

HAPPINESS & ITS CAUSES PROGRAM 2020

Program updated: 17 November 2020

DAY 1: THURSDAY 19 NOVEMBER 2020

NOTE: Date and times are in Australian Eastern Daylight Time

08:45	OPENING REMARKS, ACKNOWLEDGEMENT OF COUNTRY
08:50	OPENING PERFORMANCE THE NOMAD SONG Tenzin Choegyal, Tibetan composer, activist, musical director and cultural ambassador
09:00 - 11:10	PLENARY SESSION #1 - DAY 1
09:00	HUMAN FLOURISHING IN CHALLENGING TIMES Professor Richard J Davidson, world leading neuroscientist and psychologist, renowned for ground-breaking work studying emotion and the brain, USA
09:20	CULTIVATING COURAGE AND COMPASSION: HARDWIRED INTO OUR NERVOUS SYSTEM Dr Rick Hanson, world expert in positive neuroplasticity; psychologist, best-selling author of <i>Hardwiring Happiness</i> , USA
09:40	PARADOXES OF HOPE: HOW THE WORST MOMENTS CREATE THE POSSIBILITY FOR THE BEST Dr Maria Sirois, inspirational psychologist and consultant who teaches internationally at the intersection of resilience and flourishing; author of <i>Happiness After Loss</i> , USA
10:00	THE IMPACT OF SELF-CHALLENGE - SAYING YES WHEN IT IS EASIER TO SAY NO Anthony Bennett, 'miracle man' who survived a near-death experience and then raised millions of dollars for a children's hospital, UK
10:15	THE POWER OF ACCEPTANCE FOR PEACE OF MIND Shamash Alidina, one of the UK's most popular mindfulness teachers and author of bestselling <i>Mindfulness for Dummies</i> , London, UK
10:30	FIRESIDE CHAT: LOOKING ON THE BRIGHTER SIDE OF LIFE <ul style="list-style-type: none">• Shamash Alidina, one of the UK's most popular mindfulness teachers and author of bestselling <i>Mindfulness for Dummies</i>, London, UK• Anthony Bennett, 'miracle man' who survived a near-death experience and then raised millions of dollars for a children's hospital, UK• Toni Powell, storyteller, workplace culture wonderworker and author of <i>What A Feeling! - Finding love, freedom & the good life through creating great relationships</i>
10:45	THE ROLE OF TENDER AND FIERCE SELF-COMPASSION IN WELLBEING Associate Professor Kristin Neff, psychologist and pioneering researcher into self-compassion, USA
11:05	TWO MINUTE MOVES Lizzy Williamson, personal trainer and fitness guru, author of <i>Two Minute Moves</i>
11:10 - 11:25	BREAKOUT SESSIONS, BOOKSHOP, MARKETPLACE & NETWORKING

SPEAKER Q & A/ACTIVITIES - CONCURRENT SESSIONS

Your opportunity to ask a question to keynote speakers, join in a laughter yoga class or a meditation session.

11:10 -
11:25

SPEAKER Q & A #1
with **RICK HANSON**
Moderator: **Gillian Coutts**

SPEAKER Q & A #2
with **KRISTIN NEFF**
Moderator: **Toni Noble**

LAUGHTER YOGA
with **Cris Popp**

COMING TO YOUR SENSES MEDITATION
with **Petrea King**

11:25 -
12:45

PLENARY SESSION #2 - DAY 1

11:25

JOY ON DEMAND: THE ART OF DISCOVERING THE HAPPINESS WITHIN

Chade-Meng Tan, former Google Jolly Good Fellow, award-winning engineer, international bestselling author and philanthropist, **USA**

11:45

FIRESIDE CHAT: HOW CAN WE BE HAPPY DESPITE LIFE'S CURVEBALLS?

- **Professor Richard J Davidson**, world leading neuroscientist and psychologist, renowned for ground-breaking work studying emotion and the brain, **USA**
- **Chade-Meng Tan**, former Google Jolly Good Fellow, award-winning engineer, international bestselling author and philanthropist
- **Professor Elissa Epel**, international expert in chronic stress and co-author with Nobel Prize winner Dr Elizabeth Blackburn of *The Telomere Effect*, **USA**

12:05

FINDING & NURTURING MEANING IN THE MOMENT: A PRACTICAL AND LIGHT-HEARTED APPROACH TO A SERIOUS TOPIC

Professor Michael F Steger, psychologist and pre-eminent researcher into how leading a meaningful life contributes to wellbeing, **USA**

12:25

PANEL: HOW DOES MEANING IN LIFE AFFECT OUR HEALTH & HAPPINESS?

- **Dr Rick Hanson**, world expert in positive neuroplasticity; psychologist, best-selling author of *Hardwiring Happiness*, **USA**
- **Associate Professor Kristin Neff**, psychologist and pioneering researcher into self-compassion, **USA**
- **Professor Michael F Steger**, psychologist and pre-eminent researcher into how leading a meaningful life contributes to wellbeing, **USA**
- **Dr Maria Sirois**, inspirational psychologist and consultant who teaches internationally at the intersection of resilience and flourishing; author of *Happiness After Loss*, **USA**

Moderator: **Sophie Scott**, National Medical Reporter, ABC TV

12:45 -
13:00

BREAKOUT SESSIONS, BOOKSHOP, MARKETPLACE & NETWORKING

SPEAKER Q & A/ACTIVITIES - CONCURRENT SESSIONS

Your opportunity to ask a question to keynote speakers, join in a movement class or a meditation session.

12:45 -
13:00

SPEAKER Q & A #1 with
MARIA SIROIS
Moderator: **Gillian Coutts**

SPEAKER Q & A #2 with
MICHAEL STEGER
Moderator: **Sue Langley**

DANCE YOURSELF HAPPY with
Lizzy Williamson

WALKING MEDITATION with
Jono Lineen

13:00 - 15:55	PLENARY SESSION #3 - DAY 1	
13:00	THE INNER SELF: THE JOY OF DISCOVERING WHO WE REALLY ARE Hugh Mackay AO, renowned social psychologist, researcher and bestselling author	
13:15	HOW TO MAKE LIFE AMAZING RIGHT NOW Toni Powell, storyteller, workplace culture wonderworker and author of <i>What A Feeling! - Finding love, freedom & the good life through creating great relationships</i>	
13:30	ASK DR HAPPY - ANYTHING YOU WANT TO KNOW ABOUT HAPPINESS AND/OR MENTAL HEALTH Dr Tim Sharp (aka Dr Happy), leading positive psychologist, executive coach and founder of The Happiness Institute Moderator: Shannon Harvey, award-winning documentary filmmaker and author of <i>My Year of Living Mindfully</i> and <i>The Whole Health Life</i>	
13:45	HAPPINESS IS AN INSIDE JOB Petrea King, mind-body healing pioneer; Founder and CEO, Quest for Life Foundation	
14:00	BUILDING STRESS RESILIENCE AND CLIMATE RESILIENCE Professor Elissa Epel, international expert in chronic stress and co-author with Nobel Prize winner Dr Elizabeth Blackburn of <i>The Telomere Effect</i> , USA	
IN CONVERSATION WITH HIS HOLINESS THE DALAI LAMA		
14:20	INTRODUCTION TO HIS HOLINESS THE DALAI LAMA SESSION	
14:25	HEART STRINGS Tenzin Choegyal, Tibetan composer, activist, musical director and cultural ambassador with the Tibetan Children's Choir	
14:30	RESILIENCE, HOPE AND CONNECTION FOR WELLBEING His Holiness the 14th Dalai Lama, Nobel Peace Laureate and revered spiritual leader in conversation with Professor Ian Hickie AM, Professor of Psychiatry, Co-Director, Brain and Mind Centre, The University of Sydney, and former National Mental Health Commissioner Moderator: Tony Steel, CEO, Happiness & Its Causes	
15:30	A KEY TO MENTAL RESILIENCE: A MEANINGFUL LIFE B. Alan Wallace, one of the foremost meditation teachers of modern times, renowned Buddhist scholar, author and teacher, USA	
15:50	TWO MINUTE MOVES Lizzy Williamson, personal trainer and fitness guru, author of <i>Two Minute Moves</i>	
SHORT BITES: CONCURRENT SESSIONS		
15:55-16:40	SHORT BITES 1: WELLBEING FOR BODY & MIND	SHORT BITES 2: MAKING CHANGES FOR A HAPPIER LIFE
15:55	DECREASE YOUR STRESS HORMONES, INCREASE YOUR HAPPINESS HORMONES Sharon Kolkka, leading voice, consultant and advisor in the field of wellness	HOW TO MAKE HAPPINESS STICK FOR EVERYONE Dr. William DeJean, inspiring educator and Founder, Unleash Learning™
16:05	ITSY BITSY HABITS FOR WELLBEING Michele Chevalley Hedge, nutritional medicine practitioner; author of <i>Eat, Drink and Still Shrink - a joyful guide to living</i>	THE POSITIVITY PRESCRIPTION Dr Suzy Green, leader in the fields of Coaching Psychology and Positive Psychology; Founder of The Positivity Institute
16:15	PERFECT MOTION: HOW WALKING MAKES US WISER Dr Jono Lineen, storyteller, walker, and author of <i>Perfect Motion</i> ; curator, National Museum of Australia	CHANGE FOR GOOD Shannon Harvey, award-winning documentary filmmaker and author of <i>My Year of Living Mindfully</i> and <i>The Whole Health Life</i>

16:25	<p>FIRESIDE CHAT: HOW THE MIND-BODY CONNECTION AFFECTS YOUR WELLBEING</p> <ul style="list-style-type: none"> • Sharon Kolkka, leading voice, consultant and advisor in the field of wellness • Michele Chevalley Hedge, nutritional medicine practitioner; author of <i>Eat, Drink and Still Shrink</i> - a joyful guide to living • Dr Jono Lineen, storyteller, walker, and author of <i>Perfect Motion</i>; curator, National Museum of Australia 	<p>FIRESIDE CHAT: PUTTING IT INTO PRACTICE - CREATING A PLAN FOR CHANGE</p> <ul style="list-style-type: none"> • Dr. William DeJean, inspiring educator and Founder, Unleash Learning™ • Dr Suzy Green, leader in the fields of Coaching Psychology and Positive Psychology; Founder of The Positivity Institute • Shannon Harvey, award-winning documentary filmmaker and author of <i>My Year of Living Mindfully</i> and <i>The Whole Health Life</i>
16:40 - 17:30	<p>PLENARY SESSION #4 - DAY 1</p>	
16:40	<p>MICRO HABITS FOR REGAINING ENERGY AND VITALITY Duncan Young, Head of Workplace Health and Wellbeing, Lendlease</p>	
16:55	<p>PERSONAL STORY: MY GARDEN PATH Costa Georgiadis, much loved host of ABC TV's <i>Gardening Australia</i> with an all-consuming passion for plants and people</p>	
17:10	<p>TAME YOUR INNER CRITIC Clare Bowditch, music maker, story baker and educator</p>	
17:30	<p>CLOSE OF DAY 1</p>	
17:30 - 18:00	<p>BOOKSHOP, MARKETPLACE & NETWORKING</p>	
17:40 - 19:30	<p>POST-CONFERENCE FILM SCREENING: MY YEAR OF LIVING MINDFULLY</p>	
17:40	<p>INTRODUCTION WITH THE FILMMAKER Shannon Harvey, award-winning documentary filmmaker and author of <i>My Year of Living Mindfully</i> and <i>The Whole Health Life</i></p>	
17:50	<p>FILM SCREENING: MY YEAR OF LIVING MINDFULLY (1hr 38m) NOTE: Screening will be available for on demand viewing from 17:50 until midnight</p>	

DAY 2: FRIDAY 20 NOVEMBER 2020

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08:15	EARLY MORNING MEDITATION COMING HOME TO YOUR BODY David Michie, meditation coach and internationally best-selling author of <i>The Dalai Lama's Cat</i> series, <i>Buddhism for Busy People</i> and other titles
08:30	BOOKSHOP, MARKETPLACE & NETWORKING
08:45	OPENING REMARKS
08:50	THE MAGIC OF MUSIC James Morrison at Happiness & Its Causes 2014
09:00 - 11:25	PLENARY SESSION #1 - DAY 2
09:00	WELCOME: WHY HOSPITALITY IS THE ANSWER TO SOME OF THE WORLD'S MOST PRESSING PROBLEMS Dr Robert Biswas-Diener, pioneer in the application of positive psychology and leading authority on strengths, culture, courage and happiness, USA
09:20	POSITIVITY RESONANCE: UNDERSTANDING EVERYDAY LOVE Professor Barbara Fredrickson, acclaimed positive emotions researcher and best-selling author of <i>Positivity</i> and <i>Love 2.0</i> , USA
09:40	MEANING AND HAPPINESS: WHAT'S THE DIFFERENCE? Professor Roy Baumeister, one of the most influential and highly cited psychologists in the world, USA
10:00	FIRESIDE CHAT: WHAT MAKES FOR A LIFE WELL LIVED? <ul style="list-style-type: none">• Professor Barbara Fredrickson, acclaimed positive emotions researcher and best-selling author of <i>Positivity</i> and <i>Love 2.0</i>, USA• Professor Roy Baumeister, one of the most influential and highly cited psychologists in the world, USA
10:20	FRAZZLED: HOW THE SCIENCE OF MINDFULNESS CAN HELP Ruby Wax OBE, best-selling author, writer and performer of her own BBC shows and award winning one-woman theatre shows, and mental health warrior, UK
10:40	IN CONVERSATION WITH RICHARD WISEMAN Professor Richard Wiseman, described by Scientific American as 'the most interesting and innovative experimental psychologist in the world today', UK Moderator: Shannon Harvey, award-winning documentary filmmaker and author of <i>My Year of Living Mindfully</i> and <i>The Whole Health Life</i>
11:00	TWO MINUTE MOVES Lizzy Williamson, personal trainer and fitness guru, author of <i>Two Minute Moves</i>
11:05	BUILDING RESILIENCE 2.0: HAPPINESS IN DIFFICULT TIMES Dr Tal Ben-Shahar, acclaimed positive psychology lecturer and best-selling author, who taught Harvard University's most popular and life-changing course, USA
11:25 - 11:40	BREAKOUT SESSIONS, BOOKSHOP, MARKETPLACE & NETWORKING

SPEAKER Q & A/ACTIVITIES - CONCURRENT SESSIONS

Your opportunity to ask a question to keynote speakers, join in a movement class or a meditation session.

11:25 -
11:40

SPEAKER Q & A #1 with
TAL BEN-SHAHAR
Moderator: **Suzy Green**

SPEAKER Q & A #2 with
ROBERT BISWAS-DIENER
Moderator: **Sue Langley**

**DANCE YOURSELF
HAPPY** with
Lizzy Williamson

**EARTH CONNECTION
MEDITATION** with
Jamie Marloo Thomas

11:40 -
12:45

PLENARY SESSION #2 - DAY 2

11:40

BEING BRAVE IN THE FACE OF UNCERTAINTY

Ven Robina Courtin, inspiring Buddhist nun and founder, Liberation Prison Project, **USA**

12:00

THREE WAYS TO COPE WITH UNCERTAINTY

Dr Christine Carter, sociologist, author, happiness and productivity expert, UC Berkeley's Greater Good Science Center, **USA**

12:20

PANEL: HOW CAN WE MAKE THE WORLD A BETTER PLACE?

- **Dr Tal Ben-Shahar**, acclaimed positive psychology lecturer and best-selling author, who taught Harvard University's most popular and life-changing course, **USA**
- **Dr Robert Biswas-Diener**, pioneer in the application of positive psychology and leading authority on strengths, culture, courage and happiness, **USA**
- **Ven Robina Courtin**, inspiring Buddhist nun and founder, Liberation Prison Project, **USA**
- **Dr Christine Carter**, sociologist, author, happiness and productivity expert, UC Berkeley's Greater Good Science Center, **USA**

Moderator: **Sophie Scott**, National Medical Reporter, ABC TV

12:40

ALVINU MALKEINU (HYMN OF COMPASSION)

Lior at Happiness & Its Causes 2015

12:45 -
13:00

BREAKOUT SESSIONS, BOOKSHOP, MARKETPLACE & NETWORKING

SPEAKER Q & A/ACTIVITIES - CONCURRENT SESSIONS

Your opportunity to ask a question to keynote speakers, join in a laughter yoga class or a meditation session.

12:45 -
13:00

SPEAKER Q & A #1 with
VEN ROBINA COURTIN
Moderator: **Sue Langley**

SPEAKER Q & A #2 with
CHRISTINE CARTER
Moderator: **Toni Noble**

LAUGHTER YOGA
with **Cris Popp**

**BEFRIENDING THE
MOMENT MEDITATION**
with **Evan Sutter**

13:00 -
14:50

PLENARY SESSION #3 - DAY 2

13:00

PERSONAL STORY: HOW RECONNECTING TO EARTH, SELF AND SPIRIT SAVED MY LIFE

Jamie Marloo Thomas, proud GunaiKurnai man and Maara descendant, Storyteller and Creator of Wayapa Wuurrk

13:15

HOW TO RECONNECT WITH NATURE: SOME PRACTICAL TIPS FOR CITY-DWELLERS

David Michie, meditation coach and internationally best-selling author of *The Dalai Lama's Cat* series, *Buddhism for Busy People* and other titles

13:30

FIRESIDE CHAT: HOW CAN WE SHIFT OUR RELATIONSHIP WITH THE EARTH?

- **Jamie Marloo Thomas**, proud GunaiKurnai man and Maara descendant, Storyteller and Creator of Wayapa Wuurrk
- **David Michie**, meditation coach and internationally best-selling author of *The Dalai Lama's Cat* series, *Buddhism for Busy People* and other titles

13:45

CREATING THE WORLD WE WANT TO LIVE IN: HOW POSITIVE PSYCHOLOGY CAN BUILD A BRIGHTER FUTURE

Professor Felicia A Huppert, Emeritus Professor of Psychology and Founding Director of the Well-being Institute, University of Cambridge, **UK**

14:00	PREVENTING AND MANAGING BURNOUT IN TIMES OF STRESS AND UNCERTAINTY Jennifer Moss , award-winning journalist and expert on happiness and emotional intelligence in the workplace, Canada
14:15	TRANSFORMING DIFFICULT EMOTIONS INTO INSIGHT AT WORK Dr Eve Ekman , leading researcher and trainer in emotional awareness, empathy, compassion, mindfulness and meaning at work, USA
14:30	FIRESIDE CHAT: HOW TO CREATE A HAPPY & HEALTHY WORKPLACE <ul style="list-style-type: none"> • Professor Felicia A Huppert, Emeritus Professor of Psychology and Founding Director of the Well-being Institute, University of Cambridge, UK • Jennifer Moss, award-winning journalist and expert on happiness and emotional intelligence in the workplace, Canada • Dr Eve Ekman, leading researcher and trainer in emotional awareness, empathy, compassion, mindfulness and meaning at work, USA
14:45	TWO MINUTE MOVES Lizzy Williamson , personal trainer and fitness guru, author of <i>Two Minute Moves</i>

SHORT BITES: CONCURRENT SESSIONS

14:50 - 15:55	SHORT BITES 1: MANAGING YOUR EMOTIONS	SHORT BITES 2: FINDING STRENGTH IN THE FACE OF CHALLENGES
14:50	EMOTIONS ARE DATA – WHAT ARE YOURS TRYING TO TELL YOU? Sue Langley , master trainer and leading advisor in the practical application of positive psychology	HOW FAMILIES CAN STAY STRONG DURING COVID Professor Lea Waters AM , world expert in education and parenting and Founding Director of the Centre for Positive Psychology at the University of Melbourne
15:00	ALL YOU ARE IS A MOOD – SO WHAT MOODS WOULD BETTER SERVE YOU? Bernard Desmidt , author <i>Inside-Out Leadership</i> and accomplished executive leadership coach	CULTIVATING HOPE IN DIFFICULT TIMES Professor Toni Noble , leading teacher, educator and psychologist in student wellbeing and positive education
15:10	USING THE MIND STRENGTH METHOD TO CURB ANXIETY Dr Jodie Lowinger , clinical psychologist passionate about sharing her expertise in managing anxiety and building resilience	PERSONAL STORY: WHENEVER YOU FALL, PICK SOMETHING UP Cris Popp , one of Australia’s leading proponents of resilience and expert on getting up more times than you fall over
15:20	FIRESIDE CHAT: HOW CAN WE IMPROVE OUR EMOTIONAL AGILITY? <ul style="list-style-type: none"> • Sue Langley, master trainer and leading advisor in the practical application of positive psychology • Bernard Desmidt, author <i>Inside-Out Leadership</i> and accomplished executive leadership coach • Dr Jodie Lowinger, clinical psychologist passionate about sharing her expertise in managing anxiety and building resilience 	FIRESIDE CHAT: HOW CAN WE FIND SILVER LININGS? <ul style="list-style-type: none"> • Professor Toni Noble, leading teacher, educator and psychologist in student wellbeing and positive education • Cris Popp, one of Australia’s leading proponents of resilience and expert on getting up more times than you fall over • Petrea King, mind-body healing pioneer; Founder and CEO, Quest for Life Foundation
15:35	MINDFULNESS ON THE FRONTLINE: HELPING US SERVE IN TURBULENT TIMES Dr Reena Kotecha , inspiring medical doctor and employee wellbeing expert; Founder, Mindful Medics, UK	CULTIVATING A KINDER WORLD THROUGH DEEPER LISTENING TO SELF AND OTHERS Nickolas Yu , Founder, Slow Coach; Program Manager for Staff Wellness and Patient & Family-Centred Care, Sydney Local Health District

15:55 - 17:30	PLENARY SESSION #4 - DAY 2
15:55	TWO MINUTE MOVES Lizzy Williamson , personal trainer and fitness guru, author of <i>Two Minute Moves</i>
16:00	GLIDE: TAKING THE PANIC OUT OF MODERN LIVING Lisa Forrest , swimming champion, Australian Olympian, and Commonwealth Games dual gold medallist; mental skills coach and author
16:15	AWAKE: THE ART OF LIVING A FULL, EXAMINED LIFE Evan Sutter , author, coach and founder of Hapzly, an organisation creating tools and initiatives to help make the world happier
16:30	WORD WISE: HOW MINDFUL WORD CHOICES CAN SPARK CONNECTION Will Jelbert , writer, communications consultant and coach; best-selling author of <i>The Happiness Animal</i>
16:45	PERSONAL STORY: HOW DROPPING PERFECTION AND EMBRACING THE FULL HUMAN CATASTROPHE CAN CHANGE YOUR LIFE Gillian Coutts , mindful leadership consultant and an Australian Country Director of Potential Project
17:00	THE POWER OF SUFFERING: GROWING THROUGH LIFE'S CRISES Dr David Roland , psychologist, founding member of Compassionate Mind Australia and best-selling author of <i>How I Rescued My Brain</i> and <i>The Power of Suffering</i>
17:15	WISDOM FROM YOUR FUTURE SELF Melli O'Brien , aka Mrs Mindfulness, respected meditation teacher and co-founder of Mindfulness.com
17:30 - 17:35	CLOSING REMARKS DAY 2
17:35 - 17:40	CLOSING PERFORMANCE The Rhythm Hunters at Happiness & Its Causes 2014
17:35 - 17:45	BOOKSHOP, MARKETPLACE & NETWORKING