

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**, President, Racine Strategy, 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.*

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

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

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 & 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 & David Whitaker, President & 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

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 & 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*

Gloria Caulfield, President, Lake Nona Institute, United States

17. *Hospitality Development Opportunities Incorporating Sports*

Ömer İsvan, 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 & 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 Pitsikalis, SVP, Product 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

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

Sponsors

Msheireb Properties

Fountain Life

Red Sea Global

SIRO

Kohler Waters Spa

Biologique Recherche

BuDhaGirl

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Hyatt Hotels

Technogym

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ActivePure

Agilysys

Art of Cryo

BijaB

Corc Yoga

ELEMIS

ESPA

Gharieni

Immunocologie

JK Products & Services

JOALI BEING

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, 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

Randi Gold, The Blue Zones Center, EVP-Operational Excellence & Chief Publicity Officer, 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 Connors, 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 & 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

4:45PM-4:55PM

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

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**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

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

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*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

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 Pitsikalis**, SVP, Product 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 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

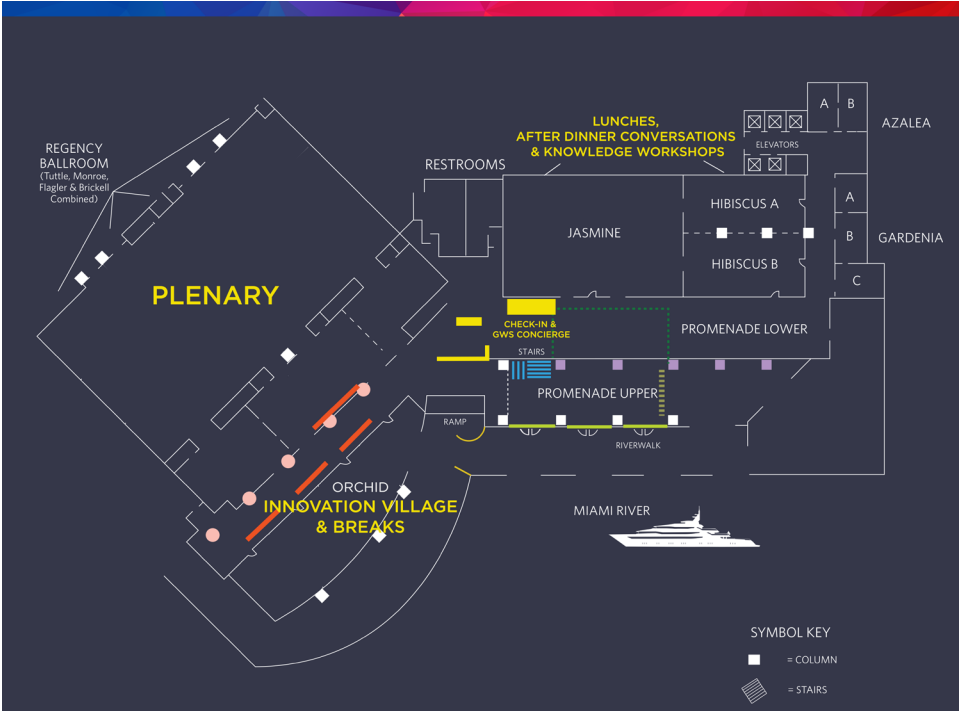
Sara Jones, Managing Director & Editor, Spa & Wellness MexiCaribe, Mexico

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



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