader, MD, PhD**, Global Leader, Transcendental Meditation® Organizations; Bestselling Author; Speaker, United States**10:00AM-10:20AM**

Regency Ballroom

**Keynote***What Keeps Viewers Glued & Why That Matters for Wellness***BBC StoryWorks**

A unique session about the importance of relatable and relevant storytelling. Discussed in the context of exclusive BBC.com audience data captured last month, along with a first view of original stories from across the globe of ancient and modern practices—this session will provide a means to break down barriers in the pursuit of wellness for all.

**Simon Shelley**, Global VP, BBC Studios, United Kingdom**Claire Small**, Executive Producer, BBC Studios, United Kingdom**10:25AM-10:55AM**

Orchid

**Networking Energy Break & Innovation Village Open**

**11:00AM-11:05AM**

Regency Ballroom

**World Premiere Short Film***In Pursuit of Wellness: The Art & Science of Living Well, "Listening to the Waves Beneath"***Tony Nader, MD, PhD**, Global Leader, Transcendental Meditation® Organizations; Bestselling Author; Speaker, on how to reach the most settled part of your mind.**BBC StoryWorks & Global Wellness Institute***Presented by Dr. Tony Nader Institute***11:10AM-11:40PM**

Regency Ballroom

**Keynote: Research***The Updated Global Wellness Economy Monitor... A New Bubble Chart Is Revealed!***Tonia Callender**, Research Fellow, Global Wellness Institute, United States**Katherine Johnston**, Senior Research Fellow, Global Wellness Institute, United States**Ophelia Yeung**, Senior Research Fellow, Global Wellness Institute, United States*Special Guests!***11:45AM-12:45PM**

Regency Ballroom

**Keynote Conversation****Simone Biles**, Gymnast, United States**In conversation with****Susie Ellis**, Chair & CEO, Global Wellness Summit, United States**12:50PM-1:00PM**

Regency Ballroom

**Global Wellness Award***Debra Simon Award for Furthering Mental Wellness***Lauren Wright**, President, Debra Simon Family Foundation, United States**Bill Kapp, MD**, Founder & CEO, Fountain Life, United States**THREE CONCURRENT OPTIONS****1:00PM-2:15PM**

Orchid

**Innovation Village Open**

**1:00PM-1:30PM**

Regency Ballroom

**Press Conference for Media Only****Tonia Callender**, Research Fellow, Global Wellness Institute, United States**Cassandra Cavanah**, Owner, Cavanah Communications, United States**Katherine Johnston**, Senior Research Fellow, Global Wellness Institute, United States**Beth McGroarty**, VP for Research & Forecasting, Global Wellness Summit, United States**Ophelia Yeung**, Senior Research Fellow, Global Wellness Institute, United States**1:00PM-2:15PM**

Jasmine &amp; Hibiscus

**Interactive Lunch | Table Topics****Sponsored by Biologique Recherche****Bon Appetit!** From **Rupert Schmid & Pierre-Louis Delapalmé**, Co-Chairmen & Co-Presidents, Biologique Recherche, France**TABLE TOPIC DISCUSSIONS (YOUR CHOICE)****Architecture & Design***1. Architecture and Its Role in Changing the World***Deyan Sudjic**, Professor, Lancaster University, United Kingdom*2. How to Make Wellness by Design Timeless***Clodagh**, Founder & CEO, Clodagh Design, United States**Beauty***3. Your Brain on Beauty: How & Why We Experience the World Around Us***Anjan Chatterjee, MD**, Professor of Neurology, Psychology & Architecture, University of Pennsylvania; Founding Director, Penn Center for Neuroaesthetics, United States*4. Building a Beauty Brand & What Matters to a Younger Generation***Irene Forte**, CEO, Irene Forte Skincare, United Kingdom*5. How to Incorporate the Ritual of Beauty into Your Life***Jessica Jesse**, CEO, Founder & Creative Director, BuDhaGirl, United States

**1:00PM-2:15PM**

Jasmine & Hibiscus

## **TABLE TOPIC DISCUSSIONS (CONT.)**

### **Business**

*6. Lanserhof Learnings: Health & Business Results*

**Nils Behrens**, CMO, Lanserhof Management, Germany

*7. Secret to Kamalaya's Success*

**John Collin Stewart**, Founder & Chairman, Kamalaya Koh Samui, Thailand

*8. Leading Expansion with an Iconic Brand*

**Nicole Miller**, Director, Kohler, United States

### **Consumers**

*9. Demand Differences by Continent*

**Daniel Golby**, Managing Director, ESPA International, United Kingdom

### **Contemplative Practices**

*10. Consciousness Will Heal Us All*

**Tony Nader, MD, PhD**, Global Leader, Transcendental Meditation® Organizations; Bestselling Author; Speaker, United States

*\*46. The Value of Contemplative Practices*

**Victor Koo**, Co-Founder, Tianren Culture, Hong Kong

### **Demographics**

*11. Global Demographics & Its Impact on Wellness*

**Aradhana Khowala**, CEO & Founder, Aptamind Partners, United Kingdom

### **Diversity, Equity & Inclusion (DEI)**

*12. Physician's Approach to Diversity, Equity & Inclusion*

**Nicola Finley, MD**, Principal & Founder, Dr. Nicola PLLC, United States

### **Environmental, Social, Governance (ESG)**

*13. Becoming a B-Corp*

**Oriele Frank**, Co-Founder, Chief Product & Sustainability Officer, Elemis, United Kingdom

**1:00PM-2:15PM**

Jasmine & Hibiscus

## **TABLE TOPIC DISCUSSIONS (CONT.)**

### **Exploring Opportunities with Sports**

*14. Opportunities in Sports & Hospitality*

**Emlyn Brown**, Global VP Wellbeing, Accor, France

*15. The German Team Staying at Zula During FIFA...That Changed Everything*

**Karen Campbell**, Business Development Director, Chiva-Som International, Thailand

*16. Opportunities I See in Wellness, Sports, & Hospitality*

**Craig Collin**, President, Tavistock Development, United States

*17. Hospitality Development Opportunities Incorporating Sports*

**Ömer Isvan**, President, SERVOTEL, United Kingdom

*18. Sports, Science & Wellness: Opportunities for Business*

**Mark Kovacs, PhD**, VP, Health & Performance, Canyon Ranch, United States

### **Family Wellness**

*19. Family Wellness Comes of Age*

**Krip Rojanastien**, Chairman & CEO, Chiva-Som International, Thailand

### **Finance**

*20. Raising Start-Up Capital Today*

**Laurie Racine**, President, Racine Strategy, United States

### **Fitness**

*21. Mental Health & Physical Fitness*

**C. Victor Brick**, Co-Founder, John W. Brick Mental Health Foundation; CEO, Ohana Growth Partners, LLC, United States

### **Global**

*22. Why Wellness Is So Popular in Japan*

**Yoriko Soma**, CEO, Conceptasia, Inc., Japan

*23. What Global Clients Are Asking About Wellness*

**Mia Kyricos**, President & Chief Love Officer (CEO), Kyricos & Associates LLC, United States



**1:00PM-2:15PM**

Jasmine & Hibiscus

## **TABLE TOPIC DISCUSSIONS (CONT.)**

### **Leadership**

*25. Kohler: Staying Relevant & Innovative for 150 Years*

**Ashley Kohler**, Director of Wellness, Kohler, United States

### **Luxury**

*26. Understanding Luxury*

**Riadh Bouaziz**, Chairman & CEO, RKF Luxury Linen, France

### **Marketing, PR & Branding**

*27. Secrets to Huge Marketing Reach*

**Graeme Freeman**, General Manager, Joali Being - Ali Bey Maldives Private Ltd, Maldives

*28. Marketing Celebrities & Brands*

**David Stoup**, Chairman, Trilogy Spa Holdings & Healthy Lifestyle Brands, United States

### **Medical**

*29. Global Health Diplomacy: What's Next for Infectious Diseases?*

**Deborah Birx, MD**, Chief Medical & Science Advisor, ActivePure, United States

### **Music**

*30. Music Is Good Business*

**Philip Moross**, Founder, Cutting Edge Group, United States

### **New Business Models**

*31. Wellness Is Meeting Co-Working*

**Tony de Leede**, Founder, Gwinganna Lifestyle Retreat, Australia

*33. Taking the High Road (& the High Line) to Democratizing Wellbeing*

**Robert Hammond**, President & Chief Strategy Officer, Therme Group US, United States

1:00PM-1:30PM

Jasmine & Hibiscus

## TABLE TOPIC DISCUSSIONS (CONT.)

### New Business Models (Cont.)

34. *Building the Fountain Life Brand*

**Bill Kapp, MD**, Founder & CEO, Fountain Life, United States

35. *Creating an Urban Wellness Oasis*

**Rebecca Parekh**, Co-Founder & CEO, The WELL, United States

36. *Enough of Netflix & The Streaming*

*Monopolies: The Launch of The Louie Channel*

**Louie Schwartzberg**, Founder, Moving Art, United States

### Respiratory Wellness

37. *Respiratory Wellness Trends*

**Leo Tonkin**, Founder & CEO, SALT Chamber, United States

### Technology

38. *Use of Continuous Glucose Monitor (CGM) in Wellness*

**Ruy Drever**, Division VP, Sports Ventures, Abbott Laboratories, United States

39. *Web3 & Wellness*

**Maggie Hsu**, Partner, Andreessen Horowitz, United States

40. *How the Chopra Foundation Embraced AI & New Technologies*

**Poonacha Machaiah**, CEO, Chopra Foundation, United States

### The Future

41. *Uncovering the Truth in Wellness Products & Practices*

**Pooja Lakshmin, MD**, Psychiatrist, Author & Clinical Assistant Professor, George Washington University School of Medicine, United States

### Wellness Policy

42. *How the First-Ever Future Generations Commissioner Got the World Talking Seriously About Children*

**Sophie Howe**, Sustainability Futures & Wellbeing Adviser, Future Generations Commissioner, Sophie Howe Associates, United Kingdom

**1:00PM-2:15PM**

Jasmine &amp; Hibiscus

**TABLE TOPIC DISCUSSIONS (CONT.)****Wellness Real Estate***43. The Latest at Serenbe***Stephan Nygren**, CEO & Founder, Serenbe Community, United States**Workplace Wellbeing***44. Workplace Wellbeing for Team Members***TJ Abrams**, VP of Global Wellbeing Experiences, Hyatt Hotels, United States**Yoga Therapy***45. The Yoga Therapy Renaissance***Bija Bennett**, President, BijaB, United States**2:20PM-2:25PM**

Regency Ballroom

**Summit Spotlight***Wellness Property Showcase***Carillon Miami Wellness Resort****Kohler Waters Spa****Park Hyatt Aviara Resort, Golf Club & Spa****Raffles London at the OWO****SIRO One Za'abeel****Six Senses Rome****Zulal Wellness Resort by Chiva-Som****2:30PM-3:15PM**

Regency Ballroom

**Keynote Conversation***My Journey to Wellbeing***Timbaland**, Founder, Beatclub; Multiplatinum, Grammy Award-Winning Producer, Artist, Author & Entrepreneur, United States**In conversation with****Freddie Moross**, Founder, Myndstream, United Kingdom**3:20PM-3:40PM**

Regency Ballroom

**Keynote***Wellness Reimagined 2.0: A Time for Inner Transformation***Victor Koo**, Chairman & Co-Founder, Tianren Culture, Hong Kong

**3:45PM-4:05PM**

Regency Ballroom

**Keynote Conversation***Beauty Is Not Actually Just in the Eye of the Beholder***Anjan Chatterjee, MD**, Professor of Neurology, Psychology & Architecture, University of Pennsylvania; Founding Director, Penn Center for Neuroaesthetics, United States**Jessica Jesse**, CEO, Founder & Creative Director, BuDhaGirl, United States**4:10PM-4:40PM**

Regency Ballroom

**Interactive Session***Transforming Wellness Through Sensory Integration*

Sensory integration is the symphony of our senses, the art of connecting with the world. It's not just about perceiving; it's about thriving. By embracing the magic of sensory experiences, we tap into a wellspring of wellbeing. We reduce stress, unlock our emotional strength and awaken our physical vitality.

**Led by****Anna Bjurstam**, Wellness Pioneer, Six Senses; Partner, Raison d'Etre; Strategic Advisor, Pegasus Capital Group, Sweden**Participants****Luuk Melisse**, Founder, Sanctum, Netherlands**Gabriel Olszewski**, CEO & Co-Founder, Sanctum, Netherlands**4:45PM-5:05PM**

Regency Ballroom

**Keynote***The Impact of AI on Music & Wellbeing***Freddie Moross**, Founder, Myndstream, United Kingdom**5:10PM-5:15PM**

Regency Ballroom

**5 Takeaways in 5 Minutes from 2 Board Members****Rick Stollmeyer**, CEO, Inspired Flight Technologies, United States**Irene Forte**, CEO, Irene Forte Skincare, United Kingdom

**7:00PM-9:00PM**

Truluck's or Komodo  
(You will find out  
which restaurant in a  
surprising way!)

**Evening Event: A Taste of Miami!**

Dine around at a restaurant within walking distance of the Hyatt Regency Miami. Meet at hotel entrance and delegates will need to bring their name tag.

*Attire: Casual-chic and walking shoes!*

**9:15PM-10:00PM****CHOICE OF THREE CONCURRENT ACTIVITIES****After-Dinner Conversations**

Not quite ready to call it a night? Casually connect with other delegates, share thoughts and ideas on the topic and make some new friends in the process. Hosted by industry leaders.

**Option 1**

Hibiscus A

**After-Dinner Conversation**

*Wellness Trends*

**Beth McGroarty**, VP for Research & Forecasting, Global Wellness Summit, United States

**Olivia Houghton**, Deputy Creative Foresight Editor, The Future Laboratory, United Kingdom

**Jessica Smith**, Brand Consultant, Journalist, Founder & CEO, J.Reneé, United Kingdom

**Option 2**

Hibiscus B

**After-Dinner Conversation**

*Mental Wellness*

**Sophie Howe**, Sustainability Futures & Wellbeing Adviser, Future Generations Commissioner, Sophie Howe Associates, United Kingdom

**Lauren Wright**, President, Debra Simon Family Foundation, United States

**C. Victor Brick**, Co-Founder, John W. Brick Mental Health Foundation; CEO, Ohana Growth Partners, LLC, United States

**Option 3**

Jasmine

**After-Dinner Conversation**

*Building Wellness: Architecture, Real Estate & Communities*

**Deyan Sudjic**, Professor, Lancaster University; Director Emeritus of the Design Museum in London; Founding Editor of Anima, a New Review of Architecture and Design, United Kingdom

**David A. Lynd**, CEO & Founder, Mobius, United States

**WORDLY TRANSLATION**

Scan here for real-time AI-powered translation during each session in the Regency Ballroom



DAY  
**TWO**

DAY TWO

**6:30AM-7:00AM**

Riverwalk Terrace

**Sanctum: The Power of Now**

*Join a cathartic workout experience that empowers the body and expands the mind.*

A holistic moving sequence that balances the physical body with the mind and the spirit. Routed in multidisciplinary forms of physical conditioning like modern fitness, HIIT workout, Kundalini, martial arts, breath work and functional movement—and with the most powerful, carefully curated music. Special equipment provided!

*Attire: Comfortable workout clothing*

**6:30AM-7:10AM**

Meet in hotel lobby

**A Wellness Walk® with Walsh!**

A Wellness Walk® with Walsh in Miami is all about activating the senses and exploring our innate connection to the beauty of the natural world around us. This 40-minute mindfulness walk will take us through a journey of discovery: of self, of one another, of what happens to our bodies and brains when we are exposed to natural elements. All while enjoying the sunshine and warmth of beautiful, vibrant Miami.

*Attire: Comfortable walking clothing and shoes*

**6:30AM-8:00AM**

Japengo

**BREAKFAST**

Only for delegates staying at the Hyatt Regency Miami who booked via the GWS room block

**8:30AM-8:40AM**

Regency Ballroom

**Opening Film**

*Moving Art from The Louie Channel*

**8:45AM-9:05AM**

Regency Ballroom

**Keynote**

*From the Treatment Room to the Board Room: A Life of Transformation*

**Noella Gabriel**, Co-Founder & Global President, Elemis, United Kingdom

**9:10AM-9:40AM**

Regency Ballroom

**Keynote Conversation***The Crisis in Women's Health & the Birth of HerMD***Somi Javaid, MD**, Founder & Lead CMO, HerMD, United States**In conversation with****Lynette Harrison-Brubaker**, Founder & CEO, LHB Group, United States**9:45AM-9:55AM**

Regency Ballroom

**Summit Spotlight***Welcome Geography of Wellness Country Partners!***Brazil**, Dr. Andressa Gulin, Co-Founder, AG7**Canada**, Robin Conners, CEO, 360 AMI**Indonesia**, Arya Galih Anindita, Deputy Director for Cultural & Man-Made Tourism, Indonesia Ministry of Tourism**Japan**, Yoriko Soma, CEO, Conceptasia**Korea**, Robert Hammond, President & Chief Strategy Officer, Therme Group**Philippines**, Dr. Paulo Benito Tugbang, Director, Product & Market Development, Philippines Department of Tourism; Liliosa B. Libosada, Officer-In-Charge, Product Planning & Development Division, Philippines Department of Tourism**Singapore**, Irwin Tan, Manager Wellness Department, Singapore Tourism Board**Thailand**, Dr. Tanupol Virunhagarun, CEO, BDMS Wellness Clinic**UK**, Robert Hammond, President & Chief Strategy Officer, Therme Group**USA**, Steve Meyers, Product Manager, NASM**10:00AM-10:30AM**

Orchid

**Networking Energy Break & Innovation Village Open****10:30AM-10:35AM**

Regency Ballroom

**Geography of Wellness Country Partners**  
(on screen)**10:40AM-11:10AM**

Regency Ballroom

**"Shark Tank of Wellness" Global Student Competition***Global student competition to birth a fresh wellness concept, with \$10,000 in prize money!*



**10:40AM-11:10AM**

Regency Ballroom

*Meet the final three concepts selected by the judges (Sharks) after reviewing videos from over 150 submissions. Finalists will present and compete for the top prize.*

**Wellness Sharks**

**Karen Campbell**, Business Development Director, Chiva-Som International Health Resort, Thailand

**Mia Kyricos**, President & Chief Love Officer (CEO), Kyricos & Associates, United States

**Frank Pitsakalis**, VP Strategy, Agilysys, Canada

**Alex Von Bidder**, Board Chairman, Rancho La Puerta, Mexico

**Shark Tank Finalists**

**Sydney DeVilla**, Savannah College of Art & Design, United States

**Judith Nduati**, Edinburgh Business School, United Kingdom

**Annie Pham Quynh**, Fulbright University, Vietnam

**Professors**

**Gauri Misra-Deshpande**, Savannah College of Art & Design, United States

**Le Quan**, Fulbright University, Vietnam

**Moderated by**

**Jessi Brandt**, Manager of Operations & Logistics, Global Wellness Summit, United States

**Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, United States

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**11:15AM-12:00PM**

Regency Ballroom

**Interactive Keynote Session**

*Collaboration Possibilities at the Intersection of Wellness, Sports & Hospitality*

**Moderated by**

**Susie Ellis**, Chair & CEO, Global Wellness Summit, United States

**Panelists**

**Amber Donaldson**, VP, Sports Medicine, US Olympic & Paralympic Committee, United States

**Ruy Drever**, Division Vice President, Sports Ventures, Abbott Laboratories, United States

**11:15AM-12:00PM**  
Regency Ballroom

**Patricia Ladis**, Founder & CEO, WiseBody,  
United States

**Enrico Manaresi**, Global PR & Media Relations  
Manager, Techogym, Italy

**Liz Terry**, HCM & CEO, Leisure Media,  
United Kingdom

*Session made possible by Kerzner International  
Management*

**12:05PM-12:20PM**  
Regency Ballroom

**Keynote**

*The Demographic Tsunami Disrupting the Future  
of Wellness*

**Aradhana Khowala**, CEO & Founder, Aptamind  
Partners, United Kingdom

**12:25PM-12:30PM**  
Regency Ballroom

**Gratitude Moment**

*GWS Sponsors Annual Photo*

**Michelle Gamble**, VP for Global Business  
Development, Global Wellness Summit, United  
States

**GWS Board of Advisors**

**Amir Alroy**, Co-Founder, Welltech Ventures, Israel

**Anna Bjurstam**, Wellness Pioneer, Six Senses,  
Sweden

**C. Victor Brick**, Co-Founder, John W. Brick Mental  
Health Foundation; CEO, Ohana Growth Partners,  
LLC, United States

**Tony de Leede**, Founder, Gwinganna Lifestyle  
Retreat, Australia

**Cathy Feliciano-Chon**, Managing Director, Finn  
Partners Asia, Hong Kong

**Nicola Finley, MD**, Principal & Founder, Dr. Nicola  
PLLC, United States

**Irene Forte**, CEO, Irene Forte Skincare, United  
Kingdom

**Maggie Hsu**, Partner, Andreessen Horowitz,  
United States

**Ömer K. Isvan**, President, SERVOTEL, United  
Kingdom

**Franz Linser, PhD**, CEO, Linser Hospitality GmbH,  
Austria

**Hannah Messerli, PhD**, Tourism and Economics,  
George Washington University, United States

**Veronica Schreibeis Smith**, CEO, Vera Iconica  
Architecture, United States

**Yoriko Soma**, CEO, Conceptasia, Inc., Japan

**Prof. Mary Tabacchi, PhD**, RD, Professor Emerita,  
Cornell University, United States

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BuDhaGirl

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Hyatt Hotels

Technogym

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ActivePure

Agilysys

Art of Cryo

BijaB

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Living Earth Crafts

Loftie

Natura Bissé

Personal Wellness Company

Six Senses

Universal Companies

Valvaere

Westin Hotels & Resorts

Zulal Wellness Resort by Chiva-Som

## THREE CONCURRENT OPTIONS

12:30PM-2:00PM

Orchid

**Innovation Village Open**

12:30PM-2:00PM

Japengo

**VIP Lunch for GWI Ambassadors Only**

*All attendees share "I Am Bullish on...& Bearish on...for 2024"*

### **Hosted by**

**Susie Ellis**, Chair & CEO, Global Wellness Institute, United States

**Kristiana Tarnuzzer**, Director of Development, Global Wellness Institute, United States

### **Special Guest**

**Aradhana Khowala**, CEO & Founder, Aptamind Partners, United Kingdom

### **Participants**

**TJ Abrams**, VP, Global Wellbeing Experiences, Hyatt Hotels, United States

**Sachin Barot**, CEO, Rijha Life, United States

**Bija Bennett**, President, BijaB, United States

**C. Victor Brick**, Co-Founder, John W. Brick Mental Health Foundation; CEO, Ohana Growth Partners, LLC, United States

**Christine Bruckner, PhD**, Director, M. Moser Associates limited, Hong Kong

**Amy Carenza**, Chief Commercial Officer, ActivePure Technology, United States

**Stefano Cattaneo**, Global Director, Myrtha Wellness, Italy

**Katrine Formby**, VP, Sable Investments, United States

**Sammy Gharieni**, CEO & Founder, Gharieni Group GmbH, Germany

**Rachael Grochowski**, Founder & Principal, RHG Architecture + Design, United States

**Cheryl Hardy**, SVP, Generis Collective, United States

**Yuki Kiyono**, Global Head, Health & Wellness Development, AMAN, Switzerland

**Ashley Kohler**, Director of Wellness, Kohler, United States

**12:30PM-2:00PM**

Japengo

**Joann Kurtz-Ahlers**, Owner, Hidden Doorways, United States

**Mia Kyricos**, President & Chief Love Officer (CEO), Kyricos & Associates, United States

**Lynelle Lynch**, CEO, Bellus Academy, United States

**Veronika Malkondueva**, CEO, Rich Travel, Russia

**Beverly Maloney-Fischback**, CEO & Founder, Wellness Media Company (Organic Spa), United States

**Nicole Miller**, Director, Kohler, United States

**Tammy Pahel**, VP of Spa & Wellness, Carillon Miami Wellness Resort, United States

**Eunice Park, MD**, Founder & CEO, AIREM, United States

**Christa Riparbelli**, Clinic Manager, Galileo Medical Center, Italy

**Federico Riparbelli**, General Manager, Galileo Medical Center, Italy

**Raquel Rodriguez**, President, Kateri Enterprises, United States

**Serina Sandhu**, Chief Sales & Marketing Officer, VOYA Organic Beauty, Ireland

**Brynn Scarborough**, President & CEO, JK Products & Services, United States

**Rupert Schmid**, Co-President & Co-Chairman, Biologique Recherche, France

**Simon Shelley**, Global VP, BBC Studios, United Kingdom

**Yoriko Soma**, CEO, Conceptasia, Inc., Japan

**John Stewart**, Founder & Chairman, Kamalaya Koh Samui, Thailand

**Sidney Stolz**, Chief Design & Experience Officer, Blue Zones, LLC, United States

**Masahiko Takai**, Representative Partner, Small Impact LLC, Japan

**Dana Tomlin**, Founder, Flutterby, United States

**Leo Tonkin**, Founder & CEO, SALT Chamber, United States

**Jessica Wadley**, VP of Business Development for Spa & Wellness, Oakworks Spa, Massage & Wellness Furniture, United States

**Jamie Waring**, Managing Director Strategy Innovation & Development, Soneva, Thailand

**12:30PM-2:00PM**

Jasmine & Hibiscus

**Interactive Lunch | Table Topics**

**TABLE TOPIC DISCUSSIONS (YOUR CHOICE)**

**Architecture & Design**

*1. Architectural Excellence: Sustainability & Wellness*

**Christine Bruckner, PhD**, Director, M. Moser Associates limited, Hong Kong

**Beauty**

*2. Consumer Trends in Beauty, Health & Wellness That Surprised Me*

**Olivia Houghton**, Deputy Creative Foresight Editor, The Future Laboratory, United Kingdom

**Business**

*3. Revenue Optimization for Wellness Destinations*

**Frank Pitsikalis**, SVP, Product Strategy, Hotels, Agilysys, Canada

*4. An Entrepreneur's Role During Challenges*

**Rick Stollmeyer**, CEO, Inspired Flight Technologies, United States

**Consumers**

*5. Consumer Behavior Changes Post-Covid*

**Alexia Brue**, Co-Founder, Well+Good, United States

**Cryotherapy**

*6. Cryotherapy Trends*

**Rainer Bolsinger**, CSO & CMO, Art of Cryo by L&R Kältetechnik, Germany

**Diversity, Equity & Inclusion (DEI)**

*7. DEI Trends*

**Cindy Tsai, MD**, Physician, Founder, Chief Wellness Officer, TEDx Speaker & Author, Yes and More, United States

**End of Life**

*8. Dying Well Trends*

**Amy McDonald**, Owner & CEO, Under a Tree, United States

**12:30PM-2:00PM**

Jasmine & Hibiscus

**TABLE TOPIC DISCUSSIONS (CONT.)**

**Environmental, Social, Governance (ESG)**

*9. Social Impact Trends*

**Wendy Bosalavage**, President & CRO, LIVunLtd, United States

**Exploring Opportunities with Sports**

*10. How Sports and Hospitality Might Work Together in New Ways*

**Franz Linser, PhD**, CEO, Linser Hospitality GmbH, Austria

*11. Olympics, Sport & Wellness*

**Mauro Nava**, Group Sales Director - Hospitality & Residential, Technogym, Italy

*12. Elite Athletes & the Sensei Brand*

**Vishal Patel, MD**, President & Chief Medical Officer, Sensei, United States

**First 1,000 Days**

*13. First 1,000 Days: Females Return to Sport After Pregnancy*

**Patricia Ladis**, Founder & CEO, WiseBody, United States

**Hydrothermal**

*14. Hydrothermal Trends*

**Cassandra Cavanah**, Founder, Cavanah Communications, United States

**Leadership**

*15. My Mistakes & Major Successes*

**Anna Bjurstam**, Wellness Pioneer & Senior Strategic Advisor, Six Senses & Raison d'Être, Sweden

*16. Women in Leadership Trends*

**Sara Jones**, Managing Director & Editor, Spa & Wellness MexiCaribe, Mexico

**12:30PM-2:00PM**

Jasmine & Hibiscus

**TABLE TOPIC DISCUSSIONS (CONT.)**

**Marketing, PR, Branding**

*17. Integrity and Heart...at a Time When We Need It Most*

**Peggy Panosh**, Advisor & Strategist, BuDhaGirl, United States

*18. BBC Wellness & Sports*

**Simon Shelley**, Global VP, BBC Studios, United Kingdom

**Medical**

*19. Ozempic, Wegovy & Mounjaro: What's the Wellness Industry's Stance?*

**Richard H. Carmona, MD**, Chief of Health Innovations, Canyon Ranch, United States

*20. Digital Data & Real-Life Clinical Care*

**Helen Messier, MD**, Chief Medical & Science Officer, Fountain Life, United States

*21. Longevity: Separating Fact from Fiction*

**Michael Roizen, MD**, Physician, Cleveland Clinic, United States

**Mental Wellness**

*22. Mental Wellness Trends*

**Alina Hernandez**, Project Manager, Cocün™ Wellness, United States

**Music & Wellness**

*23. Music & Wellness Opportunities*

**Freddie Moross**, Founder & CEO, Myndstream, United Kingdom

**New Business Models**

*24. Building a Business to Serve Women's Health*

**Somi Javaid, MD**, Founder, Lead CMO, HerMD, United States

*25. Red Sea Global: What's Happening Now*

**Lindsay Madden-Nadeau**, Senior Director Wellness Strategy & Development, Red Sea Global, Saudi Arabia

*26. Happenings in Saudi Arabia*

**Edie Rodriguez**, Founder, Edie Rodriguez, United States

*27. Leveraging a Hospitality Background to Create Community*

**Kane Sarhan**, Co-founder & Chief Creative Officer, The WELL, United States



**12:30PM-2:00PM**

Jasmine & Hibiscus

**TABLE TOPIC DISCUSSIONS (CONT.)**

**Technology**

*28. Financial Opportunities with Touchless Technologies*

**Patrick Fernandes**, Executive Managing Director, Carillon Miami Wellness Resort, United States

*29. Wellness Technology Trends*

**James Chenevey**, President & CEO, Living Earth Crafts, United States

**Transcendental Meditation**

*30. Transcendental Meditation: Latest Developments*

**Michelle Floh**, CEO, Rona and Jeffrey Abramson Foundation, United States

**Wellness & Lifestyle**

*31. Wellness & Lifestyle Trends*

**Steven Watson**, Member of the Board, The Blue Zone Center, United States

**Wellness for Cancer**

*32. Wellness for Cancer Trends*

**Julie Bach**, Executive Director, Wellness for Cancer, United States

**Wellness for Children**

*33. Wellness for Children Trends*

**Christine Clinton**, Founder, Wellness For Life, United States

**Wellness Policy**

*34. How Singapore Became a Blue Zone 2.0*

**Irwin Tan**, Manager of the Wellness Department, Singapore Tourism Board, Singapore

**Wellness Real Estate**

*36. Integrating Wellness into Real Estate for Maximum Value*

**Robin Conners**, CEO, 360 AMI & Blueprint Global, Canada

*37. Medicine, Wellness & Real Estate: The Future*

**Shawn Buchheit**, COO, Fountain Life, United States

**12:30PM-2:00PM**

Jasmine &amp; Hibiscus

**TABLE TOPIC DISCUSSIONS (CONT.)****Wellness Tourism**

38. *Most Successful Tourism Campaigns I Have Seen or Done*

**Liliosa B. Libosada**, Officer-In-Charge, Product Planning & Development Division, Philippines Department of Tourism, Philippines

39. *Education is the Global Silver Bullet*

**Hannah Messerli, PhD**, Tourism & Economics, George Washington University, United States

**Workplace Wellbeing**

41. *The Numbers: Workplace Wellbeing Costs, Savings & Future*

**Denise Bober**, SVP & Chief Human Resources Officer, The Breakers Palm Beach, United States

42. *Workplace Wellbeing Trends*

**John Toomey**, Professional Speaker, Writer & Thought Leader, Wide Awake Wellness Pty Ltd, Australia

**World of Podcasts**

43. *The Role of Podcasts in Your PR Strategy*

**Kim Marshall**, Host, Global Wellness Conversations Podcast, S'Well The Agency, United States

**2:05PM-2:10PM**

Regency Ballroom

**World Premiere Short Film**

*In Pursuit of Wellness: The Art & Science of Living Well, "Moments of Clarity"*

How nature can enrich how we care for ourselves.

**BBC StoryWorks & Global Wellness Institute**

*Presented by Visit Greater Palm Springs*

**2:15PM-2:45PM**

Regency Ballroom

**Keynote Conversation**

*Fixing Cities: Acupuncture or Surgery? What Architecture Can Do to Help*

**Stefano Cesario**, Partner & Architect, Foster + Partners, United Kingdom

**In conversation with**

**Deyan Sudjic**, Professor, Lancaster University; Director Emeritus of the Design Museum in London; Founding Editor of *Anima*, a *New Review of Architecture and Design*, United Kingdom

**2:50PM-3:10PM**

Regency Ballroom

**Keynote Conversation***The Transformative Power of AI on Health & Medicine***Bill Kapp, MD**, Founder & CEO, Fountain Life, United States**In conversation with****Poonacha Machaiah**, CEO, The Chopra Foundation, United States**3:15PM-3:40PM**

Regency Ballroom

**Wellness Moonshot Moment***A World Free of Preventable Disease Gets Personal*Video introduction by **Tony Robbins**, Co-Founder, Fountain Life, United States**Richard H. Carmona, MD**, 17th US Surgeon General, Chief of Health Innovations, Canyon Ranch, United States**In conversation with special guests****Christopher & Jennifer Botting****3:45PM-4:15PM**

Regency Ballroom

**Keynote Conversation***REAL SELF-CARE: Crystals, Cleanses & Bubble Baths Not Included***Pooja Lakshmin, MD**, Psychiatrist, Author & Clinical Assistant Professor, George Washington University School of Medicine, United States**In conversation with****Alexia Brue**, Co-Founder, *Well+Good*, United States**4:20PM-4:40PM**

Regency Ballroom

**Keynote***Democratizing Wellbeing***Robert Hammond**, President & Chief Strategy Officer, Therme Group US, United States

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**4:45PM-4:55PM**

Regency Ballroom

**Global Wellness Award**

*Bennett Family Award for Collaboration in the Science of Wellness*

**Presenting Sponsor**

**Bija Bennett**, President, BijaB, United States

**Presenting Advisory Board Member**

**Nicola Finley, MD**, Principal & Founder, Dr. Nicola PLLC, United States

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**5:00PM-5:20PM**

Regency Ballroom

**Keynote**

*Ancient Wisdom Meets Modern Science: Powering the Future of Wellness*

**Rebecca Parekh**, Co-Founder & CEO, The WELL, United States

**Kane Sarhan**, Co-Founder & Chief Creative Officer, The WELL, United States

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**5:25PM-5:40PM**

Regency Ballroom

**Summit Spotlight**

*The Susie Ellis Scholarship for Equity In Wellness*

**Introduced by**

**Jessi Brandt**, Manager of Operations & Logistics, Global Wellness Summit, United States

**Nicola Finley, MD**, Principal & Founder, Dr. Nicola PLLC, United States

**Hannah Messerli, PhD**, Tourism & Economics, George Washington University, United States

**Founding Donors**

**C. Victor Brick**, Co-Founder, John W. Brick Mental Health Foundation; CEO, Ohana Growth Partners, LLC, United States

**Lynne Brick**, Co-Founder, John W. Brick Mental Health Foundation, United States

**Katrine Formby**, VP, Sable Investments, United States

**Rick Stollmeyer**, CEO, Inspired Flight Technologies, United States

**Scholarship Recipients**

**Jonathan Imperial**, United States

**Rita Prasad-Ildes**, Australia

**Stella Vidal**, United States

**Theodora Warrior Healy**, Canada

**5:45PM-5:50PM**

Regency Ballroom

**5 Takeaways in 5 Minutes from 2 Board Members**

**Maggie Hsu**, Partner, Andreessen Horowitz,  
United States

**Franz Linser, PhD**, CEO, Linser Hospitality GmbH,  
Austria

**8:00PM-11:00PM**

Sexy Fish

(Delegates will need to  
bring their name tag.)

**Gala!**

Bring your Miami vibe, your dancing shoes and  
your credit card—the live auction to raise money  
for the nonprofit Global Wellness Institute takes  
place tonight!

*Attire: Colorful, sexy Miami vibe!*

**WORDLY TRANSLATION**

Scan here for real-time AI-powered translation during each session in the Regency Ballroom



DAY  
**THREE**

THURSDAY, NOVEMBER 9, 2023

DAY THREE

6:30AM-8:00AM

Japengo

**BREAKFAST**

Only for delegates staying at the Hyatt Regency Miami who booked via the GWS room block

8:30AM-8:40AM

Regency Ballroom

**Opening Film**

*Moving Art from The Louie Channel*

8:45AM-9:05AM

Regency Ballroom

**Keynote**

*A Place of Trust & Care*

Video Introduction by David Sinclair

**Li Wu, PhD**, Founder & Chairman, Virtusan AG, Switzerland

9:10AM-9:30AM

Regency Ballroom

**Keynote**

*An Old Brain in a New Building: Are We Living in a Blandemic?*

**Anjan Chatterjee, MD**, Professor of Neurology, Psychology & Architecture, University of Pennsylvania; Founding Director, Penn Center for Neuroaesthetics, United States

9:40AM-10:00AM

Regency Ballroom

**Keynote**

*Leaving the World Better Than We Found It: Lessons from a Small Country*

**Sophie Howe**, Global Wellbeing Advisor, Sophie Howe Associates, United Kingdom

Described by the *Guardian* as “the world’s first minister for the unborn” and by the *New Statesman* as leading a Welsh plot to save the world, Sophie Howe was the first Future Generations Commissioner for Wales, the only role of its kind in the world. She held government to account on how its decisions affect future generations and has influenced other countries to follow suit, including the UN. She is named as one of the UK’s “Top 100 Changemakers” and at number five in the BBC “Women’s Power List.”

**10:00AM-10:30AM**

Orchid

**Networking Energy Break & Innovation Village Open****10:30AM-10:40AM**

Regency Ballroom

**World Premiere Short Film***In Pursuit of Wellness: The Art & Science of Living Well, "Guiding Yourself to Happiness"*

How ancient traditions have inspired this sanctuary of wellness.

**BBC StoryWorks & Global Wellness Institute***Presented by Kamalaya***10:45AM-11:15AM**

Regency Ballroom

**Keynote & Town Hall***Wellness Diplomacy: A World in Need*

**Deborah Birx, MD**, Chief Medical & Science Advisor, ActivePure, United States

**11:20AM-11:40AM**

Regency Ballroom

**Keynote***AI + Wellbeing: The Transformative Work of The Chopra Foundation*

**Poonacha Machaiah**, CEO, The Chopra Foundation, United States

**11:45AM-12:15PM**

Regency Ballroom

**Keynote Panel***Transforming Hospitality***Moderated by**

**Mia Kyricos**, President & Chief Love Officer (CEO), Kyricos & Associates, United States

**Panelists**

**TJ Abrams**, VP, Global Wellbeing Experiences, Hyatt Hotels, United States

**Emlyn Brown**, Global VP of Wellbeing, Accor, France

**Catherine Flint**, Senior Director, Global Brand Management, Marriott International

**Amanda Al-Masri**, VP of Wellness, Hilton, United States



**12:20PM-1:20PM**

Jasmine & Hibiscus

**Relaxed Lunch & Innovation Village Open**

**1:20PM-1:25PM**

Regency Ballroom

**Summit Spotlight**

*Wellness Property Showcase*

**Carillon Miami Wellness Resort**

**Kohler Waters Spa**

**Park Hyatt Aviara Resort, Golf Club & Spa**

**Raffles London at the OWO**

**SIRO One Za'abeel**

**Six Senses Rome**

**Zulal Wellness Resort by Chiva-Som**

**1:30PM-1:50PM**

Regency Ballroom

**Keynote**

*Family Wellness & Sustainability*

**Krip Rojanastien**, Chairman & CEO, Chiva-Som  
International Health Resort, Thailand

**1:55PM-2:05PM**

Regency Ballroom

**Global Wellness Award**

*Leader in Innovation*

**Presenting Sponsor**

**Ashley Kohler**, Director of Wellness,  
Kohler Wellness Business, United States

**Presenting Advisory Board Member**

**Anna Bjurstam**, Wellness Pioneer, Six Senses;  
Partner, Raison d'Etre; Strategic Advisor,  
Pegasus Capital Group, Sweden

**2:10PM-2:40PM**

Regency Ballroom

**Keynote Panel***The Beauty Industry in Transformation***Moderated by**Irene Forte, CEO, Irene Forte Skincare,  
United Kingdom**Panelists****Oriele Frank**, Co-Founder, Chief Product &  
Sustainability Officer, Elemis, United Kingdom**Rupert Schmid**, Co-Chairman & Co-President,  
Biologique Recherche, France**Joaquín Serra**, Senior VP & CBDO, Natura Bissé  
International SA, Spain**Tim Waller**, Dr. Babor GmbH & Co. KG, Germany**2:45PM-2:55PM**

Regency Ballroom

**Summit Spotlight***Speaking of Beauty***Clodagh**, Founder & CEO, Clodagh Design,  
United States**3:00PM-3:10PM**

Regency Ballroom

**“Shark Tank of Wellness” Global Student  
Competition***Winners Announced***Wellness Sharks****Karen Campbell**, Business Development Director,  
Chiva-Som International Health Resort, Thailand**Mia Kyricos**, President & Chief Love Officer (CEO),  
Kyricos & Associates, United States**Frank Pitsakalis**, VP Strategy, Agilysys, Canada**Alex Von Bidder**, Board Chairman, Rancho La  
Puerta, Mexico**Shark Tank Finalists****Sydney DeVilla**, Savannah College of Art  
& Design, United States**Judith Nduati**, Edinburgh Business School,  
United Kingdom**Annie Pham Quynh**, Fulbright University, Vietnam

**3:15PM-3:45PM**

Regency Ballroom

**Keynote Conversation**

*Taking Care of the Future: The Wellbeing of Our Children*

**Moderated by**

**Christine Clinton**, Founder, Wellness for Life, United States

**Participants**

**Sophie Howe**, Global Wellbeing Advisor, Sophie Howe Associates, United Kingdom

**Amy McDonald**, Owner & CEO, Under a Tree Consultancy, United States

**Freddie Moross**, Founder, Myndstream, United Kingdom

**3:50PM-3:55PM**

Regency Ballroom

**Final 5 Takeaways in 5 Minutes from 2 Board Members**

**Yoriko Soma**, CEO, Conceptasia, Japan

**Hannah Messerli, PhD**, Tourism & Economics, George Washington University, United States

**3:55PM-4:00PM**

Regency Ballroom

**Announcement of the GWS 2024 Location!**

*Flag tease!*

**Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, United States

**Susie Ellis**, Chair & CEO, Global Wellness Summit, United States

**4:00PM-4:05PM**

Regency Ballroom

**Hearing from the 2024 Summit Hosts**

**4:05PM**

Regency Ballroom

**Champagne Toast**

*Raising a glass with board members, the Global Wellness Summit team and the 2023 delegates! See you next year!*



POST  
**SUMMIT**

POST-SUMMIT ACTIVITIES

9:00AM-12:00PM

**Host a Future Summit**

Opportunity to speak with **Nancy Davis**, Chief Creative Officer & Executive Director, GWS, regarding what's involved in hosting a future Summit. Please email **Michelle Gamble**, VP, Global Business Development, GWS at [michelle.gamble@globalwellnesssummit.com](mailto:michelle.gamble@globalwellnesssummit.com) to request a time to meet with Nancy on Friday morning.

**Available November 9th to November 13th**

Carillon Miami Wellness Resort, Miami, Florida, USA

**Carillon Miami Wellness Resort**

*You're Invited!*

Stay overnight at the resort or come as a day guest, book the Spa & Soul Full- or Half-Day package, schedule a private custom wellness day, or create your own wellness experience from the myriad of offerings, including a very extensive collection of touchless treatments. Discounted room rates and spa packages available.

## 2023 PRESS DELEGATES & MEDIA IN ATTENDANCE

**Timothy Anscombe-Bell**, Writer & Freelance Consultant, *Wallpaper\**, WLLW, United States

**Mary Bemis**, Founder & Editor in Chief, *Insider's Guide to Spas*, United States

**Olivia Houghton**, Deputy Creative Foresight Editor, The Future Laboratory, United Kingdom

**Sara Jones**, Managing Director & Editor, *Spa & Wellness MexiCaribe*, Mexico

**Jane Kitchen**, Editor at Large, *Spa Business*, United Kingdom

**Ilona Lee**, CEO, Île Maison, United States

**Beverly Maloney-Fischback**, CEO & Founder, Wellness Media Company (Organic Spa), United States

**Lauren May**, Founder, The Luxe Group, United States

**Craig Oliver**, Editor-in-chief, *Healthy Living + Travel*, Canada

**Sonia Tita Puopolo**, Co-Founder & CEO, Wellness World USA™, Inc., United States

**Astrid Ros**, Publisher, *Spa Business & Leisure Media*, United Kingdom

**Jessica Smith**, Brand Consultant, Journalist, Founder & CEO, J.Renéé, United Kingdom

**Liz Terry**, CEO, *Spa Business*, United Kingdom

**Megan Whitby**, Assistant Editor, *Spa Business & Leisure Media*, United Kingdom

## **GW I INITIATIVE CHAIRS IN ATTENDANCE**

*Connecting Wellness & Lifestyle Medicine Initiative*

**Steven Watson**, The Blue Zones Center, Member of the Board, United States

*Cryotherapy Initiative*

**Rainer Bolsinger**, CSO & CMO, Art of Cryo by L&R Kältetechnik, Germany

*DEI Initiative*

**Cindy Tsai, MD**, Physician, Founder, Chief Wellness Officer, TEDx Speaker & Author, United States

*Dying Well Initiative*

**Amy McDonald**, Owner & CEO, Under a Tree, United States

*First 1000 Days Initiative*

**Patricia Ladis**, Founder & CEO, WiseBody, United States

*Hydrothermal Initiative*

**Cassandra Cavanah**, Founder, Cavanah Communications, United States

*Mental Wellness Initiative*

**Alina Hernandez**, Project Manager, Cocün™ Wellness, United States

*Respiratory Wellness Initiative*

**Leo Tonkin**, Founder & CEO, SALT Chamber, United States

*Social Impact Initiative*

**Wendy Bosalavage**, President & CRO, LIVunLtd, United States

*Web3 Initiative*

**Mia Kyricos**, President & Chief Love Officer (CEO), Kyricos & Associates LLC, United States

*Wellness for Cancer Initiative*

**Julie Bach**, Executive Director, Wellness for Cancer, United States

*Wellness for Children Initiative*

**Christine Clinton**, Founder, Wellness For Life, United States

*Women in Leadership Initiative*

**Sara Jones**, Managing Director & Editor, Spa & Wellness MexiCaribe, Mexico

*Workplace Wellbeing Initiative*

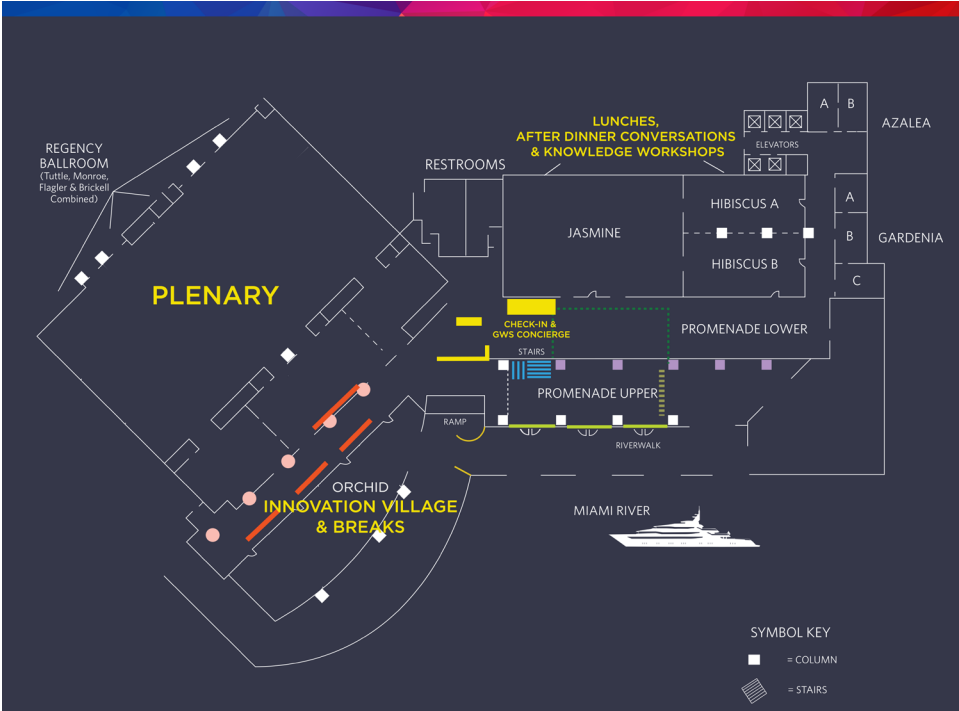
**John Toomey**, Professional Speaker, Writer & Thought leader, Wide Awake Wellness Pty Ltd, Australia

*Yoga Therapy Initiative*

**Bija Bennett**, President, BijaB, United States







## WIFI

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## JOIN THE CONVERSATION

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