

Finding Emotional Freedom in Lockdown

Virtual Conference Schedule

1st & 2nd April

DAY 1: 10am – 9.30pm, Wednesday April 1st

*All times are GMT

TIME	TOPIC	SPEAKER
10:00 -10:30 am	Welcome & Conference overview	Brian Rubenstein
10:30 -11:30 am	Finding emotional freedom in lockdown	Terry Rubenstein
11:45 -12:30 am	Living in a world of security vs insecurity	Shoshanah Kahan
12:45 -1:30 pm	Your inbuilt compass - navigating back to innate wellbeing	Charlotta Lynch
1:30 - 2:30 pm	<i>Lunch Break</i>	
2:30 – 3:30 pm	Accessing wellbeing in the face of deep loss and grief	Alysia Valores in conversation with Terry Rubenstein
3:45 – 4:30 pm	Relationships workshop: Helping your family deal with fear and stress	Debbie Fisher
4:45 – 5:45 pm	Panel discussion: What the IHEART learning has to offer during a global pandemic	Dr Tia Kansara & Dr Arthur Rubenstein
5:45 – 7:15 pm	<i>Evening Break</i>	
7:15 – 8:15 pm	The future is an incomplete equation - the antidote to worry	Keith Blevens & Valda Monroe in conversation with Tzvi Werther
8:30 – 9:30 pm	Parenting workshop: Help, my kids are driving me mad! Keeping everyone sane in lockdown	Terry & Brian Rubenstein

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Uncovering resilience in the next generation

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IHEART Principles Ltd (registered charity: 1173025), is a non-profit organisation dedicated to educating young people about their natural resilience, innate health and mental wellbeing.

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Registered Office: 2nd Floor, 167-169 Great Portland Street London W1W 5PF

DAY 2: 10am – 9.30pm, Thursday April 2nd

*All times are GMT

TIME	TOPIC	SPEAKER
10:00 -11:00 am	Finding emotional freedom in lockdown, Part 2	John Scott & Terry Rubenstein
11:15 – 12:15 am	Relationships workshop: Getting along while living on top of each other	Dana Arenson & Stacey Levine
12:30 – 1:15 pm	Dealing with the challenging behaviour of our youth	Rani Chahal in conversation with John Scott
1:15 – 2:30 pm	<i>Lunch Break</i>	
2:30 – 3:45 pm	Panel discussion: A single global message for this time – teaching our children about their innate resilience	Heather Casselman (Seattle), Arron Poole (London), Sonia Grant (Scotland), Charlotta Lynch (Finland)
4:00 – 4:45 pm	Overcoming loneliness whilst in isolation	Shoshanah Kahan & Tzvi Werther
5:00 – 6:00 pm	Security in the midst of financial insecurity	Sandy Krot in conversation with Chantal Burns
6:00 – 7:30 pm	<i>Evening Break</i>	
7:30 – 8:15 pm	Educators/Parenting workshop: Leaving school suddenly – helping our children navigate this new reality	Zia Brooks & Debbie Fisher
8:30 - 9:00 pm	Looking ahead – future learning opportunities	Brian Rubenstein & Jeremy Bogush
9:00 – 9:30 pm	We have everything we need inside us - the extraordinary capacity of the human spirit	Terry Rubenstein

**Final schedule subject to change.

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