

# MAIN SCHEDULE

8:00am - 9:00am	REGISTRATION
9:15am - 9:25am	WELCOME: <b>YAAKOV LEHMAN</b>
9:25am - 9:40am	CONNECTION EXERCISE: <b>JEANINE BECKER</b>
9:40am - 10:00am	PLENARY 1: <b>Time Well Spent and the New Design Ethics:</b> How can we create products that help people spend their time well: <b>TRISTAN HARRIS</b>
10:00am - 10:30am	PLENARY 2: <b>Mindfulness and the Brain:</b> What have neuroscientists discovered about the ability to proactively cultivate wellbeing and compassion: <b>DR. NAVA BINNUN</b>
10:30am - 10:50am	BREAK
10:50am - 11:35pm	BREAKOUT 1
11:35pm - 11:50pm	BREAK
11:50pm - 12:20pm	PLENARY 3: <b>Accessing Your Inner Wisdom:</b> What insights from ancient Jewish wisdom can help engage the challenges and complexity of the modern business world: <b>RABBI DONIEL KATZ</b> (Moderated by Jeanine Becker)
12:20pm - 1:00pm	PLENARY 4: <b>Video Presentation: CREATIVITY PANEL</b>
1:00pm - 2:00pm	LUNCH
2:00pm - 2:25pm	PLENARY 5: <b>Being Yourself at Facebook:</b> How does facebook invest in creating true connection at work? <b>MICHAL OSHMAN</b>
2:25pm - 2:50pm	PLENARY 6: <b>Searching Inside Yourself at Google:</b> How does Google use mindfulness to build resilience for employees, the community, and the world at large? <b>CLINTON LIBBEY</b>
2:50pm - 3:10pm	BREAK
3:10pm - 4:00pm	BREAKOUT 2
4:00pm - 4:10pm	BREAK
4:10pm - 4:55pm	BREAKOUT 3
4:55pm - 5:00pm	BREAK
5:00pm - 5:30pm	PLENARY 7: <b>Conscious Business:</b> How do we build value through values: <b>FRED KOFMAN</b>
5:30pm - 5:50pm	CLOSING

# BREAKOUT SCHEDULE

## BREAKOUT 1 - 10:50AM - 11:35PM

**BUSINESS** **Mindful leadership in a vuca world:** What can managers and companies do to maintain alertness and make better decisions: **ORA SETTER**

**WELLNESS** **Mindfulness Based Approaches:** What do clinically based mindfulness programs have to offer for our wellbeing? **MR. SHANTAM ZOHAR, DR. ODED ARBEL MR.** (Moderated by Assaf Federman)

**TECH** **The New Design Ethics:** How can we socially organize, and demand technology with values of mindfulness and consciousness built into the screens we use. **MR. TRISTAN HARRIS**

**SCIENCE** **The Neuroscience of Awareness:** What happens to our brain when we bring awareness to our thoughts, emotions, and relationships: **DR. KEREN ARBEL, PROF. MOSHE BAR, DR YULIA GOLLAND** (Moderated by Dr Nava Binnun)

## BREAKOUT 2 - 3:10PM - 4:00PM

**BUSINESS** **Benefits Beyond Numbers:** How does a leading Israeli Financial Institution integrate mindfulness into its corporate culture? **MRS. SHIRI AVIEL, MR. ZEV BEN-ASHER, MR. SAMUEL OREN, MRS. ORIT ROSENSTEIN** (Moderated by Prof. Roni Shachar)

**WELLNESS** **The Elevation Method:** What is 'inverse mindfulness' and how can it improve your concentration, motivation, and creativity? **RABBI DONIEL KATZ**

**TECH** **Mind Tech:** How can a product increase our cognitive and/or emotional intelligence? **AZIZ KADDAN, SON PREMINGER, YOAV HOSHEN** (Moderated by Alan Weinkranz)

**SCIENCE** **The Scientific Study of Consciousness:** Can we empirically approach the intangible nature of consciousness? **MR. LIAD MUDRIK**

## BREAKOUT 3 - 4:10PM - 4:55PM

**BUSINESS** **Developing Compassion with Wisdom at LinkedIn:** How does the world's professional network build lasting connections with its employees? **FRED KOFMAN**

**WELLNESS** **Finding the Balance:** How can mindfulness enhance emotional regulation in face of stress and distress? **MS. SMADAR GAZIT YEHUDA**

**TECH** **Story Mapping, Empathy and User Centered Design:** What is the compassionate approach at designing technology? **GARY LEVIT**

**SCIENCE** **Mindfulness, Attention and the Brain:** What does neuroscience tell us about changing the way we think? **MR. RICARDO TARRASCH**

**PRACTICE ROOM**

**3:00PM - 5:00PM**

**Want to go deeper? 2 Hour Intensive:**  
Intro to Mindfulness - **DR. STEVEN FULDER**