

PROGRAM:
**IURISBALANCE: SPAIN'S CONTRIBUTION TO THE
INTERNATIONAL STRESS WEEK 2023**

Monday, October 30th

Presentation

09:30 AM P ALFREDO CARRERAS Alfredo Carreras: "CEO & Co-Founder @ Wellat Technologies - Reinventing customer engagement & wellbeing. Winners of Game Changers 2019 worldwide (Dell Technologies). Helping companies become the healthiest in the world, empowering employees to give their best with the most accurate SaaS engagement platform to promote healthy habits. Leader in international roles of Engagement and Business Intelligence in high-tech companies (HP, IBM, Microsoft, Dell)." JURISBALANCE Challenge "Launch of the JURISBALANCE Challenge during the international stress week.

Objectives:

- Promote physical activity and well-being among lawyers to relieve stress.
- Emphasize the importance of cooperation and co-competition among lawyers and law firms." #wellbeing, #technology

10:00 AM T JAVIER GAY DE LIÉBANA "Javier Gay de Liébana: ""UAB, UOC, PDD IESE, Pedagogical Manager of A.N.A. BCN (Association of Applied Neuroscience of Barcelona) Founding Member. Pedagogical Manager of WALKING FORMACIÓN. Professor at the Martí L'Humà Foundation of UAB.

Consultant and Trainer for Private and Public Companies. Former Executive with 30 years of experience having worked in Barcelona, Basque Country, Navarre, and Madrid. His goal, besides consultancy and training, is to ""share experiences"" and he reminds us that experience is the sum of our mistakes. Let's learn from them. He emphasizes the importance of our positive behavior in all aspects of our lives. Collaborates with the NGO, Petit Garraf. Specialist in Managerial Skills, Business Strategy, Communication, and Organizational Psychology. Soft skills, Stress, Emotional Intelligence. "" Stress and Resilient Personality #neuroscience

Presentation

04:30 PM P CRISTINA JARAMILLO Cristina Jaramillo: "Lawyer and Ontological Coach. Author of the book "The Intelligence Missing in Law. Emotional Skills for Lawyers." After 14 years as Legal and Compliance Manager in a multinational company, Cristina is dedicated to studying and applying the role of emotions in law and the well-being of those who practice it. She gives lectures and provides individual coaching for lawyers." The Missing Intelligence in Law Presentation of the book "The Intelligence Missing in Law." Introduction to the importance of consciously recognizing the role of emotions in legal practice in order to improve listening, empathy, and trust with clients and teams, as well as to increase personal well-being. #emotionalintelligence

05:00 PM T BEATRIZ FAGUNDO Beatriz Fagundo: Doctor in Cognitive Neuroscience. Dr. Fagundo is passionate about studying the brain and has spent the

last 25 years understanding the neural bases of memory, attention, decision-making, and emotions. Founder of the Barcelona Brain Stimulation Center, she has extensive teaching and research experience. Her interest in the business world led her to complete the EMBA at IESE Business School and found her own company specializing in Applied Neuroscience (Emosynap). In 2014, she received the Award Coste Action Scientific Meeting and Training School from the "European Cooperation in Science and Technology"; in 2013, the Early Career Investigator Award from the Academy for Eating Disorders; and since 2019, she is part of the "DIGITAL MEDIA AND HUMAN WELL-BEING" Expert Committee, created by the European Commission to study the effects of new technologies on the brain. Stress, Brain, and Decision-Making: How does the brain function when feeling threatened? Our brain is prepared to react to stressful situations or those perceived as a threat. However, this stress response, which was an adaptive advantage when it occurred for a short period of time, turns against us when it becomes chronic stress. We are not designed to live permanently in a state of alertness. In this workshop, we will learn why failure affects us, how we can adapt and make decisions in changing and demanding environments, and why we struggle to decide in uncertain situations and how to manage it. #neuroscience

Tuesday, October 31st

Presentation

09:30 AM P FRANCISCO FABÁ - #compliance,

10:00 AM T MABEL CUETO - - #digitaldetox #labourrights

Presentation

04:30 PM P ESTHER VERONA-MARTINEZ & LAURA FERRÁNDIZ "Esther Verona-Martínez: Lawyer with 19 years of practice: European Parliament, Garrigues, Enagás, and PDD IESE. Accredited Instructor of MBSR (Mindfulness-Based Stress Reduction) certified by the IMTA (International Mindfulness Teachers Association). Expert in Mindfulness by the RJC University. Collaborations and programs for clients such as La Caixa, Mahou, Hospital Universitario 12 de Octubre, Hospital Universitario de Móstoles, and firms like Pinsent Masons, Ambar Partners, Ortega Condomines Abogados. Member of the Spanish Association of MBSR Instructors. Accompaniment in Mourning and End of Life and volunteering with the SADIM association.

Laura Ferrándiz: ""Lawyer with 19 years of practice: Martell, lawyers, CajaMadrid (Bankia), and Ferrándiz lawyers, S.L. Accredited Instructor of M.B.S.R. (Mindfulness-Based Stress Reduction) from Brown University. Certified Instructor of the C.C.T. (Compassion Cultivation Program) from Stanford University. Collaborator of the Polytechnic University of Madrid in a training program for Doctoral candidates and programs for clients such as La Caixa, Mahou, Hospital Universitario 12 de Octubre, Hospital Universitario de Móstoles, and firms like Pinsent Masons, Ambar Partners, Ortega Condomines Abogados. She is responsible for Mindfulness at The Social Hub Madrid. She leads group training and conducts individual sessions based on Mindfulness and Compassion.""

" Excellence vs. Unhealthy Self-Demand One quality of the legal profession is rigor and the pursuit of excellence in every matter. Excellence is a virtue, and at the same time, if it becomes too rigid, it can generate wear and tear and a lot of fatigue.

Mindfulness allows us to realize when we are exhausting ourselves and helps us soften our internal self-criticism and avoid adding unnecessary bodily tension. You can continue to excel and still take care of yourself. #mindfulness

05:00 PM T CRISTINA JARAMILLO [See above] I Don't Have Time "NO TIME" This is a phrase commonly used by lawyers who feel that the day is too short and that the hours in the day are to blame for our busy schedule.

With this workshop, we aim to show that time management goes beyond managing a schedule, but it also involves recognizing our emotions and, above all, having clear priorities. And what if I feel stressed? In addition to seeing how I perceive the situation, with Mindfulness, we can self-regulate to balance the nervous system and help calm the mind. Breathing is the calm button. #limitingbeliefs

Wednesday, November 1st

Presentation

09:00 AM M CAROLE SPIERS -CHARLOTTE TURNBULL, BERNHARD SCHIEBER - FRANCISCO FABA - CAROLINA CAPARRÓS Carole Spiers: "President of the International Stress Management Association [UK]. Founder of National Stress Awareness Day [1998], which expanded to International Stress Awareness Week in 2018 to celebrate its 20th anniversary. Member/Former President: Professional Speaking Association, London. Worked with some of the world's leading organizations, including Accenture, AXA, Debenhams, Emirates Airlines, Givaudan, Goldman Sachs, IBM, and Walt Disney. Published several articles on workplace stress, appearing as an expert on stress management in major media outlets such as BBC, ITV, LBC, and Sky." Round Table: Resilience Training for Lawyers: Thriving Amidst Stressors A panel discussion focused on addressing a critical concern within the legal profession: the overwhelming levels of stress and anxiety experienced by lawyers. #stress, #burnout

10:00 AM T KORO CANTABRANA "Koro Cantabrana: Director of the Stress Institute, journalist, coach, and writer. She has published 5 books to date. Her latest book, Hidden Stress, highlights limiting beliefs that lead us to live with stress.

She has been working as a coach for over 20 years, especially for elite athletes and executives. She defines herself as a professional "enjoyer," which she defines as one of the "antidotes to stress." "Hidden Stress and Mindset in Law "We are not aware that we are stressed until it takes a toll on us. The problem is that when the bill arrives, the price is very high." "As we think, we live. That's why discovering what our mindset is, the one that moves us and activates us, but also conditions and limits us, is essential to change mental and physical habits that cause us stress and do it easily." #stress

Presentation

04:30 PM P RAÚL ALELÚ-PAZ Raúl Alelú-Paz: Scientist, university professor, programmer, and Co-founder of various technology startups applying AI: Neuroscience and AI to improve talent retention in companies; Analysis of psychosocial risks and prediction of the appearance of psychological problems. Integrating AI and Psychology for mental health. Director of the Clinical Division of an Advanced Biomedical Research Laboratory working on finding cures for serious diseases. Works from complexity models in different fields of knowledge. Artificial

Intelligence, Mental Health, and Science: Towards a New Paradigm in the 21st Century "How does stress affect us? Can a health problem lead to a mental disorder or a physical illness? What importance can Artificial Intelligence (AI) have in the field of mental health? The outbreak of the pandemic caused by SARS-CoV-2 has led, among other things, to a significant increase in mental health problems in the general population. The intrinsic difficulty of assessments and therapies, along with the lack of both public and private resources, makes the development of new approaches necessary, where AI will play a leading role. In this talk, we will discuss advances in this field and comment on those that are yet to come and promise to revolutionize Psychology and Psychiatry as we understand them." #artificialintelligence

05:00 PM M CARLOS CENALMOR & ANNA M. SELLS & CAROLINA CAPARRÓS

"Anna M. Sells: ""Strategic consultant for high-impact executives, conscious entrepreneur, and lawyer. Partner at Ambar Partners, specializing in real estate law. Certified Legal Coach by the EMCC. Mentor for MBA and HR executives at UNIR. Passionate about self-awareness, she offers disruptive emotional strategic consultancy sessions to the market. Dreams of reducing collective suffering in the legal sector and other high-performance sectors.""

Carolina Caparrós: First female labor lawyer at the corporate legal firm Garrigues in Spain. HR Executive and member of the management committee at large multinational companies: Pepsico Beverages, IKEA, Sun Microsystems, Dell Computers, and Cosentino Group. Committed to innovation in well-being and productivity in organizations. Focuses on training middle managers and executives, internal communication, and psychosocial risk prevention. Pioneer in psychosocial risk prevention, she implemented measures related to psychological well-being over 20 years ago, including having a doctor on-site, yoga and meditation practices. She introduced a psychologist available 24 hours for employees and their families in an industrial company 10 years ago, chiropractic services, and E.F.T to support the well-being and recovery of employees and executives. Responsible for the diversity area in EMEA to create work environments conducive to the development of workers, convinced by her own and others' experience that if managers take care of people, they will take care of our businesses. Founder of Talentodirect.com, a digital marketplace aimed at providing international experts' best management and professional development practices to SMEs at affordable prices. Over 20 years of teaching experience in various institutions and companies. Honorary Coach by the University of Almeria.

Carlos Cenalmor: " Cooperation and Teamwork in Law Firms Cooperation and teamwork in law firms: Exploring how teamwork in law firms can contribute to relieving stress and anxiety for individual lawyers, through the perspective of a psychologist, a lawyer, and a psychiatrist. #cooperation

Thursday, November 2nd

Presentation

09:30 AM P Madrid Bar Association ICAM Well-being programs

10:30 AM T BERNHARD SCHIEBER **Bernhard Schieber:** Counselor, Coach & Senior Mentor trilingual and international | DPC Deep Personal Change & TPC Transpersonal Communication | Human Research | Chief Operating Officer LATAM & Spain at Innovia Behavioral Health. Expert in creating communication and training environments to solve communication and structural problems in companies, groups, and individuals. Directs integrative health spaces and gives lectures on communication, leadership, teamwork, conflict resolution, and personal growth. Combines international business and executive coaching with support in overcoming addictions, burnout, and recovery after suicide attempts. Burnout: Rising from the Ashes Practical and experiential workshop to identify the first symptoms and thereby prevent and manage burnout, as well as provide tools for recovery in case it is experienced.

Presentation

04:30 PM P ALBA ROCOSA & ALEXANDRA SIN "Alba Rocosa: Over more than 10 years of experience, Alba has had the opportunity to advise companies and individuals in all kinds of situations and conflicts that arise in their employment relationships. Legal Coach, Collaborative Lawyer, and trained in Mindfulness and conscious movement. Co-founder of the Conscious Law Association and has a podcast and YouTube channel "Abogacía y Conciencia" (Law and Consciousness) with Alejandra Sin where they share experiences of conscious legal professionals, amplifying a law in the service of peace. Currently, through the Conscious Law program, she accompanies professionals who want to know themselves and rediscover the essence of law in a more conscious way.

Alexandra Sin: Lawyer with >13 years of experience in legal advice and litigation for companies and individuals. Specialized in litigation and commercial and civil advice. Comprehensive perspective of the sector due to work in prestigious law firms (Clavé Serés, Garrigues, Fieldfisher). Interested in human development and personal and corporate transformation. Incorporates principles and tools of consciousness and spirituality that can lead to innovative legal solutions. Trained in transformational legal coaching, collaborative law, emotional management techniques, psychotherapy, and energy healing. Firmly believes that the well-being of legal professionals significantly influences how they treat and achieve results for clients, colleagues, and personal relationships. Aims to help and support other lawyers and legal professionals on their journey. Co-founder of the Conscious Law Association and the podcast and YouTube channel Law and Consciousness with Alba Rocosa.

" Building a New Legal Practice "From the Conscious Law Association, we propose a meeting to activate collective intelligence. An invitation to share the challenges and struggles of our profession.

A reflection on our responsibility towards the legal practice we want to build.

Are you joining?" #consciouslaw

05:00 PM T ESTHER VERONA-MARTINEZ & LAURA FERRÁNDIZ [See above] Mindfulness Capsule: Observe, Think, and Then Act One of the activators of the stress mechanism is perception. In this workshop, we will observe how our perception of things can condition our experience and how, through the practice of Mindfulness, we

can expand our perception to be more connected with the reality of things and make good decisions according to the context. #mindfulness

Friday, November 3rd

Presentation

09:30 AM P DANI CRUZADO "Dani Cruzado: ""With over 25 years of experience working for industries, legal, healthcare, public administration, services, and retail sectors, providing cybersecurity and data protection solutions.

Focus on data governance as the guiding principle to establish a strong data protection plan for the most valuable asset, data, from the use of cyber intelligence to anticipate a cyber attack to the highest level of information protection to achieve its immutability. "" Strengthening Cyber Intelligence An Integrated Approach to Data Governance, Classification, Security, and Data Protection. #cybersecurity

10:00 AM T JOSUÉ RIVERA Josué Rivera: National sales director, certified as Group B according to current DGS regulations. Also an external collaborator of Ahorro y Protección GG, a leading company in education and financial planning within the Galilea Group, the first national insurance mediation group with over 80 years of experience. But above all, I am a father of 8 daughters and president of the Association of Large Families in the southern Madrid region. Financial Education for Your Peace of Mind "At the end of the workshop, the person will be able to: Learn how proper financial planning works. Know how to better manage money. Understand the difference between guarantee and security. Learn to invest properly by dispersing risks. Know all the changes made in public pension reforms. Know the differences between a pension plan and other much better products. Understand the taxation of all savings products. Have a close estimate of what your pension will be.

Financial success depends on financial intelligence, and financial intelligence depends on financial education." #finance

Presentation

04:30 PM P LAURA CEBRIAN Laura Cebrian: "Strategic consultant for high-impact executives, conscious entrepreneur, and lawyer. Partner at Ambar Partners, specializing in real estate law. Certified Legal Coach by the EMCC. Mentor for MBA and HR executives at UNIR. Passionate about self-awareness, she offers disruptive emotional strategic consultancy sessions to the market. Dreams of reducing collective suffering in the legal sector and other high-performance sectors." Your Emotional Patrimony I reveal the keys to help you find the limiting beliefs that prevent you from moving forward and keep you in suffering and stress, based on a proven methodology and personally experienced. #limitingbeliefs

05:00 PM CLOSING Acknowledgments and closing of the week
#jurisbalancechallenge