



The Loneliness Dilemma

Conversations about the Future of Community

March 19-20, 2019

La Playa Carmel
Camino Real at Eighth Avenue
Carmel, CA

Why are people feeling lonelier and more socially isolated than ever before, even though we live in a world of constant connectivity? That's the Loneliness Dilemma.

This Campfire will explore how loneliness is dramatically affecting our lives and how better community design and architecture can change everything. We invite you to join us for a two-day immersive experience with unprecedented access to some of the greatest minds in the world on this subject. Join the conversation and change the world one community at a time.

Space is limited to 50 attendees.

Schedule

March 19

8:00am – 5:15pm

Program

8:00am

Registration Check-In and Breakfast

9:00am

Welcome Remarks

[Kathy Cecilian](#), Founding Partner, The Campfire Group

9:15am

Campfire Conversation: Why Are We So Lonely and So Unhappy? And Why Does It Matter?

Although we live in a world where we are more connected than ever, we are also feeling lonelier and more socially isolated than ever. A pioneering thought leader explores why we should pay attention the impact of loneliness on physical health and longevity.

Interviewer

[Kathy Cecilian](#), Founding Partner, The Campfire Group

Thought Leader

[Julianne Holt-Lunstad](#), Professor of Psychology and Neuroscience, Brigham Young University

10:00am

Can Architecture and Design Cure Loneliness?

Designing places that positively shape our experiences and inspire us to power down and really connect, can be a powerful force to help fight loneliness. An influential voice in the field explains the effect of the built environment on our brain and body.

Thought Leader

Colin Ellard, Director, Urban Realities Laboratory, and Associate Professor, University of Waterloo

10:30am

Mix It Up

An opportunity to mix and mingle with the Campfire speakers, as well as other attendees. Ask questions, seek advice, share and connect, all in an informal and relaxed setting – refreshments provided.

11:00am

Using Technology to Enhance Your Community Living Experience

The 2018 Cigna U.S. Loneliness Index found that only around half of Americans (53 percent) have meaningful in-person social interactions, such as having an extended conversation with a friend or spending quality time with family, on a daily basis. Innovative tech founders present how focusing on community can not only improve the economics of a project or building, but also improve community life for residents.

Thought Leader

Benjamin Pleat, Founder and CEO, Cobu

12:00pm

Luncheon

1:15pm

How Addressing Loneliness in the Workplace Is Good for Businesses

While workplaces are more connected and collaborative than ever, workers report feeling increasingly lonely and isolated. This feeling of loneliness can lead to less productivity, higher turnover and impaired decision making. A workplace strategy expert examines the impact of loneliness on employee engagement and business performance, as well as how it can be addressed.

Thought Leader

Madeline Dunsmore, Regional Workplace Manager, Newmark Knight Frank

1:45pm

Mix It Up

An opportunity to mix and mingle with the Campfire speakers, as well as other attendees. Ask questions, seek advice, share and connect, all in an informal and relaxed setting – refreshments provided.

2:15pm – 5:15pm

Off-Site Session at Point Lobos State Natural Reserve

2:45pm

Get Your Nature Fix

Connecting with nature has been proven to increase happiness and well-being. A leading thinker on the subject will delve into why the great outdoors makes us feel relaxed, rejuvenated, inspired, and more connected to ourselves—and each other.

Thought Leader

Florence Williams, Contributing Editor, *Outside Magazine* and Author, *The Nature Fix: Why Nature Makes Us Happier, Healthier and More Creative*

3:15pm – 4:45pm

Free Time to Explore Point Lobos

6:00pm

Dinner

March 20

8:00am – 5:00pm

Program

8:00am

Breakfast

8:30am

Life-Changing Frequencies

Experience a sound bath. A sound bath is an experience of relaxation and meditation through sound and vibration. A sound therapist leads an immersive and mindful experience that improves focus, creativity, and deep human connection through listening.

Thought Leader

Sara Auster, Sound Therapist, Sara Auster Sound

9:15am

Transition Break

9:30am

Put Down the Phone

Smartphones have changed the fabric of our society. We can take the internet with us wherever we go and can be in constant communication with others through an infinite number of mediums and channels. A groundbreaking researcher looks at the role of electronic devices and screen time on the mental health and happiness of young people.

Thought Leader

Jean Twenge, Professor of Psychology at San Diego State University and Author, *iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood—and What That Means for the Rest of Us*.

10:00am

Mix It Up

An opportunity to mix and mingle with the Campfire speakers, as well as other attendees. Ask questions, seek advice, share and connect, all in an informal and relaxed setting – refreshments provided.

10:30am

Designing Communities for Social Connection

Whether it's concepts like cohousing, multigenerational living or pocket neighborhoods, the way a community is designed can encourage people to gather, interact and connect in new and transformative ways. Trailblazers in community design and development share how their work is bringing people together to nurture meaningful relationships while reducing isolation.

Thought Leaders

[Grace Kim](#), Architect and Cofounding Principal, Schemata Workshop

[Steve Shields](#), CEO, Action Pact and Chairman and Managing Director, Norterre

[Ross Chapin](#), Architect, Ross Chapin Architects

12:00pm

Mix It Up/Luncheon

An opportunity to mix and mingle with the Campfire speakers, as well as other attendees. Ask questions, seek advice, share and connect, all in an informal and relaxed setting – lunch provided.

1:15pm

The Art of Crafting Happy Experiences

How can we make people happier? Crafting experiences that deliver joy goes beyond how we engage in the moment. What we do leading up to the experience and the memories we are left with when it is over are just as important for creating happiness. Prominent creatives reveal what it takes to design experiences that make people happy.

2:15pm

Mix It Up

An opportunity to mix and mingle with the Campfire speakers, as well as other attendees. Ask questions, seek advice, share and connect, all in an informal and relaxed setting – refreshments provided.

3:00pm

Campfire Conversation: Designing Complete Environments™

Get a complete picture of how designing and executing places that foster social interaction and physical activity between community residents can result in thriving communities that reduce isolation. An interview with David and Anne Howerton will shed light on the elements necessary for creating complete environments and how they can change the loneliness narrative we have been exploring for the past two days.

Interviewer

[Paul Milana](#), Principal, Hart Howerton

Thought Leaders

[Anne Howerton](#), Principal, Hart Howerton

[David Howerton](#), Chairman, Hart Howerton

4:00pm

Closing Cocktail Reception