

World Happiness Fest brings inspiration and connection around the world

The City of North Miami Beach Capital of Happiness in 2023

MIAMI, FLORIDA, UNITED STATES OF AMERICA, April 14, 2023

/EINPresswire.com/ -- More than 196 speakers and experts, 102 facilitators, and 1640 participants gathered at the [FIU](#) (Florida International University) Biscayne Bay Campus in the City of North Miami Beach between March 23rd and the 25th to celebrate the annual largest and most diverse forum of happiness and wellbeing in the world that celebrates United Nations International Day of Happiness.



World Happiness Fest Opening and Proclamation

Changemakers, innovators, and experts from various fields gathered at the [World Happiness Fest](#), drawing hundreds of participants from across the globe to learn about the intersection of peace and happiness.

“

The only thing we ask of all the participants is to make a meaningful connection and co-create a new narrative, a new project to realize a world with freedom, consciousness, and happiness for all.”

Luis Gallardo. Founder & President of the World Happiness Foundation

Themed “Building New Narratives to Rising” featured panels, roundtable discussions, and physical activations to inspire business leaders, life coaches, and others to spark happiness in their work and life.

“We’re bringing people together to meet, share ideas, connect, and be inspired,” said Sungu Armagan, associate teaching professor of global leadership and management at FIU Business and one of the event’s hosts. “All of us have the opportunity to do something really special.”

The three-day World Happiness Fest kicked off March 23 at the FIU Biscayne Bay Campus. Over 111 FIU faculty and staff from 12 university units shared their insight and tools for change or

improvement.

“The Biscayne Campus exudes peace and happiness,” FIU President Kenneth Jessell said, welcoming participants on opening day. “We cannot be more proud to encourage and support wellness and happiness among FIU students, staff, faculty, and the community.”

Multiple activities took place to encourage participants to be curious, observe and make connections, such as Yoga, Kayaking, Rope Courses, Dancing, Boot Camps, Boat Tours in the Biscayne Bay, Curated Dinners, Bomb Fires at Oleta River State Park, Nature Bath Walks, Sound Healing, Standup Comedy, Movie Premieres such as Gratitude Revealed or Happiness Mock-tails prepared by students of the School of Hospitality.

The artist Silvia Parra created the activation Mandalas for Peace. All participants contributed to co-create a collective art installation merging the energies of peace and happiness to create a world with fundamental peace.

The format for the series of events required active participation. Each day began with a series of rapid roundtable sessions discussing the role of happiness in topics including blockchain, Web3, and sustainability. Participants moved to a new table and topic every 15 minutes at the sound of a gong.

Going deeper into the agenda, for example, Isabel Alfonsin-Vittoria, director of the Office of Employee Assistance at FIU, brought her expertise in mindfulness to her roundtable, “The Mindful Leader,” which she says is one of the most requested topics.

“Mindfulness has merged into the business world. It’s been studied for almost 35 years now,” said Alfonsin-Vittoria. “If you don’t manage your mind, you won’t get it to perform.”



World Happiness Fest Round Tables -Happytalismo



World Happiness Fest Logo

At the “Bringing Joy Into The Workplace” roundtable, Marc Weinstein, clinical professor of global leadership and management at FIU Business, brought his perspective on bad bosses.

“People make assumptions about their managers. Most of them don’t have good training,” said Weinstein.

He added that creating a space for two-way conversations and “constructive confrontation” is essential, training individuals to disagree constructively instead of punishing people for opposing opinions.

Longer, in-depth discussions took shape at panels held after lunch each of the three days.

During the “Social Media and Technology: The Art of Building Conversations & Community” panel, moderated by Nancy Richmond, associate teaching professor of marketing at FIU Business and one of the event organizers, participants led the conversation questioning their possible addiction to social media. “Belonging is a central part of the human condition,” said Richmond, adding that it’s essential to be mindful to connect in person. “Use technology to spark joy. This conference would not have happened without LinkedIn.”

As financial stability issues increase stress levels for many, Deanne Butchery, teaching professor of finance at FIU Business, moderated the “Peace of Mind through Financial Security” panel. Experts shared suggestions to increase savings, control spending and improve financial security.

“It’s incredibly difficult to focus on anything else without being secure,” said Chanel Rowe, managing partner at Uriel Law. “It frees up your mind when you’re not stressed about where your next meal or mortgage payment comes from.”

Looking at the future, Christy Sjoblom, a financial advisor at Pillar Wealth, highlighted two words as essential to financial wellness: self-control.

“You need self-control, as a business owner or an individual, to reach a higher level of self-actualization,” she said. “To have the means to move from a small house to that four-bedroom house; to leave your job and become an entrepreneur; to travel.”



Aside from panels and roundtables, participants could enjoy yoga, Zumba, kayaking, a boat tour of Biscayne Bay, and even a forest bathing walk along the natural preserves on campus.

“Happiness is in us; sometimes, we need somebody to guide us to get the ink out. That’s why we do World Happiness Fest,” said Luis Gallardo, founder of the [World Happiness Foundation](#) and the World Happiness Fest. “The only thing we ask of all the participants is that you make a meaningful connection and co-create a new narrative, a new project to realize a world with freedom, consciousness, and happiness for all.”

Proclamation by Mayor Anthony F. DeFillipo, and commissioners of the City of North Miami Beach:

WORLD HAPPINESS FOUNDATION, WORLD HAPPINESS FEST, and INTERNATIONAL DAY OF HAPPINESS

WHEREAS, the World Happiness Foundation, along with Founder and President Luis Gallardo, has a goal, vision, and mission to realize a world with freedom, consciousness, and happiness for all and the need to start embracing the desire for positive change and transition to fundamental peace; and

WHEREAS, the World Happiness Foundation builds awareness about well-being and global happiness by striving to maximize everyone’s full potential and celebrates and elevates individuals and communities that make this planet a happier place; and

WHEREAS, the World Happiness Fest is the most diverse and polycentric event and forum regarding happiness to unite leading experts and passionate activists from the fields of health, business, education, technology, governance and public policy, religion, spirituality, media and communications, art, music, and sports; and

WHEREAS, the World Happiness Fest achieves to building new narratives to rising and finding the purpose and meaning of life while providing themes and topics with actionable information that will change and improve lives forever; and

WHEREAS, the International Day of Happiness, established by the United Nations General Assembly, is an annual celebration to make people around the world realize the vital and essential importance of happiness in their lives.

NOW, THEREFORE, We, the Mayor and Commission of the City of North Miami Beach, Florida do hereby recognize and honor the WORLD HAPPINESS FOUNDATION and the WORLD HAPPINESS FEST on March 23-25, 2023 at the FIU Biscayne Bay Campus for transforming lives through dedicated and devoted efforts, activities, programs, and sessions.

Speakers, Guides, and Artists included:

Luis Gallardo
Kenneth A. Jessell
Bill Hardin
Brian Schriner
Juan Carlos Espinosa
Sungu Armagan
Deepak Ohri
Nancy Richmond
Harley K. Dubois
Louis Schwartzberg
Pilar Sordo
Mavis Tsai
Laura Calderón de la Barca
Raj Raghunathan
Mohit Mukherjee
Loretta Breuning
Vandana Shiva
John H. Helliwell
Jeffrey Sachs
Saamdu Chetri
Treble In Paradise A Cappella
Natalia Montalvo
Gillian Mandich
Dashama
Vibha
Alicia Boymelgreen (Aron)
Yogacharya Dr. Ananda Balayogi Bhavanani
Ahmed Abdellah
Tatianna Adkins
Bayo Akomolafe
Nicolo Alaimo
Isabel Alfonsin-Vittoria
Priyanka Alluri
M. Hadi Amini
Matt Anderson
Suely Piraino Argianas
Julio Bague
Samantha Barquin
Honiara & Karen Barrios
Mayra Beers
Janine Benyus
Andrise Bernard

Erbi Blanco-True
Lourdes Botana
Emmanuele Bowles
Nicolas Boyon
Michael Burtov
Deanne Butchey
Digna Cabral
Carl J. Calleman
Alexia Camacho
Darren Cantrelle
Katherina Capra
Flavio Carrillo
Rodolfo Carrillo
Alex de Carvalho
Craig Chalquist
Dimitry Saïd Chamy
Andrea Chan
Aneel Chima
Harold Clayton
Roxana Corradino
Karen Costello-Wilder
Andrea Cuadra
Gianni D'Alerta
Suzanne Daigle
Sabine Dantus
Troy Davidson
Paula Dinaro
B.J. Duncan
Newton D'souza
Silvia Elaluf-Calderwood
Lisa Elsinger
Jose Faria
Steven Forrest
Valerie Freilich
Victor Gonzalez Galeano
Pedro Galvan
V́ctor Hugo Rojas Garro
Cristian Gaviria
Anuradha Godavarty
Joan Marie Godoy
Leon Gomez
Mirna G. González
Emily Gresham

Marlene Groomes
Wendy Guess
Robert Hacker
Sarah J. Hammill
Alexis Harris
Maria Gilabert Hernando
Mónica López Hernando
Dr Paula Hopkins
Pilar Ibañez
Dr. Maria Ilcheva
Ye Ye Luisah Teish. Iyanifa.
Eugenio Jaramillo
Ilona Vega Jaramillo
Sri Sudarshan Jyotirmayananda
Christopher Kai
Tia Kansara
Jessica Kizorek
John Kominoski
Rob Krecak
Laura J. Kurtzberg
Izarbe Lafuerza
Nadleen Laleau
Scarlett Lanzas
Todd Lengnick
Arturo Leon
Lisa LeSuer
Joseph Lichter
Ivan R. Lopez
Meghan Hendley Lopez
Felipe Lopez
Sophie Loureiro
Sarah MacMillan
Niurca Márquez
Elizabeth Marsh
Nancy Martinez
Valeska Martins
Hernan Mayol
Woman Stands Shining (Pat McCabe)
Campbell McGrath
Rajiv Mehrotra
Geoffrey Meru
Emily Messina
Marya Meyer

Rafael Montilla
Dalismar Morales
Jessa de la Morena
Jenia Morrison
Jeremy Narby
Zoe Nikirk
Liliana Nunez
Megan Nyvold
Lauren Ortega
Silvia Parra
Latrice Payen
Tania Santiago Perez
Mihaela Plugarasu
Tonia Porter
Shakti Radhakishun
Arathi Ramappa
Jessica Ramella-Roman
Gregory Murad Reis
Rachel Ritchie
Jose Rocha
Laura Guren Rodriguez
Donald Roomes
Chanel Rowe
Kerry-Ann Royes
Sangeeta Sahi
Yovanka Sanchez
Michael Sani
Adriana Santos
Arun Sardana
Amelia D. Saul
Bernardo Scheinkman
Charles Scott
Henry Seltzer
Sunita Singh Sengupta
Christiana Serle
Sphurti Sewak
Nithya Shanti
Oren Shibi
Edith Shiro
Gladys Simpson
Jayati Sinha
Christine E. Sjoblom
Jason T. Smith

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Evelyn Spivey
Les Standiford
Lili Steiner
Alexander Stevenson
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Yulia Strokova
Roberto Suarez
Stephanie Sylvestre
Becca Tarnas
Richard Tarnas
Amny Acosta Then
Stephan K Thieringe
Sonam Tobgye
Satheesh Bojja Venkatakrishnan
John L. Volakis
Julie Marie Wade
James R. Webb
Amber Webber
Andreina Weichselbaumer
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