

IMPACTFUL STAGE



TIME	3 October 2023	4 October 2023
10am - 12pm	Find Your Voice in the Age of Contents Yosi Moku, Advisory Board Member of Siberkreasi Morgan Oey, Actor & Brand Ambassador PermataBank	How Sleep Saves Life Dr Andreas Prasadja, Somnologist
LUNCH BREAK		
1pm - 3pm	Raising A Self-Discipline Generation Atiqah Hasiholan, Actress Damar Wahyu Wijayanti, Parent Educator & Co-founder Good Enough Parents	Earn One-way Ticket to Financial Freedom Gianayu Pertiwi, Investment Specialist & Portfolio Analyst Eastspring Investments Indonesia Aliyah Natasya, Islamic Financial Planner
AFTERNOON BREAK		
3.30pm - 5.30pm	Hatha Yoga: Power Yoga Flow Anjasmara, Actor & Yogist	Mental Health: You Are Not Alone Adjie Santosoputro, Mindfulness Practitioner dr. Jiemi Ardian, Psychiatrist & Mental Health Expert

*speakers on confirmation