



Nova Annual Conference 2024

NEW HORIZONS: TOWARD AN ERA OF GLOBAL FLOURISHING

December 5, 2024 | Virtual



Welcome to the Nova Annual Conference 2024

In the face of unprecedented challenges, this free, virtual event will explore innovative approaches to advance an era of well-being for both people and the planet. With two interactive virtual sessions on December 5, 2024, more than 20 speakers will explore and integrate transformative strategies with deeper awareness to promote collective growth and sustainable flourishing across all sectors of society.

This year, two conference sessions will focus on the practical actions we can take today to promote flourishing for current and future generations and encourage creative, “blue sky” thinking to expand our horizons, explore new potential, and imagine transformative possibilities across all aspects of life. All sessions will be in panel format with speakers giving short talks followed by discussion and the opportunity for attendees to add thoughts, ask questions, and continue conversations on the [Nova Integration Hub](#).

Please find at-a-glance session details in the following pages. Full speaker bios and more information can be found on the [conference website](#).

- [Session 1: Acting Today for a Flourishing Future: Restoring Energy and Vitality](#)
Dec. 7, 10 am – 12 pm ET US
- [Session 2: Beyond the Horizon: Imagining New Possibilities](#)
Dec. 7, 2 – 4 pm ET US

Session 1: Acting Today for a Flourishing Future: Restoring Energy and Vitality
December 5, 10 am - 12 pm ET US

Welcome and Acknowledgement	Susan Prescott & Brian Berman
A Mindful Moment	Rick Scott
Changing Our Energy: From Cellular Health to Global Sustainability	Susan Prescott
Regenerative Consciousness: The Energy We Need for Global Transformation Is Within Us	Gary Zukhav
We Are the Medicine: Collective Healing and Promoting Flourishing amid Adversity and Fragmentation	Christina Bethell
Energetic Approach to Mind and Body: Mitochondria at the New Frontiers of Flourishing	Chris D'Adamo
Mental Health Depends on Metabolic Health: Restoring the Ingredients for Health, Vitality, and Longevity	Christopher M. Palmer
Agroecology and Conscious Food Systems: Regenerating Environments, Communities, and Providing Healthy Food for All	Ernesto Mendez
Infusing Relationality, Pluralism, and Cosmovision into Regenerative Social Movements: A Latin American Perspective	Carlos Andres Gallegos-Riofrío
<i>Discussion with panelists and attendees</i>	
Bow Seat Ocean Awareness Young Artists – Video	
Decade of the Child: The Next Vital Step to Ensure Intergenerational Health, Prosperity, and Welfare	Diana Fishbein
Overcoming Commercial Determinants of Adversity: Implications for Mental Health and Criminal Justice	David Wiss
From Anxiety to Action: Engaging Brazilian Youth in Climate Mitigation as a Source of Well-Being and Connection	Irene Rizzini
2024-25 Nova Media Fellow Projects	Cynthia Greenlee, Preeti Simran Sethi, Rowan Jacobsen, and Maria Parazo Rose

Discussion with panelists and attendees

Session 2: Beyond the Horizon: Imagining New Possibilities
December 5, 2 - 4 pm ET US

Welcome and Acknowledgement	Susan Prescott and Brian Berman
A Mindful Moment	Rick Scott
Potential Energy: Approaching Our Sustainability Challenges with New Eyes	Susan Prescott
A New Blueprint for the Great Simplification: Gateway to a Sustainable, Flourishing World for Our Grandchildren	Simon Michaux
Prosocial World: Consciously Evolving a World that Works for All	David Sloane Wilson
The System Within: Addressing the Inner Dimensions of Sustainability and Systems Transformation	Rosie Bell
Navigating Partial Systems Collapse and Facilitating Subsequent Transformation	Jamie Bristow
Pluralistic Healing: Moving Beyond Materialism	Paul Dieppe
A New Era of Economics for Living Systems Requires Regenerative Stories and a Shift in Consciousness	John Fullerton
Small Giants for Wisdom and Action: Doing the Next Right Thing	Berry Liberman
How a Radical Guide to Reality Can Empower Fundamental Change through Unitive Consciousness	Jude Currivan
A Blueprint for the Future: Consciousness and the Merging of Science and Spirituality	David Lorimer
<i>Discussion with panelists and attendees</i>	
Closing	Brian & Sue Berman