



GLOBAL WELLNESS  
SUMMIT 2019

SHAPING THE **BUSINESS** OF WELLNESS



# 2019 AGENDA

Grand Hyatt Singapore | October 15-17, 2019

Please note that this agenda is a work-in-progress. It gets updated continually right up until the Summit.

## MONDAY, OCTOBER 14, 2019 PRE-SUMMIT ACTIVITIES

**8:30 am – 1:00 pm**

For questions, contact Sallie  
Fraenkel at  
[sallie@mindbodyspiritnet.com](mailto:sallie@mindbodyspiritnet.com)

### Pre-Summit Excursion

*Explore Extraordinary Singapore: The Half-Day Chōsen Experience*  
Hosted by CHŌSEN Experiences

This half-day experience will give a taste of Singapore against a backdrop of wellness. Includes colonial buildings, mindful movement, gong bath sound healing, a Chinese tea ceremony and TCM.

**12:00 pm – 6:00 pm**  
Grand Hyatt Singapore  
Level 3

### Global Wellness Summit (GWS) Registration and Concierge Open

Registration Desk **sponsored by [ comfort zone ]**

**2:00 pm – 5:00 pm**

Foyer Outside Grand Residence  
1 & 2

### Engage & Energize

*Sponsored by Zeel and The Hydrafacial Company*  
Mini massages and hydrating express treatments

## CHOICE OF TWO OPTIONS

**2:00 pm – 2:45 pm**  
Grand Residence 1

### Option 1: Knowledge Workshop

*Sponsored by Murad*

*How Stressed Are You? Cultural Stress, Your Skin and Your Self*

**Dr. Howard Murad**, Founder, Murad, LLC, US

**2:00 pm – 2:45 pm**  
Grand Residence 2

### Option 2: Knowledge Workshop

*Sponsored by Delos*

*Can You Buy Wellness? The Emerging Trends in Wellness Retail*

**Alfredo Carvajal**, EVP, Delos Living, LLC, US  
**Whitney Austin Gray, PhD**, SVP, Delos Living, LLC, US

---

## CHOICE OF TWO OPTIONS

**3:00 pm – 3:45 pm**

Grand Residence 1

### **Option 1: Knowledge Workshop Panel Discussion**

*Sponsored by Biologique Recherche and Wellness for Cancer*

*The Rising Cancer Backdrop Emerging Across Asia: Anti-Cancer Strategies, Psychosocial Effects, Role of the Healing Arts*

**Moderated by Julie Bach**, Executive Director, Wellness for Cancer, US

#### **Panelists**

**Dr. Wendy WT Lam**, Associate Professor, The University of Hong Kong, Li Ka Shing Faculty of Medicine, Hong Kong

**Dr. Rebecca Yeung**, Chief of Service, Clinical Oncology Department, Pamela Youde Nethersole Eastern Hospital, Hong Kong

---

**3:00 pm – 3:45 pm**

Grand Residence 2

### **Option 2: Knowledge Workshop**

*Sponsored by Aromatherapy Associates*

*What's Your Green Prescription? How Nature Can Positively Impact Your Daily Wellness Regime*

**Anna Teal**, CEO, Aromatherapy Associates, UK

---

## CHOICE OF TWO OPTIONS

**4:00 pm – 4:45 pm**

Grand Residence 1

### **Option 1: Knowledge Workshop**

*Sponsored by MINDBODY*

*Wellness Industry Tech: Transformational Trends Fueling Healthier Lifestyles*

**Amaya Weddle, PhD**, Senior Director, Research, MINDBODY, US

---

**4:00 pm – 4:45 pm**

Grand Residence 2

### **Option 2: Knowledge Workshop**

*Sponsored by Cannuka*

*The ABCs of CBD: Demystifying this Important Ingredient for Your Overall Wellness*

**Stephen Letourneau**, Founder & Partner, GLA & Cannuka, US

---

**6:00 pm – 6:45 pm**

Martini Bar at mezza9  
(Mezzanine Level)

### **Meeting for Press Delegates**

**Beth McGroarty**, VP, Research & Forecasting, Global Wellness Summit, US

*An opportunity for press delegates to meet Global Wellness Summit's PR team for a glass of wine before the 2019 Summit officially begins!*

*\*See the entire list of press delegates attending the Summit at the end of this agenda.*

---

**6:00 pm – 7:00 pm**  
10 SCOTTS  
(Lobby Level)

**VIP Cocktail Reception for Sponsors**  
*Hosted by GWS Board of Advisors*

**7:00 pm – 9:30 pm**  
mezza9  
(Mezzanine Level)

**Welcome Party**  
*Hyatt Welcome and Cocktail Reception*  
*Sponsored by Hyatt Hotels Corporation & Grand Hyatt Singapore*

*Attire: Casual Chic*

**9:30 pm – 10:30 pm**  
Martini Bar at mezza9  
(Mezzanine Level)

**Meet the Summit Keynote Speakers**  
Enjoy casual conversation with some of the Summit keynote speakers; look for those wearing a boutonniere!

**9:30 pm – 10:00 pm**  
Grand Residence 1

**Gong Bath Before Bed**  
*What better way to wash away the cares of the day than relaxing to the magical sound of a meditation gong. Martha will transport you into deep restorative relaxation in preparation for a blissful night's sleep. Wear comfortable clothes in which you can lie down.*

*Space is limited to 50 delegates.*

**Martha Collard**, Founder, Red Doors Studio, Hong Kong

**9:30 pm – 10:00 pm**  
Grand Residence 2

**Silent Disco Dancing**  
*Begin your GWS experience on the "right dancing foot," feeling energized, refreshed and connected. The Center for Transformative Movement is inviting participants to take part in a "Silent Disco" session—what they call Movement Meditation—a fun and effortless emerging wellness practice that activates your "best self"! No dance experience necessary.*

**TUESDAY, OCTOBER 15, 2019**  
**DAY 1**

**6:30 am – 7:30 am**

**Morning Wellness Activities**

**CHOICE OF TWO OPTIONS**

**6:30 am – 7:20 am**

Level 5, Terrace Wing  
Next to the Spa

**Sun Salutation Yoga Session**

This hatha yoga flow class is suitable for participants of all levels, encouraging the development of flexibility and awareness of surroundings.

**6:30 am – 7:20 am**

Level 5, Terrace Wing  
By the Pool

**Tai Chi Session**

A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes chi gung, tai chi, and related exercises to build coordination, increased body awareness, and a focused mind.

**6:30 am – 8:00 am**

Straits Kitchen

**Breakfast**

For delegates staying at Grand Hyatt Singapore

**8:30 am – 8:45 am**

Grand Ballroom

**GWS 2019 Opening Ceremony**

*An Auspicious Beginning*

**Susie Ellis**, Chairman & CEO, Global Wellness Summit, US  
**Mark Vondrasek**, CCO, Hyatt Hotels Corporation, US

**Sponsored by BuDhaGirl LLC**

**8:47 am – 9:07 am**

Grand Ballroom

**Welcome and Keynote**

*Mission Accomplished: Wellness Is a Global Force...What's Next?*

**Susie Ellis**, Chairman & CEO, Global Wellness Summit, US

**9:10 am – 9:20 am**

Grand Ballroom

**Keynote**

*Welcome to the Asian Century*

**Cathy Feliciano-Chon**, Founder & Managing Director, CatchOn – A Finn Partners Company, Hong Kong; 2019 Global Wellness Summit Co-Chair

**9:22 am – 9:32 am**

Grand Ballroom

**Keynote**

*J Wellness: The Future of Wellness in Japan*

**Yoriko Soma**, CEO, Conceptasia Inc, Japan; 2019 Global Wellness Summit Co-Chair

**9:34 am – 9:44 am**

Grand Ballroom

**Keynote**

*Welcome to the Business of Wellness*

**Mark Vondrasek**, CCO, Hyatt Hotels Corporation, US

---

**9:46 am – 10:06 am**

Grand Ballroom

**Keynote**

*Fighting Jet Lag Actually Is Rocket Science*

**Mickey Beyer-Clausen**, Co-Founder & CEO, Timeshifter Inc., US

---

**10:06 am – 10:10 am**

Grand Ballroom

**Wellness Moment**

**10:10 am – 10:40 am**

Foyer Outside Grand Ballroom

**Networking Energy Break**

*Sponsored by Biologique Recherche*

---

**10:40 am – 10:45 am**

Grand Ballroom

**Wellness Moment**

*Sponsored by Six Senses Hotels Resorts Spas*

---

**10:46 am – 11:06 am**

Grand Ballroom

**Keynote**

*Why Healthcare Is Ripe for Disruption*

**Naveen Jain**, Founder & CEO, Viome, US

---

**11:08 am – 11:38 am**

Grand Ballroom

**Keynote**

*Move to Be Well: The Global Economy of Physical Activity*

**Katherine Johnston**, Senior Research Fellow, Global Wellness Institute, US

**Ophelia Yeung**, Senior Research Fellow, Global Wellness Institute, US

---

**11:40 am – 12:00 pm**

Grand Ballroom

**Keynote**

*The New Emerging 50+: Unpacking the Most Powerful, Discerning Consumer in History*

**David Harry Stewart**, CEO, AGEIST, US

---

**12:02 pm – 12:07 pm**

Grand Ballroom

**Passion Story**

*Acting My Age: Redefining Myself at 55*

**Dr. Marc Cohen**, Founder, Extreme Wellness Institute, Australia

---

**12:08 pm – 12:15 pm**

Grand Ballroom

**Global Wellness Award**

*Debra Simon Award for Leader in Further Mental Wellness*

**Presenting GWS Advisory Board Member: Dr. Franz Linser**, CEO, Linser Hospitality GmbH, Austria

**Award Sponsor: Debra Simon Foundation**

---

**12:15 pm – 1:00 pm**

Grand Ballroom

**Press Conference for Media and Press Delegates**

---

**12:15 pm – 2:00 pm**

Tables 1 – 67 in mezza9 on Mezzanine Level

Tables 68 – 80 in Pete’s Place on Basement Level

## **Interactive Lunch: “Ask the Expert” Table Topic Discussions**

Roundtable discussions with designated experts.

### **TABLE TOPIC DISCUSSIONS**

#### **Beauty**

1. *What’s Ahead in Beauty and Personal Care*  
**Anna Teal**, CEO, Aromatherapy Associates, UK
2. *How the Beauty World Has Changed Over the Past Decades*  
**Dr. Howard Murad**, Founder, Murad, LLC, US

#### **Business**

3. *Smart Strategies to Recruit International Staff*  
**Miranda Allard**, CEO, SpaStaff.com, UK
4. *How to Think Like an Entrepreneur*  
**Naveen Jain**, Founder & CEO, Viome, US
5. *Franchising Successfully*  
**Joe Magnacca**, President & CEO, Massage Envy Franchising, LLC, US
6. *The Wellness World Needs to Pay More Attention To...*  
**Thierry Malleret, PhD**, Managing Partner, *Monthly Barometer*, France
7. *Lessons Learned Re: Mergers & Acquisitions*  
**Josh McCarter**, President, MINDBODY, US
8. *Secrets of Achieving Double-Digit Growth Year After Year*  
**Rupert Schmid**, Co-Chairman, Biologique Recherche, France
9. *How I Balance Purpose and Profits*  
**John Stewart**, Founder & Chairman, Kamalaya Koh Samui, Thailand
10. *Navigating Start-Up Through IPO: My Advice for Others*  
**Richard Stollmeyer**, CEO & Co-Founder, MINDBODY, US
11. *What I Have Learned from Producing Podcasts*  
**Jill Stollmeyer**, Owner, East Wellbeing & Tea, US
12. *Quantum Leadership, Wellness Real Estate and Serving Human Wellbeing*  
**Frederick Chavalit Tsao**, Founder, OCTAVE Institute, Singapore
13. *How to Truly Achieve Diversity*  
**Desiree Watson**, President, Wellness Interactive Branding, LLC, US
14. *Wellness Ecosystem—How to Create a Holistic Experience for Today’s Consumer*  
**Alex Do**, Director of Community & Engagement, Nike | Nike Valiant Labs, US

#### **Fashion**

15. *What the Fashion Industry Is Getting Right and Wrong About Wellness*  
**Jessica Jesse**, CEO & Creative Director, BuDhaGirl LLC, US
16. *Textiles, Electronics and Interiors of the Future*  
**Elaine Yan Ling Ng**, Founder, The Fabrick Lab, Hong Kong

## Food/Nutrition/Cuisine

17. *Why Mayr Medicine Has Had Such Success*  
**Dr. Elke Benedetto-Reisch**, Medical Director, Lanserhof Group, Germany
18. *Lessons Learned as a Leader in Hong Kong's Green-Eating Movement*  
**Peggy Chan**, Executive Chef & Managing Director, Grassroots Initiatives, Hong Kong
19. *Managing Teams Who Win Global Awards*  
**Alex Von Bidder**, Chair of the Board of Directors, Rancho La Puerta, US

## Hospitality/Spa/Wellness

20. *Let's Talk Bottom Line, Wellness and Real Estate*  
**Neil Jacobs**, CEO, Six Senses Hotels Resorts Spas, Singapore
21. *Health, Wellness and Hospitality in the Future*  
**Allen Law**, CEO, Park Hotel Group, Singapore
22. *Mistakes to Avoid When Creating a 5-Star Spa*  
**Paula Perkins**, CEO, Paula Perkins Spa Consultancy, UK
23. *What Part Does Theatrics Play in Hospitality?*  
**Chicco Tatriele**, Co-Founder, Fivelements, Hong Kong
24. *Future of the Destination Spa*  
**Lahra Tatriele**, Chief Innovation Officer, Fivelements, Hong Kong

## Innovation

25. *Understanding the Cannabis Sector*  
**Stephen Letourneau**, Founder & Partner, GLA & Cannuka, US
26. *How the Idea of Using Cremation Ashes to Create Diamonds Was Born*  
**Tracey Wallace**, Head, Brand Marketing, Eterneva, US
27. *The Hospital and Hospitality Model of the Future*  
**Gerard Van Grinsven**, President & CEO, GHG Hospitality Group, US

## Integrative Medicine

28. *How Medicine and Wellness Can Pivot Toward Prevention*  
**Dr. Richard H. Carmona**, Chief of Health Innovations, Canyon Ranch, 17th Surgeon General of the United States, US
29. *Holistic Wellness and Preventive Medicine*  
**Dr. Katrina Gisbert-Tay**, Founder & Wellness Coach, The Authenticity Institute, Singapore
30. *Evidence-Based Aromatherapy and the Cleveland Clinic*  
**Mark Kohoot**, CEO, Aeroscena, US
31. *Modern Medicine and Naturopathy: Finding the Right Balance*  
**Nils Behrens**, Chief Marketing Officer, Lanserhof Group, Germany

## Investment

32. *My Personal Story Growing Chaudhary Group into a Conglomerate with 190 Companies in 28 Countries*  
**Dr. Binod Kumar Chaudhary**, Chairman, CG Corp. Global, Nepal
33. *Dispelling Myths Regarding Investment and Development in the Hospitality Arena*  
**Omer K. Isvan**, President, Servotel Corporation, Turkey

34. *My View on the Current Situation in Hong Kong*  
**Kenneth Kwok**, Founder & CEO, Global Citizen Capital, Hong Kong

35. *Impact Investing by the Faiths. Why Now?*  
**Prof. Martin Palmer**, Secretary General, ARC, UK

### Marketing/Communications

36. *Where to Be Visible on Social Media?*  
**Josh Todd**, Chief Marketing Officer, MINDBODY, US

37. *How to Really Understand What Customers Want*  
**Sharon Whiteley**, Founder, WhiteleyCo, US

### Medical

38. *Secrets of Your Telomeres for a Longer, Healthier Life*  
**Elaine Chin**, Founder & Chief Medical Officer, Executive Health Centre, Canada

39. *Becoming a Premiere Preventive Medicine Provider*  
**Dr. Chris Renna**, Founder, LifeSpan Medicine, US

### Mental Wellness

40. *Successful Treatment Outcomes in Mental Health*  
**Dr. Marian I. Alonzo**, Medical Chief, The Farm at San Benito, Philippines

41. *Wellness Coaching*  
**Fiona Cosgrove**, CEO, Wellness Coaching Australia, Australia

42. *Implementing the Science of Happiness*  
**Erica D'Angelo**, Director of Wellbeing, Borgo Egnazia, Italy

### Modalities

43. *Why Extreme Wellness Has an Important Future*  
**Marc Cohen**, Founder, Extreme Wellness Institute, Australia

44. *Miraculous Healings I Have Witnessed with Meditation Gong Therapy*  
**Martha Collard**, Founder, Red Doors Studio, Hong Kong

45. *Understanding Mindfulness*  
**Yves Givel**, VP, Human Resources, Hyatt International EAME, LLC, Switzerland

46. *Similarities Between Mindfulness and Killing with a Samurai Sword*  
**Nash Siamwalla, PhD**, Founder & Managing Director, The Zen Solution, Thailand

47. *How Different Countries View TCM*  
**Deborah Karina Stewart**, Founder, Brand & Concept Director, Kamalaya Koh Samui, Thailand

48. *Nature and Forest Medicine: The Future*  
**Dr. Qing Li**, Author & President, Nippon Medical School, Japan

### Personal Story

49. *What I Learned Launching My Own Skin-Care Line*  
**Irene Forte**, Group Project Director, Rocco Forte Hotels, UK

50. *Mistakes I Have Made on My Journey to Success in the Spa & Wellness Arena*  
**Susan Harmsworth, MBE**, Founder & Owner, Sue Harmsworth Ltd, UK

51. *Finding Work/Life Balance—Before It Is Too Late*  
**Dr. Franz Linser**, CEO, Linser Hospitality GmbH, Austria



52. *How Stage 4 Lymphoma Inspired Me to Develop a New East Meets West Spa Concept*  
**Sonashah Shivdasani**, CEO, Soneva Resorts, Residences & Spas, Thailand

53. *Why I Left Microsoft to Change the World*  
**John Wood**, Founder, Room to Read, Hong Kong

### Physical Activity

54. *The World's First Wellness Community: Wellness Valley Has Data Proving the Model*  
**Erica Alessandri**, Member of the Board, Technogym, Italy

### Purpose

55. *How Any Company Can Quickly Incorporate Purpose Principles to Become a Force for Good*  
**Patricia Dwyer**, Founder & Director, The Purpose Business, Hong Kong

### Regional Insights

56. *Shaping the Future of Dubai*  
**Noora Al Hathboor**, Associate Manager, Corporate Communication, Dubai Future Foundation, United Arab Emirates

57. *Doing Business in the Asia Pacific Region: What the Research Says*  
**Amrita Banta**, Managing Director, Agility Research & Strategy Pte Ltd, Singapore

58. *The Asian Health and Fitness Industry*  
**Simon Flint**, CEO, Evolution Wellness Holdings Pte Ltd, Malaysia

59. *Distinctions in Marketing to People in Different Asian Countries*  
**Dave McCaughan**, Founder & Storyteller, Bibliosexual, Thailand

60. *As a Person from Mozambique, Here Is What People Should Understand About Africa and Wellness*  
**Francisca Rocha Antunes**, MD Operations, Soneva Resorts, Residences & Spas, Thailand

61. *How Wellness is Understood Differently In: Italy, Portugal, Spain, Russia, Ukraine and South Africa*  
**Manuela Tesei**, Export Area Manager, EFFEGIBI - Perfect Wellness, Italy

62. *Rich Traditions of TAIM (Traditional Arabic & Islamic Medicine)*  
**Daniele Vastolo**, General Manager, Zulal Wellness Resort, Qatar

63. *Sustainable Travel in China*  
**Mei Zhang**, Founder & Chairman, WildChina, China

### Research

64. *Insights & Strategy for the Affluent Market in Asia*  
**Luca Deplano**, Director, Agility Research & Strategy Pte Ltd, Hong Kong

65. *Understanding the Over-50 Lifestyle to Improve Your Business*  
**David Harry Stewart**, CEO, AGEIST, US

### Social Impact

66. *Global Wellness Day: One Day Can Change Your Whole Life*  
**Belgin Aksoy**, Creative Director, Richmond International, Turkey

67. *From Expertise in Skin Care to a Passion for Fighting Child Abuse: Establishing "Tom's Secret"*  
**Ronit Raphael**, President, L.Raphael, Switzerland

### Sustainability

68. *Sustainability in Hong Kong & China: Past, Present, Future*  
**Ellie Tang**, Head of Sustainability, New World Development, Hong Kong

## Technology

69. *What the Consumer Wants in Health and Technology*  
**Iman Allana**, Founder, BOLLYGLOW, India
70. *What I Have Learned About Mobile Technology Start-Ups*  
**Noah Bloom**, Head of Growth, RunGo, Canada
71. *Robotics, aibo, Japan*  
**Masahiro Fujita**, VP, Senior Chief Researcher, Sony Corporation, Japan
72. *Future Trends in High-Tech Spa & Wellness Equipment*  
**Sammy Gharieni**, Founder & CEO, Gharieni Group, Germany
73. *The Future of AI and Wellbeing*  
**Liza Lichtinger**, CEO, Future Design Station, US
74. *The Cutting Edge in Lighting Science*  
**Fred Maxik**, Chief Technology Officer, LSGC, US

## Wellness Architecture

75. *Health & Wellbeing in Buildings: Advice from a Building Physicist*  
**Parag Rastogi**, Manager of Health, Wellbeing & Climate Products, Arbnco, UK

## Wellness Real Estate & Communities

76. *My Vision for Smart Health City, Singapore*  
**Dr. Bhupendra Kumar Modi**, Founder, Smart Health City Pte Ltd, Singapore
77. *Smart Health City Singapore and Tourism*  
**Pooja Singh**, Pooja, Smart Health City Pte Ltd, Singapore

## Wellness Tourism

78. *Government Leadership in Creating Enthusiasm for Wellness Tourism*  
**Manisha Panwar**, Principal Secretary, Industries Department, Micro Small & Medium Enterprises (MSME), Govt. of Uttarakhand, India

## Workplace Wellbeing

79. *Past and Future of Employee Wellbeing in Europe*  
**Eric Boer**, CEO, High Five Promotion, Netherlands
80. *How to Start a Workplace Wellbeing Program*  
**Gloria Treister**, Certified Holistic Health Coach & Practitioner, Wellness Evolution, US

2:00 pm – 2:45 pm

**3 OPTIONS: GRAND BALLROOM, GRAND RESIDENCE 1 AND GRAND RESIDENCE 2**

## IN GRAND BALLROOM

2:00 pm – 2:45 pm

Grand Ballroom

### Panel Discussion

*The New CEO Mandate: Purpose, Profit and Philanthropy*

**Moderated by Patricia Dwyer**, Founder & Director, The Purpose Business, Hong Kong

### Panelists:

**Daive Bollati**, Chairman, [comfort zone], Italy

---

**Melissa Castro**, Sr. Manager, Executive Administration, Pivotal Ventures, US  
**Dr. Binod Kumar Chaudhary**, Chairman, CG Corp. Global, Nepal  
**Dr. Bhupendra Kumar Modi**, Founder, Smart Health City Pte Ltd, Singapore  
**Jean Sung**, Head of The Philanthropy Centre, Asia, J.P. Morgan Private Bank, Hong Kong

---

## IN GRAND RESIDENCE 1

**2:00 pm – 2:22 pm**  
Grand Residence 1

**Keynote**  
*Why Be Wild about China?*

**Mei Zhang**, Founder & Chairman, WildChina, China

**2:24 pm – 2:44 pm**  
Grand Residence 1

**Keynote**  
*Technology Has Redesigned YOU. The Thread of Wellness through Past, Present, and Future Technology*

**Liza Lichtinger, M.S.**, CEO, Future Design Station, US

---

## IN GRAND RESIDENCE 2

**2:00 pm – 2:45 pm**  
Grand Residence 2

**Panel Discussion**  
*Well Hotels and What They Mean for the Industry and Travelers*

**Moderated by Neil Jacobs**, CEO, Six Senses Hotels Resorts Spas, Singapore

**Panelists:**

**Nils Behrens**, Chief Marketing Officer, Lanserhof Group, Germany

**Miwako Date**, President & CEO, Mori Trust Co, Ltd., Japan

**Mike Fulkerson**, VP Brand & Marketing Asia Pacific, Marriott International, Hong Kong

**Mia Kyricos**, SVP & Global Head of Wellbeing, Hyatt Hotels Corporation, US

**Allen Law**, CEO, Park Hotel Group, Singapore

**Alcide Leali**, Managing Director, Lefay Resorts, Italy

---

**2:45 pm – 3:15 pm**  
Foyer Outside Grand Ballroom

**Networking Energy Break**  
*Sponsored by Immunocologie*

---

**3:15 pm – 3:55 pm**

**3 OPTIONS: GRAND BALLROOM, GRAND RESIDENCE 1 AND GRAND RESIDENCE 2**

---

## IN GRAND BALLROOM

**3:15 pm – 3:55 pm**  
Grand Ballroom

**Panel Discussion**  
*Mental Wellness, from Public Health to Private Lives: Thriving in Life and Work*

**Moderated by Prof. Gerry Bodeker, PhD**, Chair of the GWI Mental Wellness Initiative; Public Health Academic & Clinical Psychologist, Green Templeton College, University of Oxford, UK & Malaysia

---

---

**Panelists:**

**Chucrallah Haddad**, Executive Advisor, The Prime Minister's Office, UAE

**Renee Moorefield, PhD**, CEO, Wisdom Works, US

**Sergio Pecorelli, MD, PhD**, Professor, University of Brescia, Italy

**Chicco Tatriele**, Co-Founder, Fivelements, Hong Kong

**Cassandra Vieten, PhD**, Executive Director, John W. Brick Foundation, US

*Thanks to Fivelements for this Thought Leadership Panel*

---

**IN GRAND RESIDENCE 1**

**3:15 pm – 3:55 pm**

Grand Residence 1

**Panel Discussion**

*Predictions & Punditry: Trends in Health & Wellness*

**Moderated by Beth McGroarty**, VP, Research & Forecasting, Global Wellness Summit, US

**Panelists:**

**Cathy Feliciano-Chon**, Founder & Managing Director, CatchOn – A Finn Partners Company, Hong Kong; 2019 Global Wellness Summit Co-Chair

**Melisse Gelula**, Co-Founder, Well+Good, US

**Rina Raphael**, *Fast Company*, US

**Thierry Malleret**, World-Renowned Economist, Managing Partner, *Monthly Barometer*, France

**Sarah Miller**, Luxury Brand Ambassador, *The Wall Street Journal*, UK

---

**IN GRAND RESIDENCE 2**

**3:15 pm – 3:55 pm**

Grand Residence 2

**Panel Discussion**

*Wellness Tourism 2.0: What's New, Unique and Future-Forward*

**Moderated by Sallie Fraenkel**, President, Mind Body Spirit Network, US

**Panelists:**

**Cedric Betis**, Founder & CEO, Becan, United Arab Emirates

**Katherine Droga**, Founder, Wellness Tourism Summit, Australia

**Dervla Louli**, Founder, Compare Retreats, Hong Kong

**Lisa Jody Manser**, Director, Business Development and Spa Operations, COMO Shambhala, Singapore

**Manisha Panwar**, Principal Secretary, Industries Department, Micro Small & Medium Enterprises (MSME), Govt. of Uttarakhand, India

**Vivienne Tang**, Founder & CEO, Destination Deluxe, Hong Kong

---

**3:55 pm**

**ALL BACK TO GRAND BALLROOM**

---

**4:00 pm – 4:20 pm**

Grand Ballroom

**Keynote**

*Forest Bathing 2.0: The Art and Science of Shinrin-Yoku*

**Dr. Qing Li**, Author & President, Japanese Society of Forest Medicine; Nippon Medical School, Japan

---

---

**4:22 pm – 4:42 pm**

Grand Ballroom

**Keynote**

*Robot Assisted Activities: Scientific Evidence of Activating Human Communication by Robots*

**Masahiro Fujita**, VP, Senior Chief Researcher, AI Collaboration Office, Sony Corporation, Japan

**aibo**

---

**4:44 pm – 4:54 pm**

Grand Ballroom

**Keynote: 8 in 8**

*8 Highlights from the Day in 8 Minutes*

**Cathy Feliciano-Chon**, Founder & Managing Director, CatchOn – A Finn Partners Company, Hong Kong; 2019 Global Wellness Summit Co-Chair

**Yoriko Soma**, CEO, Conceptasia Inc, Japan; 2019 Global Wellness Summit Co-Chair

---

**4:56 pm – 5:16 pm**

Grand Ballroom

**Keynote and Gong Performance**

*Sound Dimension: Finding Clarity in the Midst of Chaos*

**Martha Collard**, Founder, Red Doors Studio, Hong Kong

---

**6:30 pm – 6:45 pm**

Grand Hyatt Singapore  
Hotel Lobby

**Buses Pick Up Delegates from Grand Hyatt Singapore**

*Meet in the Hotel Lobby between 6:30 pm and 6:45 pm.  
Remember to bring your name badge.*

---

**7:00 pm – 10:00 pm**

Chinatown Food Street

**Evening Event–Dine Around in Singapore  
“Makan Mania”**

Experience Singapore’s Authentic Hawker Food Scene

*Attire: Dress comfortably for a night of spices and shiok-ness!*

---

**WEDNESDAY, OCTOBER 16, 2019**  
**DAY TWO**

**6:30 am – 7:30 am**

**Morning Wellness Activities**

**CHOICE OF TWO OPTIONS**

**6:30 am – 7:20 am**

Level 5, Terrace Wing  
Next to the Spa

**Sun Salutation Yoga Session**

This hatha yoga flow class is suitable for participants of all levels, encouraging the development of flexibility and awareness of surroundings.

**6:30 am – 7:20 am**

Level 5, Terrace Wing  
By the Pool

**Tai Chi Session**

A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes chi gung, tai chi, and related exercises to build coordination, increased body awareness, and a focused mind.

**6:30 am – 8:00 am**

Straits Kitchen

**Breakfast**

For delegates staying at Grand Hyatt Singapore

**8:30 am – 8:50 am**

Grand Ballroom

**Keynote**

*Listening to the Wind*

*“Art enables us to find ourselves and lose ourselves at the same time.” Thomas Merton, Trappist Monk and Writer*

**Palani Mohan**, Photographer, United Arab Emirates

**8:52 am – 9:12 am**

Grand Ballroom

**Keynote Interview**

*From the Garage to the NY Stock Exchange: Building a Billion Dollar Wellness Business*

**Rick Stollmeyer**, Co-Founder & CEO, MINDBODY, US

**Susie Ellis**, Chairman & CEO, Global Wellness Summit, US

**9:14 am – 9:34 am**

Grand Ballroom

**Keynote**

*The Wellness Investment Climate in Japan*

**Miwako Date**, President & CEO, Mori Trust Co, Ltd., Japan

**9:36 am – 9:56 am**

Grand Ballroom

**Keynote**

*A New Paradigm, A New Era of Wellbeing*

**Frederick Chavalit Tsao**, Founder, OCTAVE Institute, Singapore

**9:58 am – 10:08 am**

Grand Ballroom

**2019 Summit Sponsors: A Moment of Gratitude**

**10:10 am – 10:40 am**

Foyer Outside Grand Ballroom

**Networking Energy Break**

*Sponsored by Aromatherapy Associates*

---

**10:42 am – 11:02 am**  
Grand Ballroom

**Keynote Interview**

*Maintaining Brand Integrity in a World of Mergers & Acquisitions*

**Neil Jacobs**, CEO, Six Senses Hotels Resorts Spas, Singapore  
**Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, US

---

**11:04 am – 11:34 am**  
Grand Ballroom

**Keynote “Shark Tank of Wellness” Global Student Competition**

*Global student competition to birth a fresh wellness concept with \$10,000 in prize money!*

*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.*

**Sponsored by Chiva-Som, Circadia by Dr. Pugliese, Hyatt Hotels Corporation, Massage Envy, ResortSuite, YUSUMTONG**

**Moderator:**

**Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, US  
**Kate Sornson**, Global Wellness Summit, US

**Finalists:**

**Jazmin Darling**, Savannah College of Art & Design, US  
Project: **“WEL Organic Organizers”**

**Simon Lewis**, Savannah College of Art & Design, US  
Project: **“Enfuze Home Goods Package”**

**Matthew Payne**, Savannah College of Art & Design, US  
Project: **“RU Wellness Straw”**

**Professor: Gauri Misra-Deshpande**, Professor, Savannah College of Art & Design, US

**Judging Panel:**

**Karen Campbell**, Business Development Consultant, Chiva-Som, Thailand

**Yvonne Cheung**, Founder, YUSUMTONG, Hong Kong

**Mia Kyricos**, SVP & Global Head of Wellbeing, Hyatt Hotels Corporation, US

**Joe Magnacca**, President & CEO, Massage Envy Franchising, LLC, US

**Frank Pitsikalis**, Founder & CEO, ResortSuite, Canada

**Michael Pugliese**, Owner & CEO, Circadia by Dr. Pugliese, US

---

**11:36 am – 12:16 pm**  
Grand Ballroom

**Presentation and Panel Discussion**

*Look Around, Not Ahead: The Art of Sustainable Style*

**Panel moderated by Jessica Jesse**, CEO & Creative Director, BuDhaGirl LLC, US

**Panelists**

**Noel Asmar**, Founder & Creative Director, Noel Asmar Uniforms, Canada

**Ronna Chao**, Chairman, Novetex Textiles, Hong Kong

**Cristina Schiavolin**, Managing Partner, Praxis, Hong Kong

**Elaine Yan Ling Ng**, Founder, The Fabrick Lab, Hong Kong

---

---

**12:16 pm – 12:26 pm**  
Grand Ballroom

**Global Wellness Award**  
*Leader in Innovation*

**Presenting GWS Advisory Board Member: Cathy Feliciano-Chon**,  
Founder & Managing Director, CatchOn – A Finn Partners Company,  
Hong Kong; 2019 Global Wellness Summit Co-Chair  
**Award Sponsor: Gharieni Group**

---

**12:26 pm – 12:30 pm**  
Grand Ballroom

**GWI Initiative Chairs: A Moment of Gratitude**

*Global Wellness Institute (GWI) Initiatives further the international conversation about wellness in its many and varied forms. Each GWI Initiative is led by an Initiative Chair, a renowned thought-leader who volunteers their time to help empower wellness worldwide.*

*Africa Wellness Initiative*

**Elaine Okeke Martin**, President, Spa & Wellness Association of Africa, Mauritius

*Beauty Meets Wellness Initiative*

**Michael Bruggeman**, CEO, OM4 Organic Male, US

*Beyond GDP, World Happiness and Wellbeing Initiative*

**Daive Bollati**, Chairman, [comfort zone], Italy

*Consulting Best Practices Initiative*

**Lisa Starr**, Principal, Wynne Business, US

*Digital Wellness Initiative*

**Jeremy McCarthy**, Group Director of Spa & Wellness, Mandarin Oriental Hotel Group, Hong Kong

*Dying Well Initiative*

**Amy McDonald**, CEO, Under a Tree, US  
**Diane Doster**, CRO, Project Relevance, US

*Eastern European Initiative*

**Alla Sokolova**, Founder & CEO, Inbalans, Latvia

*Exploring Salt & Halotherapy Initiative*

**Steve Spiro**, CEO, Halotherapy Solutions, US

*First 1000 Days Initiative*

**Patricia Ladis**, Co-Founder, KIMA Center for Physiotherapy & Wellness, US

*Hot Springs Initiative*

**Charles Davidson**, Chairman, Peninsula Hot Springs, Australia

*Hydrothermal Initiative*

**Don Genders**, CEO, Design for Leisure, US

*Immersion Initiative*

**Tracey Vincel**, Co-Founder, KIMA Center for Physiotherapy & Wellness, US

*Massage Makes Me Happy Initiative*

**Lynda Solien-Wolfe**, President, Solwolfe Resource Group, Inc., US

---



---

*Mental Wellness Initiative*

**Prof. Gerry Bodeker, PhD**, Public Health Academic & Clinical Psychologist, Green Templeton College, University of Oxford, UK & Malaysia

*Peer to Peer Leadership Training Initiative*

**Julie Pankey**, Managing Partner, Jmpankey Partners, US

*Social Impact Initiative*

**Wendy Bosalavage**, President, Liv UnLtd, US

**Sallie Fraenkel**, President, Mind Body Spirit Network, US

*Sound Healing Initiative*

**Suzannah Long**, Co-Founder & CEO, So Sound Solutions, US

*Supporting UN 17 SDG's Initiative*

**Jean-Guy de Gabriac**, CEO, TIP TOUCH International, Belgium

*Sustainability Initiative*

**Dafne Berlanga**, VP, International Business Development, Oakworks, Inc., US

*Wellness Architecture Initiative*

**Veronica Schreibeis Smith**, CEO & Founding Principal, Vera Iconica Architecture, US

*Wellness at Work Initiative*

**Renee Moorefield, PhD**, CEO, Wisdom Works, US

*Wellness Coaching Initiative*

**Susan O'Connor**, Principal, PranaHealth Strategies, US

*Wellness for Cancer Initiative*

**Julie Bach**, Executive Director, Wellness for Cancer, US

*Wellness for Children Initiative*

**Christine Clinton**, Chair, Global Wellness for Children, US

*Wellness Retail Initiative*

**Whitney Austin Gray, PhD**, SVP, Delos Living, LLC, US

*Wellness Tourism Initiative*

**Katherine Droga**, Founder, Wellness Tourism Summit, Australia

*Women in Leadership Initiative*

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

*Yoga Therapy Initiative*

**Bija Bennett**, President, BijaB, US

---

**TWO OPTIONS**

**12:30 pm - 2:00 pm**

Salon 1 & 2  
(Level 2)

**VIP Lunch for Ambassadors Only**

*Investment Experts Share "I am Bullish On...and Bearish On..."*

**Moderated by Thierry Malleret**, World-Renowned Economist, Managing Partner, *Monthly Barometer*, France

---

**Participants:**

**Ronna Chao**, Chairman, Novetex Textiles, Hong Kong  
**Dr. Binod Kumar Chaudhary**, Chairman, CG Corp. Global, Nepal  
**Miwako Date**, President & CEO, Mori Trust Co, Ltd., Japan  
**Kenneth Kwok**, Founder & CEO, Global Citizen Capital, Hong Kong  
**Dr. Bhupendra Kumar Modi**, Founder, Smart Health City Pte Ltd, Singapore  
**Rick Stollmeyer**, Co-Founder & CEO, MINDBODY, US  
**Frederick Chavalit Tsao**, Founder, OCTAVE Institute, Singapore

*(Invitation-only for Ambassadors of the nonprofit Global Wellness Institute. See the registration desk to become an Ambassador or learn more at [globalwellnessinstitute.org/get-involved/become-an-ambassador](http://globalwellnessinstitute.org/get-involved/become-an-ambassador).)*

**12:30 pm – 2:00 pm**

Tables 1 – 67 in mezza9 on Mezzanine Level  
Tables 68 – 74 in Pete’s Place on Basement Level

**Interactive Lunch: Table Topic Discussions with Select Table Topic Hosts**

Roundtable discussions with designated experts.

**TABLE TOPIC DISCUSSIONS**

**Beauty**

- 1. Consumer Drivers Growing the \$1 Trillion Beauty Meets Wellness Industry*  
**Michael Bruggeman**, CEO, OM4 Organic Male, US
- 2. Exploring Clean Beauty for People Touched by Cancer*  
**Karen Ballou**, Founder & CEO, IMMUNOCOLOGIE, US
- 3. Asia Beauty Trends: How Do They Differ from Rest of World?*  
**Kissa Castañeda**, Editor in Chief, *Singapore Tatler*, Edipresse Media Asia, Singapore
- 4. Understanding J-Beauty*  
**Atsushi Ebuchi**, Editor in Chief, UBM Japan Co Ltd, Japan
- 5. Exploring Clean Beauty for People Touched by Cancer*  
**Caylei Vogelzang**, Editor in Chief, *Cancer Wellness Magazine*, US

**Business**

- 6. What I Have Learned as a Real Estate and Luxury Hotel Developer in Japan*  
**Miwako Date**, President & CEO, Mori Trust Co., Ltd, Japan
- 7. Making Money with Destination Spas*  
**Tony de Leede**, Founder, Gwinganna Lifestyle Retreat, Australia
- 8. Beyond GDP: World Happiness and Wellbeing*  
**Davide Bollati**, Chairman, [comfort zone], Italy  
**Alla Sokolova**, Founder & CEO, Inbalans, Latvia
- 9. Spa Profitability: What’s Working?*  
**Lisa Starr**, Principal, Wynne Business, US

**Diversity**

- 10. Wellness and Inclusion—Can We Do Better?*  
**Rina Raphael**, Journalist, *Fast Company*, US

## Education

### 11. *Valuing Education and Students*

**Mary Tabacchi, PhD, RD**, Professor Emerita, Cornell University, US

## Food/Nutrition/Cuisine

### 12. *Eating for Wellness in 2020*

**Melisse Gelula**, Co-Founder, Well+Good, US

## Hot Springs

### 13. *Hot Springs*

**Charles Davidson**, Chairman, Peninsula Hot Springs, Australia

### 14. *Hot Springs*

**Mark Hennebry**, Chairman, Ensana, UK

## Hydrothermal

### 15. *Swimming Pools—How Clean Are They?*

**Derek Barton**, Managing Director, Barr + Wray (H.K.) Ltd., Hong Kong

**Corrine Sunter**, Commercial Director, Barr + Wray Group, United Arab Emirates

### 16. *Spas & Millennials—Challenges & Opportunities*

**Thorsten Bichler**, Director International Sales, Klafs GmbH & Co. KG, Germany

### 17. *Sweat Bathing—A New Era*

**Don Genders**, CEO, Design for Leisure, US

### 18. *Infra-Red Therapy*

**Christian Sommerhuber**, CEO, Sommerhuber GmbH, Austria

### 19. *Just Add Water—Hydrotherapy the Easy Way*

**Matthias Voit**, Executive Elite Interiors, Dornbracht International GmbH, Germany

## Innovation

### 20. *Imagining Far Out Wellness Solutions on the Horizon*

**Andrew Gibson**, SVP, Sensei, US

## Integrative Medicine

### 21. *Hormone Wellness: A New Frontier*

**Jennifer Young**, Founder, Jennifer Young & Beauty Despite Cancer, UK

### 22. *First 1000 Days: What Your Target Consumer of Honeymooners and Moms and Dads Want*

**Patricia Ladis**, Co-Founder, KIMA Center for Physiotherapy & Wellness, US

### 23. *First 1000 Days: Wellness Before, During & After Pregnancy*

**Sergio Pecorelli, MD, PhD**, Professor, University of Brescia, Italy

### 24. *Is Personalized Wellness the Future?*

**Kris Abbey**, Publishing Editor, *Spa & Wellness International*, Australia

## Luxury

### 25. *Luxury Wellness Trends in Asia*

**Sean Fitzpatrick**, Chief Brand Officer, Edipresse Media Hong Kong; Managing Director, Tatler Asia, Hong Kong

### 26. *How Wellness Is Changing the Luxury Market*

**Sarah Miller**, Luxury Brand Ambassador, *The Wall Street Journal*, UK

## Marketing/Communications

27. *The Art of Storytelling*  
**Kathy Krenger**, SVP, Hyatt Hotels Corporation, US
28. *Is 50 the New 30? How Wellness Is Rewriting Ageing*  
**Catharine Nicol**, Director, Spas+beyond, Hong Kong

## Medical

29. *Progress in the World of Prevention*  
**Dr. Richard H. Carmona**, Chief of Health Innovations, Canyon Ranch, 17th Surgeon General of the United States, US
30. *Pharmaceuticals and Wellness*  
**Tom Jones**, Senior Partner, Finn Partners, US

## Mental Wellness

31. *Mental Wellness Initiative*  
**Prof. Gerry Bodeker, PhD**, Public Health Academic & Clinical Psychologist, Green Templeton College, University of Oxford, UK & Malaysia
32. *Relationship Wellness*  
**Sheila Josephson, PhD**, Psychotherapist, US
33. *Dying Well*  
**Amy McDonald**, CEO, Under a Tree, US
34. *The “Every Day” of Resilience and Thriving*  
**Alina Hernandez**, Co-Founder, The First 1000 Days Wellness, US
35. *Momentum & Opportunities in Wellness Coaching*  
**Susan O'Connor**, Principal, PranaHealth Strategies, US
36. *Massage Makes Me Happy Initiative*  
**Brian Paris**, EVP, Living Earth Crafts, Earthlite, Continuum, US

## Modalities

37. *Why Halotherapy Is Hot Now*  
**Steven Spiro**, CEO, Halotherapy Solutions, US
38. *Wellness Immersion: Defined and Explored*  
**Tracey Vincel**, Co-Founder, KIMA Center for Physiotherapy & Wellness, US
39. *Smart Healing: Battling the New Health Epidemic*  
**Bija Bennett**, Chair, GWI Yoga Therapy Initiative; President, BijaB, US
40. *Extreme Wellness—How Far Will It Go?*  
**Rosalie e'Silva**, Producer, Bloomberg, Hong Kong

## Personal Story

41. *Secrets to Award-Winning Photography*  
**Palani Mohan**, Photographer, United Arab Emirates

## Research

42. *The Global Physical Activities Economy: Differences by Region*  
**Tonia Callender**, Research Fellow, Global Wellness Institute, US
43. *The Most Surprising Findings This Past Year as We Researched the Global Physical Activity Economy*  
**Katherine Johnston**, Senior Research Fellow, Global Wellness Institute, US

44. *The Importance of Natural Movement to the Global Conversation of Physical Activity*  
**Ophelia Yeung**, Senior Researcher, Global Wellness Institute, US

### Social Impact

45. *Share Your Story!*  
**Wendy Bosalavage**, President, Liv UnLtd, US
46. *Share Your Story!*  
**Sallie Fraenkel**, President, Mind Body Spirit Network, US
47. *Wellness for Children*  
**Christine Clinton**, Chair, Global Wellness for Children, US

### Sustainability

48. *Intersection of Wellness and Sustainability*  
**Debra Duneier**, President, EcoChi, LLC, US  
**Dafne Berlanga**, VP, International Business Development, Oakworks, Inc., US

### Technology

49. *Beyond the Basics of Revenue Management*  
**Roger Sholanki**, Founder & CEO, Book4Time Inc., Canada
50. *Raising Children in a Digital Age*  
**Jeremy McCarthy**, Group Director of Spa & Wellness, Mandarin Oriental Hotel Group, Hong Kong
51. *Making an Impact on Social Media with Video*  
**Phil Cisneros**, Videographer, Eterneva, US

### Trends

52. *Latest Health & Wellness Trends I Am Seeing*  
**Judy Chapman**, Editor, The Chapman Guides, Australia
53. *Spa Trends 2020*  
**Jane Kitchen**, Consulting Editor, *Spa Business*, UK
54. *Spa Trends 2020*  
**Astrid Ros**, Publisher, *Spa Business & Spa Opportunities*, UK
55. *Latest Health and Wellness Trends I Am Seeing*  
**Mariko Soryu**, Writer, Frames Factory, Japan
56. *Wellness Retreat Trends*  
**Vivienne Tang**, Founder & CEO, Destination Deluxe, Hong Kong
57. *Latest Health and Wellness Trends I Am Seeing*  
**Karen Tee**, Journalist, CNA Luxury, Singapore

### UN 17 SDG's

58. *UN SDG #3 "Good Health & Wellbeing for All": Transformation in Your City*  
**Jean-Guy de Gabriac**, CEO, TIP TOUCH International, Belgium
59. *UN SDG #3 "Good Health & Wellbeing for All": Leverage & Growth Accelerator*  
**Gareth Presch**, CEO, Expert SDG 3, World Health Innovation Summit - UNGSII, UK

## Wellness Architecture

60. *The Value of Wellness: Hard Data Behind the Soft Data*  
**Stephen Marks**, CEO, Mind Body Building, UK

61. *Cultural Responsibility of Design*  
**Veronica Schreibeis Smith**, CEO & Founding Principal, Vera Iconica Architecture, US

## Wellness Retail/Real Estate

62. *Wellness Retail*  
**Whitney Austin Gray**, PhD, SVP, Delos Living, LLC, US

63. *Wellness Retail*  
**Francine Miley**, Head, Health & Wellness, Unibail Rodamco Westfield, US

64. *How Wellness Is Spilling Over into Other Markets (Pets, Home Products, Etc.)*  
**Helen Hawkes**, Wellness Editor, The Word Agency, Australia

## Wellness Tourism

65. *Importance of Differentiation*  
**Katherine Droga**, Founder, Wellness Tourism Summit, Australia

66. *Research Results: What Consumers Are Seeking*  
**Adam Glickman**, Principal, Parallax Hospitality, US

67. *What Wellness Travelers in Asia Want*  
**Rebecca Cairns**, Chief Content Officer, Compare Retreats, Hong Kong

68. *What Asian Travelers Want When it Comes to Wellness*  
**Karen Fong**, Deputy Editor, INK Global, Singapore

69. *How Overtourism & Environmental Concerns Will Reshape Travel*  
**Elaine Glusac**, Freelance Writer, ElaineGlusac.com, US

70. *What Wellness Travelers in Asia Want*  
**Dervla Louli**, Founder, Compare Retreats, Hong Kong

## Workplace Wellbeing

71. *Work-Life Integration for Working Parents*  
**Carina Chorengel**, SVP, Commercial Marketing, Hyatt Hotels Corporation (Hong Kong Region), Hong Kong

72. *New Frontiers in Workplace Wellbeing*  
**Renee Moorefield, PhD**, CEO, Wisdom Works, US

73. *What Is the Ideal Corporate Wellness Program?*  
**Gloria Treister**, Certified Holistic Health Coach & Practitioner, Wellness Evolution, US

74. *The State of Workplace Wellness in Japan*  
**Sachiko Habu**, Editor in Chief, Nikkei Group, Japan

---

2:00 pm – 2:45 pm

## 3 OPTIONS: GRAND BALLROOM, GRAND RESIDENCE 1 AND GRAND RESIDENCE 2

---

### IN GRAND BALLROOM

2:00 pm – 2:45 pm  
Grand Ballroom

#### Panel Discussion

*Beauty, Science & Technology: Skin in the Game*

**Moderated by Sue Harmsworth, MBE**, Founder & Owner, Sue Harmsworth Ltd, UK

#### Panelists:

**Iman Allana**, Founder, BOLLYGLOW, India

**Kissa Castañeda**, Editor in Chief, *Singapore Tatler*, Edipresse Media Asia, Singapore

**Atsushi Ebuchi**, Editor in Chief, UBM Japan Co Ltd, Japan

**Ronit Raphael**, President, L.Raphael, Switzerland

**Dr. Oliver Worsley**, Co-Founder, Sequential, Singapore

*Additional Panelists TBD*

*Thanks to L.Raphael for this Thought Leadership Panel*

---

### IN GRAND RESIDENCE 1

2:00 pm – 2:45 pm  
Grand Residence 1

#### Panel Discussion

*Wellness in the Media: Facts, Fads and the Future*

**Moderated by Sean Fitzpatrick**, Chief Brand Officer, Edipresse Media Hong Kong; Managing Director, Tatler Asia, Hong Kong

#### Panelists:

**Elaine Glusac**, *The New York Times*, US

**Laurie Jennings**, Deputy Editor, *Good Housekeeping*, US

**Tom Jones**, Senior Partner, Finn Partners, US

**Sarah Miller**, Luxury Brand Ambassador, *The Wall Street Journal*, UK

**Rina Raphael**, *Fast Company*, US

---

### IN GRAND RESIDENCE 2

2:00 pm – 2:45 pm  
Grand Residence 2

#### Panel Discussion

*Next-Gen Leaders Shaping the Business of Wellness*

**Moderated by Irene Forte**, Group Project Director, Rocco Forte Hotels, UK

#### Panelists:

**Erica Alessandri**, Board Member, Technogym, Italy

**Venetia Archer**, Founder & CEO, Ruuby, UK

**Mar Michelle Häusler**, Founder, Give & Take Lab, Portugal

**Dervla Louli**, Founder, Compare Retreats, Hong Kong

**Kittisak Pattamasaevi**, CEO, Montara Hospitality, Thailand

**Ren Yung Ho**, VP, Banyan Tree Holdings Limited, Singapore

---

2:45 pm – 3:15 pm  
Foyer Outside Grand Ballroom

**Networking Energy Break**  
*Sponsored by TruSens*

3:15 pm – 3:55 pm

## 3 OPTIONS: GRAND BALLROOM, GRAND RESIDENCE 1 AND GRAND RESIDENCE 2

### IN THE GRAND BALLROOM

3:15 pm – 3:55 pm  
Grand Ballroom

**Panel Discussion**  
*China Rising: Understanding/Decoding the World's Biggest Market*

**Moderated by Catharine Nicol**, Director, Spas+beyond, Hong Kong

**Panelists:**

**Ronna Chao**, Chairman, Novetex Textiles, Hong Kong

**Victor Koo**, Chairman, Heyi Holdings, China

**Jenny Lo**, General Manager, China, CatchOn – A Finn Partners Company, China

**David Udell**, Group President, Hyatt Hotels Corporation, Hong Kong

**Mei Zhang**, Founder & Chairman, WildChina, China

---

### IN GRAND RESIDENCE 1

3:15 pm – 3:55 pm  
Grand Residence 1

**Panel Discussion**  
*Experiential Wellness and the Future of Real Estate and Retail*

**Moderated by Alfredo Carvajal**, EVP, Delos Living LLC, US

**Panelists:**

**Louise Evins**, CEO, EVINS Communications, Ltd., US

**Jon Hunt**, CEO, Ocubis Ltd, UK

**Paul Jones**, CEO, The Lux Collective, Singapore

**Francine Miley**, Head, Health and Wellness, Unibail-Rodamco-Westfield, US

**Cristiana Schiavolin**, Managing Partner, Praxis, Hong Kong

**Ellie Tang**, Head of Sustainability, New World Development, Hong Kong

**Sue Thirlwall**, CEO, Innovative Growth and Franchise Ventures, US

---

### IN GRAND RESIDENCE 2

3:15 pm – 3:55 pm  
Grand Residence 2

**Panel Discussion**  
*Beyond the Gym: Getting the World to Move*

**Moderated by Ophelia Yeung**, Senior Research Fellow, Global Wellness Institute, US

**Panelists:**

**Tonia Callender**, Research Fellow, Global Wellness Institute, US

**Karen Golden**, Group General Manager, Destination Wellness & Spa, Belgravia Leisure - Hepburn Wellness Management, Australia

**Jordan Goldfarb**, Head of Whitespace Explorations, Lululemon Whitespace, US

**Julia Sutton**, COO, Exhale HQ, US

---



---

4:00 pm

## ALL BACK TO GRAND BALLROOM

---

4:02 pm – 4:07 pm  
Grand Ballroom

**Passion Story**  
*Raising Well Children*

**Jeremy McCarthy**, Group Director of Spa & Wellness, Mandarin Oriental Hotel Group, Hong Kong

---

4:10 pm – 4:30 pm  
Grand Ballroom

**Keynote**  
*The End of Illiteracy: We Can Do This!*

**John Wood**, Founder, Room to Read, Hong Kong

---

4:32 pm – 4:52 pm  
Grand Ballroom

**Keynote**  
*The Business of Purpose*

**Patricia Dwyer**, Founder & Director, The Purpose Business, Hong Kong

---

4:54 pm – 5:04 pm  
Grand Ballroom

**Global Wellness Award**  
*Leader in Social Impact*

**Presenting GWS Advisory Board Member: Omer K. Isvan**, President, Servotel Corporation, Turkey  
**Award Sponsor: Yakult**

---

5:06 pm – 5:16 pm  
Grand Ballroom

**Keynote: 8 in 8**  
*8 Highlights from the Day in 8 Minutes*

**Cathy Feliciano-Chon**, Founder & Managing Director, CatchOn – A Finn Partners Company, Hong Kong; 2019 Global Wellness Summit Co-Chair  
**Yoriko Soma**, CEO, Conceptasia Inc, Japan; 2019 Global Wellness Summit Co-Chair

---

8:00 pm – 12:00 am  
Grand Ballroom

**Evening Event**  
Dance the Night Away!

*Attire: Fun, Fanciful and Fantastic!*  
*Light food and drinks, open bar until 11 pm*

---

**THURSDAY, OCTOBER 17, 2019**  
**DAY THREE**

**6:30 am - 7:20 am**

**Morning Wellness Activities**

**CHOICE OF TWO OPTIONS**

**6:30 am - 7:20 am**

Level 5, Terrace Wing  
Next to the Spa

**Sun Salutation Yoga Session**

This hatha yoga flow class is suitable for participants of all levels, encouraging the development of flexibility and awareness of surroundings.

**6:30 am - 7:20 am**

Level 5, Terrace Wing  
By the Pool

**Tai Chi Session**

A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes chi gung, tai chi, and related exercises to build coordination, increased body awareness, and a focused mind.

**6:30 am - 8:00 am**

Straits Kitchen

**Breakfast**

For delegates staying at Grand Hyatt Singapore

**8:30 am - 8:50 am**

Grand Ballroom

**Keynote**

*The Future is Catching Us: Rejuvenation Medicine*

**Dr. Chris Renna**, Founder, LifeSpan Medicine, US

**8:52 am - 9:12 am**

Grand Ballroom

**Keynote**

*Energy Medicine... Woo Woo or What??*

**Anna Bjurstam**, Wellness Pioneer, Six Senses Hotels Resorts Spas;  
Partner, Raison d'Etre, Sweden

**9:14 am - 9:34 am**

Grand Ballroom

**Keynote**

*What Does Faith Have to Do with Wellness? Everything!*

**Prof. Martin Palmer**, Secretary General, ARC, UK

**9:36 am - 9:56 am**

Grand Ballroom

**Keynote**

*From Appealing to Healing: The Future of Food*

**Peggy Chan**, Executive Chef & Managing Director, Grassroots  
Initiatives, Hong Kong

**9:58 am - 10:04 am**

Grand Ballroom

**Passion Story**

*Why Successful Wellness Entrepreneurs Need a Vacation from  
Wellness: A Surprising and Seriously Vulnerable Account*

**Melisse Gelula**, Co-Founder, Well+Good, US

---

**10:04 am - 10:10 am**  
Grand Ballroom

**Shark Tank of Wellness Award Winners**  
**\$10,000 in Prize Money**

**Representing the Judging Panel:**

**Karen Campbell**, Business Development Consultant, Chiva-Som, Thailand

**Yvonne Cheung**, Founder, YUSUMTONG, Hong Kong

**Mia Kyricos**, SVP & Global Head of Wellbeing, Hyatt Hotels Corporation, US

**Joe Magnacca**, President & CEO, Massage Envy Franchising, US

**Frank Pitsikalis**, Founder & CEO, ResortSuite, Canada

**Michael Pugliese**, Owner & CEO, Circadia by Dr. Pugliese, US

---

**10:10 am - 10:40 am**  
Foyer Outside Grand Ballroom

**Networking Energy Break**

---

**10:40 am - 10:50 am**  
Grand Ballroom

**Wellness Moment**

*Sponsored by Six Senses Hotels Resorts Spas*

---

**10:50 am - 11:30 am**  
Grand Ballroom

**Panel Discussion**

*UN 17 Sustainable Development Goals: Strategic Accelerator for the Wellness Economy*

**Moderated by Jean-Guy de Gabriac**, CEO, TIP TOUCH International, Belgium

**Panelists:**

**Davide Bollati**, Chairman, [comfort zone], Italy

**Patricia Dwyer**, Founder & Director, The Purpose Business, Hong Kong

**Robert Geneid**, Co-Founder & Director, Ayus Wellness Sdn Bhd, Malaysia

**Gareth Presch**, CEO, World Health Innovation Summit, UK

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

**Jean Sung**, Head of The Philanthropy Centre, Asia, J.P. Morgan Private Bank, Hong Kong

---

**11:32 am - 11:52 am**  
Grand Ballroom

**Keynote**

*New Life Builders: Ageing Is Better Than You Think!*

**Dave McCaughan**, Founder & Storyteller, Bibliosexual, Thailand

---

**11:54 pm - 12:00 pm**  
Grand Ballroom

**Passion Story**

*Architecture for Humankind: One Race, Many Cultures*

**Veronica Schreiber Smith**, CEO & Founding Principal, Vera Iconica Architecture, US

---

**12:02 pm - 12:22 pm**  
Grand Ballroom

**From Small Steps to a Giant Leap**

*The Wellness Moonshot™: A World Free of Preventable Disease*

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

**Susie Ellis**, Chairman & CEO, Global Wellness Summit, US

**Laurie Jennings**, Deputy Editor, *Good Housekeeping*, US

**Jessica Jesse**, CEO & Creative Director, BuDhaGirl LLC, US

**Renee Moorefield, PhD**, CEO, Wisdom Works, US

---

---

**12:24 pm – 12:30 pm**

Grand Ballroom

**Passion Story**

*Message from Your 90-Year-Old Self*

**Belgin Aksoy**, Creative Director, Richmond International, Turkey

---

**12:30 pm – 1:30 pm**

mezza9 on Mezzanine Level  
Pete's Place on Basement Level

**Relaxed Lunch**

---

**1:30 pm – 2:00 pm**

Grand Ballroom

**Keynote**

*A Lifetime of Sensible Environmentalism to Share*

**Bill Bensley**, Owner, Bensley Architecture, Interior Design and Landscape, Thailand

---

**2:00 pm – 2:10 pm**

Grand Ballroom

**Global Wellness Award**

*Leader in Sustainability*

**Presenting GWS Advisory Board Member: Marc Cohen**, Founder, Extreme Wellness Institute, Australia

**Award Sponsor: Kamalaya Koh Samui**

---

**2:10 pm – 2:30 pm**

Grand Ballroom

**Keynote and Samurai Presentation**

*Mindful Warriors: Conquering the Future with Lessons from the Past*

**Nash Siamwalla, PhD**, Founder & Managing Director, The Zen Solution, Thailand

---

**2:32 pm – 3:02 pm**

Grand Ballroom

**Keynote**

*Caught Between Tradition and Modernity: How Chinese Gen Z and Gen Y View Wellness*

**Amrita Banta**, Managing Director, Agility Research & Strategy Pte Ltd, Singapore

---

**3:04 pm – 3:24 pm**

Grand Ballroom

**Keynote**

*Creating a Purpose-Driven Organization*

**Dr. Binod Kumar Chaudhary**, Chairman, CG Corp. Global, Nepal

---

**3:26 pm – 3:46 pm**

Grand Ballroom

**Keynote**

*The Purpose of Care*

**Mark Hoplamazian**, CEO, Hyatt Hotels Corporation, US

---

**3:46 pm – 3:56 pm**

Grand Ballroom

**Global Wellness Award**

*Leading Woman in Wellness*

**Presenting GWS Advisory Board Member: Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, US

**Award Sponsor: ResortSuite**

---

---

**3:56 pm – 4:06 pm**  
Grand Ballroom

**Keynote: 8 in 8**  
*8 Highlights from the Day in 8 Minutes*

**Cathy Feliciano-Chon**, Founder & Managing Director, CatchOn – A Finn Partners Company, Hong Kong; 2019 Global Wellness Summit Co-Chair

**Yoriko Soma**, CEO, Conceptasia Inc, Japan; 2019 Global Wellness Summit Co-Chair

---

**4:08 pm – 4:13 pm**  
Grand Ballroom

**Flag Tease: Announcement of GWS 2020 Location!**  
*Location of Next Year's Summit Announced!*

**Susie Ellis**, Chairman & CEO, Global Wellness Summit, US

---

**4:20 pm**  
Grand Ballroom

**Champagne Toast**  
*With Board Members and GWS Team on Stage*

Sponsored by Aloys F. Dornbracht GmbH & Co. KG

---

## FRIDAY, OCTOBER 18, 2019 POST-SUMMIT ACTIVITIES

9:00 am – 12:00 pm  
Straits Kitchen

### Host a Future Summit

Opportunity to speak with **Nancy Davis**, Chief Creative Officer & Executive Director, Global Wellness Summit, US, and **Michelle Gamble**, VP, Global Business Development, Global Wellness Summit, US, regarding what's involved in hosting a future Summit.

Please email Michelle Gamble, VP, Global Business Development, Global Wellness Summit, US, at [michelle.gamble@globalwellnesssummit.com](mailto:michelle.gamble@globalwellnesssummit.com), to request a time to meet with Nancy on Thursday morning in Straits Kitchen at the Grand Hyatt Singapore. There will be RFPs available for those interested in learning more.

---

### Depart at your leisure

For questions, contact Sallie Fraenkel at [sallie@mindbodyspiritnet.com](mailto:sallie@mindbodyspiritnet.com)

### A Journey to Holistic Wellbeing

Hosted by SANGHA Retreat by OCTAVE Institute  
Thursday, October 17–Monday, October 21

SANGHA Retreat by OCTAVE Institute, a 47-acre lakeside retreat located west of Shanghai, brings together the best of Eastern wisdom and Western science. The vision of businessman and philanthropist Frederick Tsao, the property employs an integrative approach, incorporating the latest technology and the understanding of health, wellness and mindfulness practices to create an experience like no other.

---

### Depart at your leisure

For questions, contact Sallie Fraenkel at [sallie@mindbodyspiritnet.com](mailto:sallie@mindbodyspiritnet.com)

### A Taste of Kamalaya

Hosted by Kamalaya Koh Samui  
Thursday, October 17–Monday, October 21

Founded by John and Karina Stewart in 2005, Kamalaya offers a unique holistic wellness experience that integrates healing therapies from East and West, a breathtakingly beautiful natural environment, inspired healthy cuisine, holistic fitness practices and a wide range of results-driven wellness programs and small group retreats. GWS delegates will experience a bespoke wellness program specially created for this year's Summit. The "Taste of Kamalaya" program offers a brief immersion into Kamalaya's expansive wellness offering and incorporates a synergy of treatments, therapies and modalities to benefit the mind, body and spirit.

---

### Depart at your leisure

For questions, contact Sallie Fraenkel at [sallie@mindbodyspiritnet.com](mailto:sallie@mindbodyspiritnet.com)

### Explore Extraordinary: The Chōsen Life Optimization Experience in Bali

Hosted by CHŌSEN Experiences  
Friday, October 18–Thursday, October 24

Discover what their alumni call "The Chōsen Effect": a refreshed perspective of purposeful living and empowerment through self-discovery, challenge and personal evolution. Feel the triumph of operating at your optimal level. Develop a mentality of continual growth by extending yourself physically, mentally and emotionally. Embrace the spirit of personal evolution and inspired living. The personal impact is long-lasting. The connections you make are life-defining.

---

## 2019 PRESS DELEGATES AND OTHER ATTENDING MEDIA:

---

**Kris Abbey**, Publishing Editor, *Spa & Wellness International*, Australia  
**Rebecca Cairns**, Chief Content Officer, Compare Retreats, Hong Kong  
**Kissa Castañeda**, Editor in Chief, *Singapore Tatler*, Edipresse Media Asia, Singapore  
**Judy Chapman**, Editor, The Chapman Guides, Australia  
**Rosalie e'Silva**, Producer, Bloomberg, Hong Kong  
**Atsushi Ebuchi**, Editor in Chief, UBM Japan Co Ltd, Japan  
**Karen Fong**, Deputy Editor, INK Global, Singapore  
**Sachiko Habu**, Editor in Chief, Nikkei Group, Japan  
**Helen Hawkes**, Wellness Editor, The Word Agency, Australia  
**Laure Jeandemange**, Press Editor, *Les Nouvelles Esthétiques Spa, Spa de Beaute*, France  
**Sara Jones**, Managing Director & Editor, *Spa & Wellness MexiCaribe*, Mexico  
**Jane Kitchen**, Consulting Editor, *Spa Business*, United Kingdom  
**Astrid Ros**, Publisher, *Spa Business & Spa Opportunities*, United Kingdom  
**Lisa Starr**, Principal, Wynne Business, United States  
**Melisse Gelula**, Co-Founder, Well+Good, United States  
**Elaine Glusac**, Freelance Writer, ElaineGlusac.com, United States  
**Dervla Louli**, Founder, Compare Retreats, Hong Kong  
**Sarah Miller**, Luxury Brand Ambassador, *The Wall Street Journal*, United Kingdom  
**Rina Raphael**, Journalist, *Fast Company*, United States  
**Sean Fitzpatrick**, Chief Brand Officer, Edipresse Media Hong Kong; Managing Director, Tatler Asia, Hong Kong  
**Vivienne Tang**, Founder & CEO, Destination Deluxe, Hong Kong  
**Karen Tee**, Journalist, CNA Luxury, Singapore  
**Laurie Jennings**, Deputy Editor, Hearst, *Good Housekeeping, Prevention*, United States  
**Catharine Nicol**, Director, Spas+beyond, Hong Kong