



# CONFERENCE AGENDA

All times C.S.T.

## Thursday, October 6

- 9:00 to 9:15 a.m. **Michelle Kinder**, Executive Director, Momentous Institute  
Welcome
- 9:15 to 10:15 a.m. **Brené Brown**  
The Connection between Courage and Compassion
- 10:15 to 11:00 a.m. **Dacher Keltner**  
Survival of the Kindest
- 11:00 to 11:30 a.m. *Break / Book Signing*
- 11:30 to 12:15 p.m. **Meena Srinivasan**  
Learning IS Social and Emotional
- 12:15 to 1:45 p.m. *Lunch*  
(Keynote: 12:45 TO 1:30 P.M.)  
Keynote: **Daniel Goleman**  
Emotional Intelligence and Focus
- 1:45 to 2:30 p.m. **Kristen Neff**  
Self-Compassion and Well-Being
- 2:30 to 3:15 p.m. **Matthieu Ricard**  
The Key for a Better Society:  
Nurturing Altruism and Compassion in Children
- 3:15 to 3:45 p.m. **Matthieu Ricard and Richard Davidson**  
A Conversation with Matthieu Ricard and Richard Davidson
- 3:45 to 4:00 p.m. **Michelle Kinder**  
Closing
- 4:00 p.m. *Book Signing*

## Friday, October 7

- 9:00 to 9:15 a.m. **Michelle Kinder**, Executive Director, Momentous Institute  
Welcome
- 9:15 to 10:00 a.m. **Richard Davidson**  
Well-Being is a Skill: Applications to Children,  
Families and the Workplace
- 10:00 to 10:45 a.m. **Susan Kaiser Greenland**  
Mindfulness and Meditation for a Multi-Tasking Generation
- 10:45 to 11:15 a.m. *Break / Book Signing*
- 11:15 a.m. to 12:00 p.m. **Momentous Institute Staff**  
Stories of Compassion
- 12:00 to 1:15 p.m. *Lunch*  
(Lunchtime Entertainment: 12:20 to 12:50)  
**Barack Obama Male Leadership  
Academy Glee Club**
- 1:15 to 2:00 p.m. **Mary Helen Immordino-Yang**  
Emotions, Learning and the Brain: What We Need  
to Know About the Power of Feelings
- 2:00 to 2:45 p.m. **Lizzie Velásquez**  
Defining Your Future
- 2:45 to 3:00 p.m. **Michelle Kinder**  
Closing
- 3:00 to 3:30 p.m. *Book signing*