



Expanding Empathy for Creativity and Connection

28 September 2021 9am-12pm PT

OPENING & WELCOME
 9:00 - 9:15 PT

ALLYSHIP: Responding vs. Reacting
 Founder **Ray Arata** to set context for listening, and connecting for empathy and allyship.

INTERACTIVE EXERCISE
 9:15 - 9:30 PT

Where Mindfulness Meets the Heart
Jason Gant, Mindfulness and EQ Coach, leads us through an experiential practice.
**Interactive exercise*

KEYNOTE
 9:30 - 10:05 PT

Listening vs Hearing — Setting The Distinction For Human Connection, Empathy And Compassion
Mark Christofaro, co-founder and CEO of the ListenFirst Group
**10 minutes LIVE Q&A*

FIRESIDE CHAT
 10:05 - 10:30 PT

Calling Out vs. Calling In: The benefits of “calling in” cancel culture for connection and healing with **Loan Tran**, organizer, writer, and educator, with **Jennifer Brown**, entrepreneur, speaker, author, and diversity and inclusion expert.
**10 minutes LIVE Q&A*

BREAK
 10:30 - 10:40 PT

10 Minute Break

WORKSHOP EXPERIENCE
 10:40 - 11:15 PT

Nita Baum, founder, b*free, will lead an embodied conversation exploring how listening to ourselves is a key to empathy and connection with those around us.
**10 minutes LIVE Q&A*

PANEL DISCUSSION
 11:15 - 11:50 PT

TOOLKIT CONVERSATION LISTENING AS AN ALLY

Moderated by **Eduardo Placer**, founder, Fearless Communicators
with panelists:

- Ashu Bahkle**, Vice President, Engineering, Internet of Things Group @ Intel Corporation
- Nita Baum**, founder, b*free
- Mark Christofaro**, Co-founder and CEO of the ListenFirst Group
- Jason Gant**, Mindfulness and EQ Coach

Panelists will share their experiences with personal/professional breakdowns around listening and allyship, and reflect on their related victories around listening and allyship. The conversation will include learning and tools responsible for their victories.
**10 minutes LIVE Q&A*

WRAP UP
 11:50 - 12:00 PT

Closing and Commitment to new actions led by **Ray Arata**

2021 BETTER MAN CONFERENCE SPEAKERS



Ray Arata



Ashu Bahkle



Nita Baum



Jennifer Brown



Mark Christofaro



Jason Gant



Eduardo Placer



Loan Tran

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