



**Forbes** Middle East

**30**

**UNDER 30**

---

**SUMMIT**

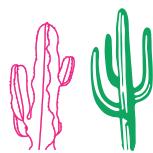
**ABU DHABI**

• **SUMMIT AGENDA** •

---

**UMM AL EMARAT PARK,  
ABU DHABI, U.A.E.**

**DECEMBER 10<sup>TH</sup> & 11<sup>TH</sup>, 2024**





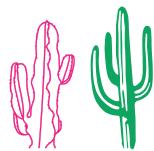
Forbes Middle East

# 30

UNDER **30** **SUMMIT**  
ABU DHABI

• INNOVATION HUB STAGE •

# Agenda





## DAY 1 - TUESDAY, DECEMBER 10<sup>TH</sup>

### • INNOVATION HUB STAGE •

**DAY 1 | Innovation Hub**

**Tuesday, December 10<sup>th</sup>**

**Agenda**

<b>01:00 – 02:00 PM</b>	<b>Registration and Networking</b>
<b>02:05 – 02:15 PM</b>	<b>Opening Performance</b> by Marsellio, Violinist
<b>02:20 – 02:25 PM</b>	<b>Welcome Address</b> by Forbes Middle East
<b>02:30 – 02:35 PM</b>	<b>Special Address</b> by Sheikha Salama bint Tahnoon bin Mohammed Al Nahyan
<b>02:40 – 02:45 PM</b>	<b>Welcome Keynote: Leadership with Impact - The Power of the Mind</b> by Ayman Mokhtar, Regional President MENA and Eurasia, Viatris
<b>02:50 – 03:00 PM</b>	<b>Fireside Chat: The CinnaGen Growth Story</b> Understand the journey of scaling a biotech company in the region, the critical role of biosimilar products in transforming healthcare systems, and the cutting-edge technologies driving advanced biopharmaceutical development and manufacturing. <ul style="list-style-type: none"> <li>• Haleh Hamedifar, Chairperson, CinnaGen</li> <li>• Session leader: Ramia Farrage, Senior Presenter and Producer, Forbes Middle East</li> </ul>
<b>03:05 – 03:25 PM</b>	<b>Panel: Mastering the Entrepreneurial Mindset</b> Explore the traits that define successful leaders, from cultivating a growth mindset to staying ahead of the curve in an ever-changing business world. <ul style="list-style-type: none"> <li>• Amal Dokan, Managing Partner, 500 Global</li> <li>• Katrالnada BinGhatti, CEO, Binhatti Holding</li> <li>• Mark Chahwan, Co-founder &amp; Group CEO, Sarwa</li> <li>• Matteo Boffa, Venture Partner, Zebra Ventures</li> <li>• Session leader: Layan Abo Shkier, Editor &amp; Researcher, Forbes Middle East</li> </ul>
<b>03:30 – 03:40 PM</b>	<b>Performance</b> by Ally Salama, KairoKid
<b>03:45 – 04:05 PM</b>	<b>Panel: Identify, Analyse, and Develop Human-Centred Solutions</b> Access deep-thought insights into the process of identifying healthcare challenges, analyzing patient-centric solutions, and developing strategies that enhance care and outcomes for individuals. <ul style="list-style-type: none"> <li>• Alireza Daneshvar, Founder and CEO, Pioneera Biosciences</li> <li>• Dr. Mays Abuhantash, Clinical Research Scientist, Abu Dhabi Stem Cells Center</li> <li>• Nadine Younes PhD Candidate, Qatar University</li> <li>• Rahaf Elobaid, Manager - Scientific Innovation and Strategy, Leader Life Sciences</li> <li>• Session leader: Samar Khouri, Reporter, Forbes Middle East</li> </ul>



## DAY 1 - TUESDAY, DECEMBER 10<sup>TH</sup>

### • INNOVATION HUB STAGE •

**DAY 1 | Innovation Hub**

**Tuesday, December 10<sup>th</sup>**

**Agenda**

<b>04:10 – 04:30 PM</b>	<b>Panel: Engineering Tomorrow's Startup Legends</b> This session will unravel the practical aspects of startup success, including streamlined operations, effective resource allocation, and building a foundation for continuous innovation. • Aljazi Al Mehairbi, Vice President, Abu Dhabi Youth Business Council • Abdullah Saleem, Cofounder & CEO, Mushtari • Jad Al Fakhani, Founder & CEO, Beycom LLC • Marcus Bradley Munjoma, Co-Founder, Baytravel • Session leader: Daniyal Baig, Co-Founder, MyAlice
<b>04:35 – 04:40 PM</b>	<b>Keynote Address: Creating Opportunities, Empowering Leaders: The UAE Government's Commitment to Innovation</b> by H.E. Mohamed Bin Taliyah, Chief of Government Services, UAE Government
<b>04:45 – 05:05 PM</b>	<b>Panel: Building Adaptive, Resilient, and Future-Ready Business Ecosystems</b> Learn how to build future-ready business ecosystems by combining innovation, mentorship, and smart funding strategies to scale and adapt in an ever-evolving world. • Dr. Nashwa Alruwaini, CEO, Pyramedia Group • Sacha Haider, Partner, Global Ventures • Ali Mokhtar, CEO & Managing Director, Beltone Venture Capital • Hasan Haider, Founder and Managing Partner, +VC • Session leader: Youssef Salem, CFO, ADNOC Drilling, IPOs in the UAE
<b>05:10 – 05:15 PM</b>	<b>Performance</b> by Marsellio, Violinist
<b>05:20 – 05:40 PM</b>	<b>Panel: Executing Excellence - Efficient Resource Allocation and Market Mapping</b> Access deep-thought insights on how businesses can achieve operational excellence through smart resource allocation and effective market mapping to drive growth and maximize impact. • Usama Nini, Co-founder, Qureos • Aqsa Khalifa, Cofounder and COO, Pupilar • Aziz Gamil, Co-founder & CEO, santra • Sherif Bichara, Co-Founder, FlapKap • Session leader: Jayda Shoukry, Content Producer, Forbes Middle East



## DAY 1 - TUESDAY, DECEMBER 10<sup>TH</sup>

### • INNOVATION HUB STAGE •

**DAY 1 | Innovation Hub**

**Tuesday, December 10<sup>th</sup>**

**Agenda**

**05:45 – 06:00 PM**

#### **Panel: Transforming Passion into Stories of Influence**

Discover how passion fuels creativity and storytelling, turning personal values into powerful narratives that connect with your target audience.

- Sarah Younis, Content Creator, Tech Mama
- Aysha Abdulmalek, Founder, Aisha Jewels, Aisha Jewels Social Impact Initiative
- Session leader: Harsh Sajnani, Founder and CEO, Kingpin

**06:05 – 06:20 PM**

#### **Panel: Sustainability Champions - Eco Innovations to Safeguard the Future**

- Sara Alkhoori, Scientific Researcher, Khalifa University >> Fueling Sustainable Change Through Science
- Hazem S.A.M. Awad, Research Associate, Cambridge University
- Salem Nabil Aboubakr Abdou, CEO, Agrican
- Salma Younes, PhD Student, Qatar University
- Moderator: Engy Moheb, Content Producer, Forbes Middle East



## DAY 2 - WEDNESDAY, DECEMBER 11<sup>TH</sup>

### • INNOVATION HUB STAGE •

DAY 2 | Innovation Hub

Wednesday, December 11<sup>th</sup>

Agenda

11:00 – 12:00 PM	<b>Registration and Networking</b>
12:05 – 12:10 PM	<b>Welcome</b> by Forbes Middle East
12:15 – 12:25 PM	<b>Fireside Chat: Influencing Innovation in Family Businesses</b> This session will highlight how entrepreneurial thinking and innovation are driving transformation in family businesses, blending tradition with modern strategies to stay ahead in the market. <ul style="list-style-type: none"> <li>• Mansoor Al Sayegh, Group CEO Al Sayegh Group, Vice Chairman Aram Group PJSC, President Abu Dhabi Youth Business Council – Subsidiary of Abu Dhabi Chamber</li> <li>• Session leader: Sally Mousa, Senior Presenter, Forbes Middle East</li> </ul>
12:30 – 12:45 PM	<b>Panel: The AI Frontier - Rewriting the Consumer Journey</b> Explore how AI is reshaping the consumer experience, from personalized interactions to smarter and more impactful decisions, revolutionizing the way businesses operate and connect with customers. <ul style="list-style-type: none"> <li>• Dr. Noraldin Al-Deri, CEO and Founder, EICADD Centers</li> <li>• Aayushman Dalmia, Founder &amp; CEO, Zoftware</li> <li>• Ahmed Nassar, CTO, Labtronics &amp; CEO, AQMAAR</li> <li>• Session leader: Suhaib Ajlouni, CTO, Cybervize</li> </ul>
12:50 – 01:10 PM	<b>Panel: Data-Driven Insights Enabling Informed and Effective Engagement</b> Learn how businesses are leveraging data to gain deeper insights and drive more meaningful, targeted engagement with customers, improving outcomes and relationships. <ul style="list-style-type: none"> <li>• Dina Ayman, Serial Entrepreneur, Dina Ayman, INC</li> <li>• Mohamed Maged, CEO &amp; Co-founder, MTOR</li> <li>• Ahmed Farouk, Co-Founder and Head of Business Development, Invictux</li> <li>• Yousef Hisham Amoura, CEO, SagerDrone</li> <li>• Session leader: Jayda Shoukry, Content Creator, Forbes Middle East</li> </ul>
01:15 – 01:20 PM	<b>Performance</b> by DJ Chloe
01:25 – 01:45 PM	<b>Panel: The Golden Compass – Navigating Investment Peaks</b> Gain first-hand insights into the strategies and tools that successful investors use to steer through market volatility, making informed decisions to capitalize on high-growth opportunities. <ul style="list-style-type: none"> <li>• Sonia Weymuller, Co-Founder &amp; General Partner, VentureSouq</li> <li>• Emon Shakoor, Founder &amp; CEO, Blossom Accelerator</li> <li>• Aditya Parmar, Head of Investments, Burman Holdings</li> <li>• Islam Shawky, Cofounder &amp; CEO, Paymob</li> <li>• Session leader: Daniyal Baig, Co-Founder, MyAlice</li> </ul>



## DAY 2 - WEDNESDAY, DECEMBER 11<sup>TH</sup>

### • INNOVATION HUB STAGE •

DAY 2 | Innovation Hub

Wednesday, December 11<sup>th</sup>

Agenda

01:50 – 02:10 PM	<b>Panel: Beyond the Feed - Strategies for Long-Term Success</b> A dynamic panel featuring leading creators and industry experts discussing how to craft engaging content, build meaningful audience connections, and implement strategies for sustainable success. • Eisa Alhabib – Influencer and Founder, Majarah Media • Wessam Qutob – Content Creator, XPOZED • Dana Hallani, Founder & Head Chef, L'étoile Privée • Session leader: Moon Baz – Head of Global Partnerships, Middle East, Africa & Turkey, Meta
02:15 – 02:25 PM	<b>Performance</b> by Dubai Hand Pan
02:30 – 02:40 PM	<b>Fireside Chat: Content Creation Economy &lt;Arabic&gt;</b> Discover the business of content creation, where creativity meets strategy, and learn how creators and influencers are transforming industries and redefining digital influence. • Hasan Hashem – Content Creator, El Hashim • Session leader: Budour Mousa, Journalist & Producer, Forbes Middle East
02:45 – 03:05 PM	<b>Panel: Crafting Compelling Strategies to Attract the Right Consumers</b> Learn the art of designing targeted strategies that attract and engage the ideal consumer base, driving both loyalty and long-term business success. • Ziad Ghaloul, Founder & CEO, Buildup • Athbi Alenezi, CEO & Co-founder, Justclean • Mohamed Dabees, CEO, UltraTeb • Badar Al Tamami, Managing Director, Feva Fit Corporate Wellness • Session leader: Saeed Zarrouk, Founder and CEO, Edutest
03:10 – 03:30 PM	<b>Panel: Beyond Boundaries – Innovators Shaping the Future of Industries</b> Dive into the stories of visionary entrepreneurs who build communities and drive transformative change through innovation, creativity, and leadership. • Mohamed Refai – Founder, Moghamra • Cedric Zovighian – Co-founder & CEO, Tick'it • Magdi Moussa – Co-founder, Chief Executive & Creative Officer, immrsv • Lisa Vo, Founder, Haus of Vo • Session leader: Khalid Ghanayem, Radio Personality



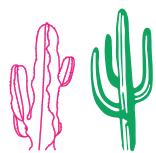
Forbes Middle East

# 30

UNDER **30** **SUMMIT**  
ABU DHABI

• THE SOCIAL HUB STAGE •

# Agenda





## DAY 1 - TUESDAY, DECEMBER 10<sup>TH</sup>

### • THE SOCIAL HUB STAGE •

**DAY 1 | The Social Hub**

**Tuesday, December 10<sup>th</sup>**

**Agenda**

<b>01:00 – 02:00 PM</b>	<b>Registration and Networking</b>
<b>02:50 – 02:55 PM</b>	<b>Welcome Address</b> by Forbes Middle East
<b>03:00 – 03:10 PM</b>	<b>Open Mic by Ahmed El Gendy – Life of an Olympian</b> Olympic Gold Medalist Ahmed El Gendy shares his journey to the elite level in sports, the transition from competition to life after retirement, and insights on building a personal brand as an Olympic champion across diverse fields
<b>03:15 – 03:25 PM</b>	<b>Fireside Chat: The Power of AI in Bridging Learning Gaps and Unlocking Potential</b> An insightful conversation on how AI is reshaping education, bridging learning gaps, and empowering students to reach their full potential. <ul style="list-style-type: none"> <li>Geoffrey Alphonso, CEO, Alef Education</li> <li>Session leader: Samar Khouri, Reporter, Forbes Middle East</li> </ul>
<b>03:30 – 03:45 PM</b>	<b>Panel: Women in Tech: Building Inclusive and Innovative Futures</b> A discussion featuring women exploring innovation in AI and its transformative impact on industries like aerospace and beyond. <ul style="list-style-type: none"> <li>Mirna Arif, General Manager, Microsoft</li> <li>Marwa Saeed Al Mamari, First Emirati Aerospace engineer, NYU AD</li> <li>Session leader: Claudine Coletti, Managing Editor, Forbes Middle East</li> </ul>
<b>03:50 – 04:00 PM</b>	<b>Fireside Chat: Fireside Chat: Doing What it Takes - Crafting Success in Film and Media &lt;Arabic&gt;</b> A thoughtful exploration of impactful decisions and the role of drama in addressing challenges while redefining the journey to success. <ul style="list-style-type: none"> <li>Aiman Abdul Salam, Syrian Actor</li> <li>Session leader: Nancy Bahmad, Presenter/Business Strategist, Forbes Middle East</li> </ul>
<b>04:05 – 04:15 PM</b>	<b>Performance</b> by Noha Bashir, Stand-up Comedian
<b>04:20 – 04:40 PM</b>	<b>Panel: Being the Best Version of Yourself - Navigating Careers in Entertainment and Influence &lt;Arabic&gt;</b> A candid discussion with young talents and creators on balancing responsibilities, honing social skills, and building careers in the dynamic worlds of entertainment and social influence. <ul style="list-style-type: none"> <li>Hana Zahran – Actress</li> <li>Yasmina El-Abd – International Actress</li> <li>Hadeel Marei – Influencer</li> <li>Walid Elmusrati, The Happiest Traveler</li> <li>Session leader: Saif Ali Al-Dhahab – Influencer and Content Creator</li> </ul>



## DAY 1 - TUESDAY, DECEMBER 10<sup>TH</sup>

### • THE SOCIAL HUB STAGE •

**DAY 1 | The Social Hub**

**Tuesday, December 10<sup>th</sup>**

**Agenda**

<b>04:45 – 04:55 PM</b>	<b>Fireside Chat: Navigating the Highs and Lows of Entrepreneurial Success &lt;Arabic&gt;</b> Explore the journey of entrepreneurship, from beginnings to triumphs, driven by passion, perseverance, adaptability, and strong relationships. • Ahmed Roushdy, Founder and CEO, Rominds Group • Session leader: Budour Mousa, Journalist & Producer, Forbes Middle East
<b>05:00 – 05:20 PM</b>	<b>Panel: Her Journey: Transforming Art, Culture, and Society</b> An inspiring conversation showcasing the power of women in art, culture, and innovation, exploring their journeys and the impact of their work in driving societal transformation. • Nora Zeid – Illustrator • Nadine Audi – Co-founder & CEO, Diva'Me • Menna elKiey – Lyricist, Writer, and Creative Director • Sharifah Alhinai –Communications Advisor, Founder, Sekka and the Khaleiji Art Museum • Session leader: Layan Abo Shkier, Editor & Researcher, Forbes Middle East
<b>05:25 – 05:35 PM</b>	<b>Performance by Amanda Maalouf, Singer</b>
<b>05:40 – 05:50 PM</b>	<b>Fireside Chat: The Evolution of Leadership in a Changing World</b> A discussion on the importance of adaptability, continuous learning, and a growth mindset to navigate and lead in an ever-changing world. • Rabih Fakhreddine – Founder and Group CEO, 7Management • Session leader: Ramia Farrage, Senior Presenter & Producer, Forbes Middle East
<b>05:55 – 06:15 PM</b>	<b>Panel: Enchanting Narratives - The Magical Realm of Storytelling &lt;Arabic&gt;</b> An inspiring session exploring the art of communication and creativity, delving into podcasting, public speaking, leadership, and visual storytelling. • Hind Khlaifat, General Manager, Deraya Speakers • Sayer Khaled AlOtaibi, CEO, Aware Media • Ally Salama, CEO, EMPWR • Hikmat Wehbi, Podcaster & Content Creator, Hikmat Wehbi Podcast • Session leader: Ola Omar, Executive Production Director & Radio Anchor, National Geographic



## DAY 2 - WEDNESDAY, DECEMBER 11<sup>TH</sup>

### • THE SOCIAL HUB STAGE •

DAY 2 | The Social Hub

Wednesday, December 11<sup>th</sup>

Agenda

11:00 – 12:00 PM	<b>Registration and Networking</b>
12:05 – 12:10 PM	<b>Welcome Address</b> by Forbes Middle East
12:15 – 12:25 PM	<b>Fireside chat: Foundations of Success &lt;Arabic&gt;</b> Access insights on the pillars of success, emphasizing the importance of health, planning for a successful day starting the night before, and the significance of role models in today's world. <ul style="list-style-type: none"> <li>• Dr. Kareem Ali, CEO &amp; Founder of Fekr Tany</li> <li>• Session leader: Nancy Bahmad, Presenter/Business Strategist, Forbes Middle East</li> </ul>
12:30 – 12:50 PM	<b>Panel: Empowering Minds: Revolutionizing Education Through Tech &lt;Arabic &gt;</b> Exploring how innovation in tech and education drives access, empowerment, and talent development in the MENA region <ul style="list-style-type: none"> <li>• Omar El-Barbary – CEO, OBM Education</li> <li>• Mustafa Abd Ellatif – CEO, EYouth</li> <li>• Mariam Amer – Chief Operating Officer, Tutoruu</li> <li>• Audrey Nakad, CEO &amp; Co-founder, Ostaz</li> <li>• Session leader: Omar Osama Bakri – CEO &amp; Founder, Thiqa</li> </ul>
12:55 – 01:15 PM	<b>Panel: Building Mental Fortitude and a Winning Mindset</b> A discussion on fostering mental resilience, continuous learning, and personal growth to equip individuals for success in an ever-changing world. <ul style="list-style-type: none"> <li>• Mohammad Dkaidik – Marketing Global Innovation Manager, L'Oréal</li> <li>• Abdullah Abu Aisheh – Professional Motorbike Racer, Anb Motorsport</li> <li>• Omar Itani – Founder and General Manager, FabricAID</li> <li>• Haifa Beseiso, Fly With Haifa</li> <li>• Session leader: Dalia AbuHassan, Diplomatic Protocol Advisor</li> </ul>
01:20 – 01:25 PM	<b>Performance – DJ Set by Chloe</b>



## DAY 2 - WEDNESDAY, DECEMBER 11<sup>TH</sup>

### • THE SOCIAL HUB STAGE •

DAY 2 | The Social Hub

Wednesday, December 11<sup>th</sup>

Agenda

01:30 – 01:50 PM	<b>Panel: Innovating for a Greener Tomorrow</b> A visionary dialogue exploring bold solutions in sustainable development, climate action, and community engagement to shape a greener, more equitable future. • Ibrahim Zalat – Founding & Directors Board Member, Youth Entrepreneurs Network (YEN) & Global Young Professionals Network (GYPN) • Yomna Moheieldin – Policy Consultant, Harvard Growth Lab • AbdelQader AlSaqqaf – UAE Youth Delegate to the UN • Maxim Kaplevich – Founder & CEO, Sparklo • Session leader: Jayda Shoukry, Content Creator, Forbes Middle East
01:55 – 02:10 PM	<b>Panel: Mixing Beats and Building Connections</b> A session with DJs exploring the power of music in fostering creativity, building connections, and shaping cultural experiences. • DJ Chloe Kteily • DJ Rodge – Renowned DJ and Music Producer • Session leader: Mera Al Emyan, Marketing Manager, American Hospital Dubai, Moderator
02:15 – 02:20 PM	<b>Performance by Hashem Al-Raggad, Artist</b>
02:25 – 02:45 PM	<b>Panel: Redefining Influence and Social Impact</b> This panel highlights the transformative role of communication and digital tools in empowering youth to lead social change and shape a sustainable future. • Nimi Mehta, TV Host & Founder SPKR • Amr Kawashti, Cofounder & Managing Partner, In Your Shoe • NourAldin AlYousuf – TV Presenter, Content Creator & Life Coach • Session leader: Mona Sulaiman, Social Media Influencer & Founder, Blink Cosmetics



## DAY 2 - WEDNESDAY, DECEMBER 11<sup>TH</sup>

### • 30UNDER30 RECOGNITION CEREMONY •

**DAY 2 | Recognition Ceremony**

**Wednesday, December 11<sup>th</sup>**

**Agenda**

04:00 – 04:05 PM	Welcome by Forbes Middle East
04:10 – 04:15 PM	Keynote Address by Sheikha Salama bint Tahnoon bin Mohammed Al Nahyan
04:20 – 05:45 PM	Recognition Ceremony – 30Under30 2024 Listers
05:50 – 05:55 PM	Group Photo
06:00 PM Onwards	Closing Performance by DJ Rodge



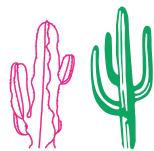
Forbes Middle East

# 30

UNDER **30** **SUMMIT**  
ABU DHABI

• NEXT GEN ZONE •

# Agenda





## DAY 1 - TUESDAY, DECEMBER 10<sup>TH</sup>

### • NEXT GEN ZONE •

**DAY 1 | Workshops and Activities****Tuesday, December 10<sup>th</sup>****Agenda**

<b>01:30 – 02:15 PM</b>	<b>Graffiti Workshop</b> by Poke Two Unleash your creativity and express yourself through vibrant graffiti art in an inspiring workshop • Location: Next Gen Zone • Duration: 45 minutes
<b>02:30 – 03:15 PM</b>	<b>Tufting workshop</b> by Tufting Time Tufting is a workshop designed to deliver joy, inner peace, and a sense of accomplishment through the art of rug-making. • Location: Next Gen Zone • Duration: 45 minutes
<b>03:30 – 04:15 PM</b>	<b>Bite-sized Stories</b> by Rafik Al-Hariri The workshop teaches narrative illustration as a wordless communication tool for dialogue and social impact, with options for presentation and hands-on participation. • Location: Next Gen Zone • Duration: 45 minutes
<b>04:30 – 05:15 PM</b>	<b>Chocolate Masterclass</b> by Tocapu chocolatier The workshop consists of an introduction to chocolate tempering followed by a hands-on session where participants create and decorate chocolate coins to take home. • Location: Next Gen Zone • Duration: 45 minutes
<b>05:30 – 06:15 PM</b>	<b>ART: Painting Tote Bags</b> by Sana Merchant Get a positive quote to work with where they will draw and paint out of their own will through a guided session. • Location: Next Gen Zone • Duration: 45 minutes



## DAY 2 - WEDNESDAY, DECEMBER 11<sup>TH</sup>

### • NEXT GEN ZONE •

**DAY 2 | Workshops and Activities**

**Wednesday, December 11<sup>th</sup>**

**Agenda**

<b>11:30 – 12:15 PM</b>	<p><b>Mystery Box Sculpture Challenge</b> by The Art Colony Events</p> <p>Will creatively use everyday objects from a “Mystery Box” to craft sculptures or art pieces, fostering imaginative thinking and problem-solving in a fun, engaging workshop</p> <ul style="list-style-type: none"> <li>• Location: Next Gen Zone</li> <li>• Duration: 45 minutes</li> </ul>
<b>12:30 – 01:15 PM</b>	<p><b>Polaroid Magic: Paint &amp; Personalize Your Own Holder</b> by Brunch &amp; Art</p> <p>A fun, hands-on activity perfect for unleashing your artistic side while creating a meaningful keepsake!</p> <ul style="list-style-type: none"> <li>• Location: Next Gen Zone</li> <li>• Duration: 45 minutes</li> </ul>
<b>01:30 – 02:00 PM</b>	<p><b>Wellness Tech Revolution: How Apps and Gadgets Can Keep You on Track</b> by Avisa Smart Hospitals</p> <p>A guide to leveraging fitness trackers, Health App, and health-tech solutions to stay on top of your game. How New Health Tech revolutions are bringing a new paradigm shift in Wellness Industries.</p> <ul style="list-style-type: none"> <li>• Location: Next Gen Zone</li> <li>• Duration: 30 minutes</li> </ul>
<b>02:15 – 03:00 PM</b>	<p><b>Quick Printmaking Techniques – Wearable or Usable Art</b> by The Art Colony Events</p> <p>Learn printmaking basics by designing and printing personalized art on tote bags, backpacks, or canvases using foam sheets, ink, and rollers</p> <ul style="list-style-type: none"> <li>• Location: Next Gen Zone</li> <li>• Duration: 45 minutes</li> </ul>
<b>03:15 – 04:00 PM</b>	<p><b>Power of storytelling</b> by Sarah El Refai</p> <p>The science behind powerful narratives, the art of storytelling in the digital world, and how to turn failure into a compelling story.</p> <ul style="list-style-type: none"> <li>• Location: Next Gen Zone</li> <li>• Duration: 45 minutes</li> </ul>



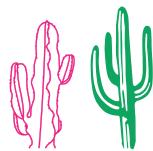
Forbes Middle East

# 30

UNDER **30** **SUMMIT**  
ABU DHABI

• MINDFULNESS AREA •

# Agenda





## DAY 1 - TUESDAY, DECEMBER 10<sup>TH</sup>

### • MINDFULNESS AREA •

**DAY 1 | Workshops and Activities**

**Tuesday, December 10<sup>th</sup>**

**Agenda**

<b>02:30 – 03:00 PM</b>	<b>Yoga</b> by Livin A yoga session integrates physical postures, breathing techniques, and mindfulness to improve flexibility, strength, and mental clarity. <ul style="list-style-type: none"><li>• Location: Mindfulness Area</li><li>• Duration: 30 minutes</li></ul>
<b>03:15 – 04:00 PM</b>	<b>Rocks, Sticks, &amp; Leaves</b> by Barriya Transforming natural elements into emotional creatures to reshape perspectives and manage stress. <ul style="list-style-type: none"><li>• Location: Mindfulness Area</li><li>• Duration: 45 mins</li></ul>
<b>04:15 – 05:15 PM</b>	<b>Breasy</b> by Breasy Ice Bath Immersive breathwork workshops featuring 17-minute rhythmic and 28-minute shamanic sessions, with participants using noise-canceling headphones. <ul style="list-style-type: none"><li>• Location: Mindfulness Area</li><li>• Duration: 60 mins</li></ul>



## DAY 2 - WEDNESDAY, DECEMBER 11<sup>TH</sup>

### • MINDFULNESS AREA •

DAY 2 | Workshops and Activities

Wednesday, December 11<sup>th</sup>

Agenda

11:45 – 12:15 PM	<b>Yoga session</b> by Sacral Grounds A yoga session integrates physical postures, breathing techniques, and mindfulness to improve flexibility, strength, and mental clarity. <ul style="list-style-type: none"><li>• Location: Mindfulness Area</li><li>• Duration: 30 minutes</li></ul>
12:30 – 01:00 PM	<b>Sound Therapy and Meditation</b> by Sacral Grounds Sound therapy and meditation combine auditory experiences and mindfulness practices to promote relaxation, reduce stress, and enhance overall well-being <ul style="list-style-type: none"><li>• Location: Mindfulness Area</li><li>• Duration: 30 mins</li></ul>
02:00 – 02:45 PM	<b>Motion Story Telling</b> by Gillian Rhodes Will explore how movement makes meaning and how to create and understand stories through movement-based practice <ul style="list-style-type: none"><li>• Location: Mindfulness Area</li><li>• Duration: 45 minutes</li></ul>
03:00 – 03:45 PM	<b>Breasy</b> by Breasy Ice Bath Immersive breathwork workshops featuring 17-minute rhythmic and 28-minute shamanic sessions, with participants using noise-canceling headphones. <ul style="list-style-type: none"><li>• Location: Mindfulness Area</li><li>• Duration: 45 minutes</li></ul>

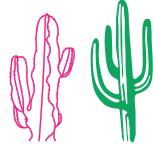


Forbes Middle East

# 30

UNDER **SUMMIT**  
ABU DHABI

## • OUR PARTNERS •





## • OUR PARTNERS •

### Event Partners



### Strategic Partner

### Media Partner

### Support Partner



### Food Partners



### Food Partners



### Food Partners

### Gift Partner



### Gift Partners



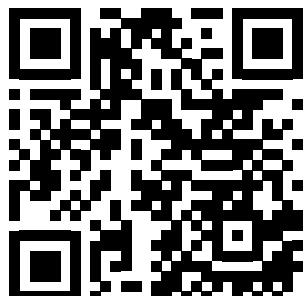


SCAN QR CODE TO CONNECT WITH  
**OUR EVENTS WEBSITE**



---

SCAN QR CODE TO CONNECT WITH  
**OUR SOCIAL MEDIA**



SCAN QR CODE TO CONNECT WITH  
**OUR WHATSAPP CHANNEL**



# Forbes

Middle East

# 30

UNDER

SUMMIT

ABU DHABI



SCAN QR CODE TO DOWNLOAD OUR  
**EVENT APP**



THE APP STORE



GOOGLE PLAY



UMM AL EMARAT PARK, ABU DHABI, U.A.E.

DECEMBER 10<sup>TH</sup> & 11<sup>TH</sup>, 2024

