**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

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am – 1:00 pm</td>
<td><strong>Pre-Summit Excursion</strong>&lt;br&gt;Explore Extraordinary Singapore: The Half-Day Chōsen Experience&lt;br&gt;Hosted by Chōsen Experiences&lt;br&gt;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.</td>
</tr>
<tr>
<td>12:00 pm – 6:00 pm</td>
<td><strong>Global Wellness Summit (GWS) Registration and Concierge Open</strong>&lt;br&gt;Registration Desk sponsored by [ comfort zone ]</td>
</tr>
<tr>
<td>2:00 pm – 5:00 pm</td>
<td><strong>Engage &amp; Energize</strong>&lt;br&gt;Sponsored by Zeel and The Hydrafacial Company&lt;br&gt;Mini massages and hydrating express treatments</td>
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#### CHOICE OF TWO OPTIONS

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>2:00 pm – 2:45 pm</td>
<td><strong>Option 1: Knowledge Workshop</strong>&lt;br&gt;Sponsored by Murad&lt;br&gt;How Stressed Are You? Cultural Stress, Your Skin and Your Self&lt;br&gt;<strong>Dr. Howard Murad</strong>, Founder, Murad, LLC, US</td>
</tr>
<tr>
<td>2:00 pm – 2:45 pm</td>
<td><strong>Option 2: Knowledge Workshop</strong>&lt;br&gt;Sponsored by Delos&lt;br&gt;Can You Buy Wellness? The Emerging Trends in Wellness Retail&lt;br&gt;<strong>Alfredo Carvajal</strong>, EVP, Delos Living, LLC, US&lt;br&gt;<strong>Whitney Austin Gray, PhD</strong>, SVP, Delos Living, LLC, US</td>
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</tbody>
</table>
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


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.
<table>
<thead>
<tr>
<th>Time</th>
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<th>Location</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>6:00 pm – 7:00 pm</td>
<td>VIP Cocktail Reception for Sponsors</td>
<td>10 SCOTTS (Lobby Level)</td>
<td>Hosted by GWS Board of Advisors</td>
</tr>
<tr>
<td>7:00 pm – 9:30 pm</td>
<td>Welcome Party</td>
<td>mezza9 (Mezzanine Level)</td>
<td>Hyatt Welcome and Cocktail Reception, Sponsored by Hyatt Hotels Corporation &amp; Grand Hyatt Singapore</td>
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<td>Attire: Casual Chic</td>
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<tr>
<td>9:30 pm – 10:30 pm</td>
<td>Meet the Summit Keynote Speakers</td>
<td>Martini Bar at mezza9 (Mezzanine Level)</td>
<td>Enjoy casual conversation with some of the Summit keynote speakers; look for those wearing a boutonniere!</td>
</tr>
</tbody>
</table>
| 9:30 pm – 10:00 pm | Gong Bath Before Bed                                                 | Grand Residence 1               | 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 |
<p>| 9:30 pm – 10:00 pm | Silent Disco Dancing                                                 | Grand Residence 2               | 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. |</p>
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<tr>
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<tbody>
<tr>
<td>6:30 am – 7:20 am</td>
<td><strong>Morning Wellness Activities</strong></td>
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<td>6:30 am – 7:20 am</td>
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<td>6:30 am – 7:20 am</td>
<td><strong>Sun Salutation Yoga Session</strong></td>
<td>This hatha yoga flow class is suitable for participants of all levels, encouraging the development of flexibility and awareness of surroundings.</td>
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<td>6:30 am – 7:20 am</td>
<td><strong>Tai Chi Session</strong></td>
<td>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.</td>
</tr>
<tr>
<td>6:30 am – 8:00 am</td>
<td><strong>Breakfast</strong></td>
<td>For delegates staying at Grand Hyatt Singapore</td>
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<tr>
<td>8:30 am – 8:45 am</td>
<td><strong>GWS 2019 Opening Ceremony</strong></td>
<td><em>An Auspicious Beginning</em></td>
</tr>
<tr>
<td>8:47 am – 9:07 am</td>
<td><strong>Welcome and Keynote</strong></td>
<td><em>Mission Accomplished: Wellness Is a Global Force...What’s Next?</em></td>
</tr>
<tr>
<td>9:10 am – 9:20 am</td>
<td><strong>Keynote</strong></td>
<td><em>Welcome to the Asian Century</em></td>
</tr>
<tr>
<td>9:22 am – 9:32 am</td>
<td><strong>Keynote</strong></td>
<td><em>J Wellness: The Future of Wellness in Japan</em></td>
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</tbody>
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*Sponsors:* BuDhaGirl LLC
<table>
<thead>
<tr>
<th>Time</th>
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<th>Event Type</th>
<th>Title</th>
<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>9:34 am – 9:44 am</td>
<td>Grand Ballroom</td>
<td>Keynote</td>
<td>Welcome to the Business of Wellness</td>
<td>David Udell, Group President Asia Pacific Hyatt Hotels Corporation, Hong Kong</td>
</tr>
<tr>
<td>10:06 am – 10:10 am</td>
<td>Grand Ballroom</td>
<td>Wellness Moment</td>
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<tr>
<td>10:10 am – 10:40 am</td>
<td>Foyer Outside Grand Ballroom</td>
<td>Networking Energy Break</td>
<td>Sponsored by Biologique Recherche</td>
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<tr>
<td>10:40 am – 10:45 am</td>
<td>Grand Ballroom</td>
<td>Wellness Moment</td>
<td>Sponsored by Six Senses Hotels Resorts Spas</td>
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<tr>
<td>11:08 am – 11:38 am</td>
<td>Grand Ballroom</td>
<td>Keynote</td>
<td>Move to Be Well: The Global Economy of Physical Activity</td>
<td>Katherine Johnston, Senior Research Fellow, Global Wellness Institute, US Ophelia Yeung, Senior Research Fellow, Global Wellness Institute, US</td>
</tr>
<tr>
<td>11:40 am – 12:00 pm</td>
<td>Grand Ballroom</td>
<td>Keynote</td>
<td>The New Emerging 50+: Unpacking the Most Powerful, Discerning Consumer in History</td>
<td>David Harry Stewart, CEO, AGEIST, US</td>
</tr>
<tr>
<td>12:02 pm – 12:07 pm</td>
<td>Grand Ballroom</td>
<td>Passion Story</td>
<td>Acting My Age: Redefining Myself at 55</td>
<td>Dr. Marc Cohen, Founder, Extreme Wellness Institute, Australia</td>
</tr>
<tr>
<td>12:08 pm – 12:15 pm</td>
<td>Grand Ballroom</td>
<td>Global Wellness Award</td>
<td>Debra Simon Award for Leader in Furthering Mental Wellness</td>
<td>Presenting GWS Advisory Board Member: Dr. Franz Linser, CEO, Linser Hospitality GmbH, Austria Award Sponsor: Debra Simon Foundation</td>
</tr>
</tbody>
</table>
12:15 pm – 1:00 pm
Press Conference for Media and Press Delegates
Grand Ballroom

12:15 pm – 2:00 pm
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
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
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

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

25. Understanding the Cannabis Sector  
   Stephen Letourneau, Founder & Partner, GLA & Cannuka, US

   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

   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

   Nils Behrens, Chief Marketing Officer, Lanserhof Group, Germany

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

   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

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
### 3 Options: Grand Ballroom, Grand Residence 1 and Grand Residence 2

#### In Grand Ballroom

**2:00 pm – 2:45 pm**

**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**

**Keynote**

*Why Be Wild about China?*

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

**2:22 pm – 2:42 pm**

**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**

**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**

**Networking Energy Break**

*Sponsored by Immunocologie*
### IN GRAND BALLROOM

**3:15 pm – 3:55 pm**

**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:**
- **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**

**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**

**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
- **Dervia 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
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<td>ALL BACK TO GRAND BALLROOM</td>
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<tr>
<td>4:00 pm – 4:20 pm</td>
<td><strong>Keynote</strong>&lt;br&gt;<em>Forest Bathing 2.0: The Art and Science of Shinrin-Yoku</em>&lt;br&gt;<strong>Dr. Qing Li</strong>, Author &amp; President, Japanese Society of Forest Medicine; Nippon Medical School, Japan</td>
<td>Grand Ballroom</td>
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<tr>
<td>4:22 pm – 4:42 pm</td>
<td><strong>Keynote</strong>&lt;br&gt;<em>Robot Assisted Activities: Scientific Evidence of Activating Human Communication by Robots</em>&lt;br&gt;<strong>Masahiro Fujita</strong>, VP, Senior Chief Researcher, AI Collaboration Office, Sony Corporation, Japan</td>
<td>Grand Ballroom</td>
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<tr>
<td>4:44 pm – 4:54 pm</td>
<td><strong>Keynote: 8 in 8</strong>&lt;br&gt;<em>8 Highlights from the Day in 8 Minutes</em>&lt;br&gt;<strong>Catherine Feliciano-Chon</strong>, Founder &amp; Managing Director, CatchOn – A Finn Partners Company, Hong Kong; 2019 Global Wellness Summit Co-Chair&lt;br&gt;<strong>Yoriko Soma</strong>, CEO, Conceptasia Inc, Japan; 2019 Global Wellness Summit Co-Chair</td>
<td>Grand Ballroom</td>
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<td>4:56 pm – 5:16 pm</td>
<td><strong>Keynote and Gong Performance</strong>&lt;br&gt;<em>Sound Dimension: Finding Clarity in the Midst of Chaos</em>&lt;br&gt;<strong>Martha Collard</strong>, Founder, Red Doors Studio, Hong Kong</td>
<td>Grand Ballroom</td>
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<td>6:30 pm – 6:45 pm</td>
<td><strong>Buses Pick Up Delegates from Grand Hyatt Singapore</strong>&lt;br&gt;Meet in the Hotel Lobby between 6:30 pm and 6:45 pm. Remember to bring your name badge.</td>
<td>Grand Hyatt Singapore Hotel Lobby</td>
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<td>7:00 pm – 10:00 pm</td>
<td><strong>Evening Event—Dine Around in Singapore</strong>&lt;br&gt;“Makan Mania”&lt;br&gt;Experience Singapore’s Authentic Hawker Food Scene&lt;br&gt;<strong>Attire:</strong> Dress comfortably for a night of spices and shiok-ness!</td>
<td>Chinatown Food Street</td>
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<td>Time</td>
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<td><strong>Sun Salutation Yoga Session</strong></td>
<td>This hatha yoga flow class is suitable for participants of all levels, encouraging the development of flexibility and awareness of surroundings.</td>
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<td>6:30 am – 7:20 am</td>
<td><strong>Tai Chi Session</strong></td>
<td>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.</td>
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<td>6:30 am – 8:00 am</td>
<td><strong>Breakfast</strong></td>
<td>For delegates staying at Grand Hyatt Singapore</td>
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<tr>
<td>8:30 am – 8:50 am</td>
<td><strong>Keynote</strong></td>
<td><strong>Listening to the Wind</strong></td>
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<td><strong>Palani Mohan</strong>, Photographer, United Arab Emirates</td>
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<tr>
<td>8:52 am – 9:12 am</td>
<td><strong>Keynote Interview</strong></td>
<td><strong>From the Garage to NASDAQ: Building a Billion Dollar Wellness Business</strong></td>
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<td><strong>Rick Stollmeyer</strong>, Co-Founder &amp; CEO, MINDBODY, US</td>
<td><strong>Susie Ellis</strong>, Chairman &amp; CEO, Global Wellness Summit, US</td>
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<tr>
<td>9:14 am – 9:34 am</td>
<td><strong>Keynote</strong></td>
<td><strong>The Wellness Investment Climate in Japan</strong></td>
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<td><strong>Miwako Date</strong>, President &amp; CEO, Mori Trust Co, Ltd., Japan</td>
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<tr>
<td>9:36 am – 9:56 am</td>
<td><strong>Keynote</strong></td>
<td><strong>A New Paradigm, A New Era of Wellbeing</strong></td>
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<td><strong>Frederick Chavalit Tsao</strong>, Founder, OCTAVE Institute, Singapore</td>
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<tr>
<td>9:58 am – 10:08 am</td>
<td><strong>2019 Summit Sponsors: A Moment of Gratitude</strong></td>
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<tr>
<td>10:10 am – 10:40 am</td>
<td><strong>Networking Energy Break</strong></td>
<td><strong>Sponsored by Aromatherapy Associates</strong></td>
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<td>Time</td>
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<tr>
<td>10:42 am – 11:02 am</td>
<td>From Small Steps to a Giant Leap</td>
<td><em>The Wellness Moonshot™: A World Free of Preventable Disease</em></td>
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<td><strong>Dr. Richard H. Carmona</strong>, Chief of Health Innovation, Canyon Ranch;</td>
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<td><strong>Susie Ellis</strong>, Chairman &amp; CEO, Global Wellness Summit, US</td>
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<td><strong>Laurie Jennings</strong>, Deputy Editor, Hearst, <em>Good Housekeeping</em>,</td>
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<td><em>Prevention</em>, US</td>
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<td><strong>Jessica Jesse</strong>, CEO &amp; Creative Director, BuDhaGirl LLC, US</td>
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<tr>
<td>11:04 am – 11:34 am</td>
<td>Keynote “Shark Tank of Wellness” Global Student Competition</td>
<td><em>Global student competition to birth a fresh wellness concept with</em></td>
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<td><em>$10,000 in prize money!</em></td>
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<td><em>Meet the final three concepts selected by the judges (Sharks) after</em></td>
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<td><em>reviewing videos from over 150 submissions. Finalists will present</em></td>
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<td><em>and compete for the top prize.</em></td>
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<td>*<em>Sponsored by Chiva-Som, Circadia by Dr. Pugliese, Hyatt Hotels</em></td>
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<td><em>Corporation, Massage Envy, ResortSuite, YUSUMTONG</em></td>
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<td><strong>Moderator:</strong></td>
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<td><strong>Nancy Davis</strong>, Chief Creative Officer &amp; Executive Director, Global</td>
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<td><em>Wellness Summit, US</em></td>
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<td><strong>Kate Sornson</strong>, Global Wellness Summit, US</td>
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<td><strong>Finalists:</strong></td>
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<td><strong>Jazmin Darling</strong>, Savannah College of Art &amp; Design, US</td>
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<td>*Project: “WEL Organic Organizers”</td>
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<td><strong>Simon Lewis</strong>, Savannah College of Art &amp; Design, US</td>
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<td>*Project: “Enfuze Home Goods Package”</td>
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<td><strong>Matthew Payne</strong>, Savannah College of Art &amp; Design, US</td>
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<td>*Project: “RU Wellness Straw”</td>
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<td><strong>Professor:</strong></td>
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<td><strong>Gauri Misra-Deshpande</strong>, Professor, Savannah College of Art &amp; Design,</td>
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<td><em>US</em></td>
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<td><strong>Judging Panel:</strong></td>
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<td><strong>Karen Campbell</strong>, Business Development Consultant, Chiva-Som, Thailand</td>
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<td><strong>Yvonne Cheung</strong>, Founder, YUSUMTONG, Hong Kong</td>
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<td><strong>Mia Kyricos</strong>, SVP &amp; Global Head of Wellbeing, Hyatt Hotels*</td>
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<td><em>Corporation, US</em></td>
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<td><strong>Joe Magnacca</strong>, President &amp; CEO, Massage Envy Franchising, LLC, US</td>
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<td><strong>Frank Pitsikalis</strong>, Founder &amp; CEO, ResortSuite, Canada</td>
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<td><strong>Michael Pugliese</strong>, Owner &amp; CEO, Circadia by Dr. Pugliese, US</td>
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<tr>
<td>11:36 am – 12:16 pm</td>
<td>Presentation and Panel Discussion</td>
<td><em>Look Around, Not Ahead: The Art of Sustainable Style</em></td>
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<td><strong>Panel moderated by Jessica Jesse</strong>, CEO &amp; Creative Director, BuDhaGirl LLC, US</td>
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<td><strong>Panelists:</strong></td>
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<td><strong>Noel Asmar</strong>, Founder &amp; Creative Director, Noel Asmar Uniforms,</td>
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<td><em>Canada</em></td>
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<td><strong>Ronna Chao</strong>, Chairman, Novetex Textiles, Hong Kong</td>
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<td>12:16 pm – 12:26 pm</td>
<td><strong>Global Wellness Award</strong></td>
<td>Presenting GWS Advisory Board Member: Catherine Feliciano-Chon, Founder &amp; Managing Director, CatchOn – A Finn Partners Company, Hong Kong; 2019 Global Wellness Summit Co-Chair</td>
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<td><strong>Leader in Innovation</strong></td>
<td>Award Sponsor: Gharieni Group</td>
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<td>12:26 pm – 12:30 pm</td>
<td><strong>GWI Initiative Chairs: A Moment of Gratitude</strong></td>
<td>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.</td>
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<td><strong>Africa Wellness Initiative</strong></td>
<td>Elaine Okeke Martin, President, Spa &amp; Wellness Association of Africa, Mauritius</td>
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<td><strong>Beauty Meets Wellness Initiative</strong></td>
<td>Michael Bruggeman, CEO, OM4 Organic Male, US</td>
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<td><strong>Beyond GDP, World Happiness and Wellbeing Initiative</strong></td>
<td>Davide Bollati, Chairman, [comfort zone], Italy</td>
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<td><strong>Consulting Best Practices Initiative</strong></td>
<td>Lisa Starr, Principal, Wynne Business, US</td>
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<td><strong>Digital Wellness Initiative</strong></td>
<td>Jeremy McCarthy, Group Director, Spa &amp; Wellness, Mandarin Oriental Hotel Group, Hong Kong</td>
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<td><strong>Dying Well Initiative</strong></td>
<td>Amy McDonald, CEO, Under a Tree, US</td>
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<td><strong>Eastern European Initiative</strong></td>
<td>Diane Doster, CRO, Project Relevance, US</td>
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<td><strong>Exploring Salt &amp; Halotherapy Initiative</strong></td>
<td>Alla Sokolova, Founder &amp; CEO, Inbalans, Latvia</td>
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<td><strong>First 1000 Days Initiative</strong></td>
<td>Patricia Ladis, Co-Founder, KIMA Center for Physiotherapy &amp; Wellness, US</td>
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<td><strong>Hot Springs Initiative</strong></td>
<td>Charles Davidson, Chairman, Peninsula Hot Springs, Australia</td>
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<td><strong>Hydrothermal Initiative</strong></td>
<td>Don Genders, CEO, Design for Leisure, US</td>
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<td><strong>Immersion Initiative</strong></td>
<td>Tracey Vincel, Co-Founder, KIMA Center for Physiotherapy &amp; Wellness, US</td>
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</tbody>
</table>
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

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.)*

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**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. **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
   - **Alia 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**  

**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

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

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

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  Panel Discussion  
Grand Ballroom  

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  Panel Discussion  
Grand Residence 1  

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:
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  Panel Discussion  
Grand Residence 2  

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 Pattamaasaevi, CEO, Montara Hospitality, Thailand
Ren Yung Ho, VP, Banyan Tree Holdings Limited, Singapore

2:45 pm – 3:15 pm  Networking Energy Break  
Foyer Outside Grand Ballroom  
Sponsored by TruSens
### 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 Asia Pacific, Hyatt Hotels Corporation, Hong Kong
- **Mei Zhang**, Founder & Chairman, WildChina, China

### 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

### 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
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker/Details</th>
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<tbody>
<tr>
<td>4:02 pm – 4:07 pm</td>
<td>Passion Story</td>
<td><strong>Raising Well Children</strong>&lt;br&gt;Jeremy McCarthy, Group Director, Spa &amp; Wellness, Mandarin Oriental Hotel Group, Hong Kong</td>
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<tr>
<td>4:10 pm – 4:30 pm</td>
<td>Keynote</td>
<td><strong>The End of Illiteracy: We Can Do This!</strong>&lt;br&gt;John Wood, Founder, Room to Read, Hong Kong</td>
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<tr>
<td>4:32 pm – 4:52 pm</td>
<td>Keynote</td>
<td><strong>The Business of Purpose</strong>&lt;br&gt;Patricia Dwyer, Founder &amp; Director, The Purpose Business, Hong Kong</td>
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<td>4:54 pm – 5:04 pm</td>
<td>Global Wellness Award</td>
<td><strong>Leader in Social Impact</strong>&lt;br&gt;Presenting GWS Advisory Board Member: Omer K. Isvan, President, Servotel Corporation, Turkey&lt;br&gt;Award Sponsor: Yakult</td>
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<tr>
<td>5:06 pm – 5:16 pm</td>
<td>Keynote: 8 in 8</td>
<td><strong>8 Highlights from the Day in 8 Minutes</strong>&lt;br&gt;Catherine Feliciano-Chon, Founder &amp; Managing Director, CatchOn – A Finn Partners Company, Hong Kong; 2019 Global Wellness Summit Co-Chair&lt;br&gt;Yoriko Soma, CEO, Conceptasia Inc, Japan; 2019 Global Wellness Summit Co-Chair</td>
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<tr>
<td>8:00 pm – 12:00 am</td>
<td>Evening Event</td>
<td><strong>Dance the Night Away!</strong>&lt;br&gt;<strong>Attire: Fun, Fanciful and Fantastic!</strong>&lt;br&gt;<strong>Light food and drinks, open bar until 11 pm</strong></td>
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THURSDAY, OCTOBER 17, 2019
DAY THREE

6:30 am – 7:20 am
CHOICE OF TWO OPTIONS

6:30 am – 7:20 am
Level 5, Terrace Wing
Next to the Spa

Morning Wellness Activities

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.

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
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<th>Time</th>
<th>Location</th>
<th>Event</th>
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</table>
| 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 am – 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 | **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 |
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<th>Time</th>
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<tr>
<td>12:24 pm – 12:30 pm</td>
<td>Passion Story</td>
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<td><em>Message from Your 90-Year-Old Self</em></td>
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<td>Belgin Aksoy, Creative Director, Richmond International, Turkey</td>
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<td>12:30 pm – 1:30 pm</td>
<td>Relaxed Lunch</td>
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<td>Pete's Place on Basement Level</td>
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<td>1:30 pm – 2:00 pm</td>
<td>Keynote</td>
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<td><em>A Lifetime of Sensible Environmentalism to Share</em></td>
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<td>Bill Bensley, Owner, Bensley Architecture, Interior Design and Landscape, Thailand</td>
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<td>2:00 pm – 2:10 pm</td>
<td>Global Wellness Award</td>
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<td><em>Leader in Sustainability</em></td>
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<td>Presenting GWS Advisory Board Member: Dr. Marc Cohen, Founder, Extreme Wellness Institute, Australia</td>
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<td>Award Sponsor: Kamalaya Koh Samui</td>
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<td>2:10 pm – 2:30 pm</td>
<td>Keynote and Samurai Presentation</td>
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<td><em>Mindful Warriors: Conquering the Future with Lessons from the Past</em></td>
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<td>Nash Siamwalla, PhD, Founder &amp; Managing Director, The Zen Solution, Thailand</td>
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<td>2:32 pm – 3:02 pm</td>
<td>Keynote</td>
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<td><em>Caught Between Tradition and Modernity: How Chinese Gen Z and Gen Y View Wellness</em></td>
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<td>Amrita Banta, Managing Director, Agility Research &amp; Strategy Pte Ltd, Singapore</td>
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<td>3:04 pm – 3:24 pm</td>
<td>Keynote</td>
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<td><em>Creating a Purpose-Driven Organization</em></td>
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<td>Dr. Binod Kumar Chaudhary, Chairman, CG Corp. Global, Nepal</td>
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<td>3:26 pm – 3:46 pm</td>
<td>Keynote</td>
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<td><em>The Purpose of Care</em></td>
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<td>Mark Hoplamazian, CEO, Hyatt Hotels Corporation, US</td>
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<td>3:46 pm – 3:56 pm</td>
<td>Global Wellness Award</td>
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<td><em>Leading Woman in Wellness</em></td>
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<td>Presenting GWS Advisory Board Member: Nancy Davis, Chief Creative Officer &amp; Executive Director, Global Wellness Summit, US</td>
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<td>Award Sponsor: ResortSuite</td>
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<td>3:56 pm</td>
<td>Grand Ballroom</td>
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<td>4:08 pm</td>
<td>Grand Ballroom</td>
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<td>4:14 pm</td>
<td>Grand Ballroom</td>
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<td>4:20 pm</td>
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**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.

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**Depart at your leisure**

**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.

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**Depart at your leisure**

**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.

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**Depart at your leisure**

**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 Esthetiques Spa, Spa de Beaute*, France
Laurie Jennings, Deputy Editor, Hearst, *Good Housekeeping, Prevention*, US
Sara Jones, Managing Director & Editor, *Spa & Wellness MexiCaribe*, Mexico
Jane Kitchen, Consulting Editor, *Spa Business*
Dervla Louli, Founder, Compare Retreats, Hong Kong
Catharine Nicol, Director, Spas+beyond, Hong Kong
Rina Raphael, Journalist, *Fast Company*, US
Astrid Ros, Publisher, *Spa Business & Spa Opportunities*
Lisa Starr, Principal, Wynne Business, US
Vivienne Tang, Founder & CEO, Destination Deluxe, Hong Kong
Karen Tee, Journalist, CNA Luxury, Singapore
Caylei Vogelzang, Editor in Chief, *Cancer Wellness* Magazine, US