

# IMMERSIVE

DIGITAL COACHING SUMMIT 2020

February 5 - 7, 2021

## CONFERENCE SCHEDULE

### EVENT TRADING TIMES:

5th February: 12pm - 6pm HST / 2pm - 8pm PST / 5pm - 11pm EST

6th February: 6am - 6pm HST / 8am - 8pm PST / 11am - 11pm EST

7th February: 6am - 3pm HST / 8am - 5pm PST / 11am - 8pm EST

## DAY ONE

### SPEAKERS



PAUL DROUIN, M.D., IMD



PATRICK PORTER, PH.D.



TODD SINGLETON, D.C.

### SCHEDULE

**12:00 PM HST, 2:00 PM PST, 5:00 PM EST**

#### THE BOARDWALK OPENS

Meet the sponsors and exhibitors in your free time, engage with their products and interact with their virtual onsite staff.

**1:00 PM HST, 3:00 PM PST, 6:00 PM EST**

#### DIGITAL MEDICINE

Watch Kahu Ka`imiloa Dahang's blessing for the Immersive Digital Coaching Summit followed by Dr. Paul Drouin, M.D., IMD conference on Digital Medicine.

**2:30 PM HST, 4:30 PM PST, 7:30 PM EST**

#### USING THE QUANTUM-SUPER LEARNING ADVANTAGE TO OPTIMIZE YOUR BRAIN AND PRACTICE

By Patrick Porter, PH.D

**3:33 PM HST, 5:33 PM PST, 8:33 PM EST**

#### THE GUT CONNECTION TO WEIGHT LOSS AND JOINT PAIN

By Todd Singleton, D.C.

**4:30 PM HST, 6:30 PM PST, 9:30 PM EST**

#### CONFERENCE ENDS

All Speaker Conferences have ended for the day, feel free to visit The Boardwalk until the event closes.

**6:00 PM HST, 8:00 PM PST, 11:00 PM EST**

#### DAY ONE ENDS

Boardwalk and Event closes for Day One

*\*Please note all times are approximate*

# DAY TWO

## SPEAKERS



CAROLINE LEAF, PH.D.



ARIEL GARTEN



ROLLIN MCCRATY, PH.D.



CODY RALL, M.D.



KELINA WOLFE



TERRY WRIGHT



ESTELLE THOMSON



CARLA BURNS, PH.D.

## SCHEDULE

**6:00 AM HST, 8:00 AM PST, 11:00 AM EST**

THE BOARDWALK OPENS

Take a visit to the Boardwalk OR head to the Conference Room for a 15 minute Noosphere Meditation followed by a brief Yoga Session with Estelle Thomson.

**7:00 AM HST, 9:00 AM PST, 12:00 PM EST**

TENDING THE MAGIC OF A HOME YOGA PRACTICE  
By Estelle Thomson

**8:00 AM HST, 10:00 AM PST, 1:00 PM EST**

5 STEPS TO AWAKE YOUR INNER HEALER  
By Carla Burns, PH.D.

**8:45 AM HST, 10:45 AM PST, 1:45 PM EST**

COACHING WITH 'QOACH' WELLNESS APPLICATION  
By Academic Advisor, Kelina Wolfe

**9:30 AM HST, 11:30 PM PST, 2:30 PM EST**

*BREAK - visit The Boardwalk during your free time!*

**10:30 AM HST, 12:30 PM PST, 3:30 PM EST**

COACHING YOUR MIND  
By Ariel Garten

**11:15 AM HST, 1:15 PM PST, 4:15 PM EST**

MONITORING THE MEDITATION WITH MUSE AS A COACH  
By Cody Rall, M.D.

**12:15 PM HST, 2:15 PM PST, 5:15 PM EST**

CLEANING UP THE MENTAL MESS  
By Caroline Leaf, PH.D.

**1:20 PM HST, 3:20 PM PST, 6:20 PM EST**

MOVING PAST STRESS MANAGEMENT: BUILDING AND  
SUSTAINING RESILIENCE CAPACITY  
By Rollin McCraty, PH.D.

**2:30 PM HST, 4:30 PM PST, 7:30 PM EST**

YOU CAN'T BE HEALTHY LIVING IN A SICK HOME  
By Terry Wright

**3:10 PM HST, 5:10 PM PST, 8:10 PM EST**

CONFERENCE ENDS  
All Speaker Conferences have ended for the day, feel free to visit The Boardwalk until the event closes.

**6:00 PM HST, 8:00 PM PST, 11:00 PM EST**

DAY TWO ENDS  
Boardwalk and Event closes for Day Two

*\*Please note times are approximate*

# DAY THREE

## SPEAKERS



NASSIM HAMEIN



RON GARAN, COL. USAF (RET.)



DOMINIQUE DAWES



PAUL DROUIN, M.D., IMD

## SCHEDULE

**6:00 AM HST, 8:00 AM PST, 11:00 AM EST**

THE BOARDWALK OPENS

Take a visit to the Boardwalk OR head to the Conference Room for a 15 minute Noosphere Meditation followed by a brief Yoga Session with Estelle Thomson.

**7:00 AM HST, 9:00 AM PST, 12:00 PM EST**

PRO-CONSCIOUSNESS MEDITATION

By Paul Drouin, M.D., IMD

**8:00 AM HST, 10:00 AM PST, 1:00 PM EST**

HUMAN POTENTIAL

By Ron Garan, COL. USAF (RET.)

**9:00 AM HST, 11:00 AM PST, 2:00 PM EST**

SPACE THE FINAL FRONTIER

By Nassim Hamein

**10:00 AM HST, 12:00 PM PST, 3:00 PM EST**

HOW TO CLIMB THE MOUNTAIN TOP

By Dominique Dawes

**10:40 AM HST, 12:40 PM PST, 3:40 PM EST**

*BREAK - visit The Boardwalk during your free time!*

## ALL LIVE Q&A SPEAKERS



**12:00 PM HST, 2:00 PM PST, 5:00 PM EST**

LIVE Q&A BEGINS WITH ALL SPEAKERS

**1:00 PM HST, 3:00 PM PST, 6:00 PM EST**

LIVE Q&A ENDS

**3:00 PM HST, 5:00 PM PST, 8:00 PM EST**

DAY THREE ENDS

Boardwalk and Event closes for the final day of the Immersive Digital Coaching Summit!