



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

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 SCOTT'S
(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 – 7:20 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 – 8:45 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

Catherine 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 Furthering 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*
Pierre-Louis Delapalme, Co-President, Biologique Recherche, France
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
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 on 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*
Dr. 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

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:

Davide 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 – 2:20 pm

Grand Residence 1

Keynote

Why Be Wild about China?

Mei Zhang, Founder & Chairman, WildChina, China

2:22 pm – 2:42 pm

Grand Residence 1

Keynote

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

Liza Lichtinger, 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:

Catherine 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, PhD, 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

Catherine 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 – 7:20 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

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: Catherine 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, 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, LIVunLtd, 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, PhD, 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.)

12:30 pm – 2:00 pm

Tables 1 – 67 in mezza9 on Mezzanine Level
Tables 68 – 73 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

- 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 Horizons*
Prof. Gerry Bodeker, PhD, Public Health Academic & Clinical Psychologist, Green Templeton College, University of Oxford, UK & Malaysia
32. *The “Every Day” of Resilience and Thriving*
Alina Hernandez, Co-Founder, The First 1000 Days Wellness, US
33. *Relationship Wellness*
Sheila Josephson, PhD, Psychotherapist, US
34. *Dying Well*
Amy McDonald, CEO, Under a Tree, 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, LIVunLtd, 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, 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*
54. *Spa Trends 2020*
Astrid Ros, Publisher, *Spa Business & Spa Opportunities*
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

Wellness Architecture

59. *The Value of Wellness: Hard Data Behind the Soft Data*
Stephen Marks, CEO, Mind Body Building, UK
60. *Cultural Responsibility of Design*
Veronica Schreibeis Smith, CEO & Founding Principal, Vera Iconica Architecture, US

Wellness Retail/Real Estate

61. *Wellness Retail*
Whitney Austin Gray, PhD, SVP, Delos Living, LLC, US
62. *Wellness Retail*
Francine Miley, Head, Health & Wellness, Unibail-Rodamco-Westfield, US
63. *How Wellness Is Spilling Over into Other Markets (Pets, Home Products, Etc.)*
Helen Hawkes, Wellness Editor, The Word Agency, Australia

Wellness Tourism

64. *Importance of Differentiation*
Katherine Droga, Founder, Wellness Tourism Summit, Australia
65. *Research Results: What Consumers Are Seeking*
Adam Glickman, Principal, Parallax Hospitality, US
66. *What Wellness Travelers in Asia Want*
Rebecca Cairns, Chief Content Officer, Compare Retreats, Hong Kong
67. *What Asian Travelers Want When it Comes to Wellness*
Karen Fong, Deputy Editor, INK Global, Singapore
68. *How Overtourism & Environmental Concerns Will Reshape Travel*
Elaine Glusac, Freelance Writer, ElaineGlusac.com, US
69. *What Wellness Travelers in Asia Want*
Dervla Louli, Founder, Compare Retreats, Hong Kong

Workplace Wellbeing

70. *Work-Life Integration for Working Parents*
Carina Chorengel, SVP, Commercial Marketing, Hyatt Hotels Corporation (Hong Kong Region), Hong Kong
71. *New Frontiers in Workplace Wellbeing*
Renee Moorefield, PhD, CEO, Wisdom Works, US
72. *What Is the Ideal Corporate Wellness Program?*
Gloria Treister, Certified Holistic Health Coach & Practitioner, Wellness Evolution, US
73. *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

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, Hearst, *Good Housekeeping, Prevention*, 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, 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

Catherine 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, VP, Spas & Wellness, 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:

Daive 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 Schreibeis 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, Hearst, *Good Housekeeping, Prevention*, 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: Dr. 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

Catherine 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

4:14 pm – 4:19 pm
Grand Ballroom

Hearing from the 2020 Summit Hosts

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, 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

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

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

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
Sean Fitzpatrick, Chief Brand Officer, Tatler Asia & Managing Director, Edipresse Media Hong Kong, Hong Kong
Karen Fong, Deputy Editor, INK Global, Singapore
Melisse Gelula, Co-Founder, Well+Good, US
Elaine Glusac, Freelance Writer, ElaineGlusac.com, US
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
Laurie Jennings, Deputy Editor, Hearst, *Good Housekeeping, Prevention*, US
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