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USA - CHINA  
CONSCIOUSNESS  
BRIDGE

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EAST WEST BRIDGE

AUGUST 18 - 25TH 2018

CALIFORNIA, USA

# YOU ARE INVITED

You are invited to a highly curated journey from China to the Bay Area, USA - the leading home of psychological, emotional and spiritual health research, innovation and business.

This trip has been especially designed for the consciousness movement leaders of China and the USA to come together to learn from each other and explore ways to grow the ecosystem as a whole.

## WHAT IS THE PURPOSE?

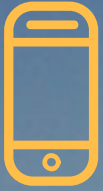
Learn from the top leaders of the psychology, personal transformation and spiritual growth organizations in the USA. Learn how they are marketing, innovating on business models and growing the sector as a whole. Gain greater perspective and adjust your vision for what could be possible and applicable for China. USA has deep content - identify potential thought and business partners for distribution in China. At the same time, become a much closer tribe with your China colleagues.

## WHO IS IT FOR?

This is for the leaders of the psychological, emotional and spiritual well being industry in China. Those leading the movement, who want to build more successful organizations and grow the industry as a whole, serving more people in China. Those who care about building deep relationships of the heart, not just the mind; who are constantly learning, innovating and pushing the envelope of what is possible.

Limited to 25 people. Invitation only.

# SYSTEMIC LEARNING



## **Online psychology and spiritual growth platforms**

Who are the leading online education companies in the wellbeing and consciousness industry? How are they marketing and growing their users and revenue base? What can China learn and apply in regards to their business models and curriculum design?



## **Offline retreat centers**

How are the leading offline retreat centers thinking about programming, marketing, and the next level of innovation?



## **Conscious technology companies**

What are the new technology tools focused on psychological, emotional and spiritual wellbeing? What could be beneficial to the China market?



## **Psychology & Flourishing Schools**

What are the top universities and schools researching and innovating on within psychological, emotional and spiritual health?



## **Most successful tech firms in the Silicon Valley**

How are the top companies in the Silicon Valley thinking about the psychological and spiritual health of their employees? What language works to "sell" transformation in corporate contexts? How could China apply this to increase the corporations open to supporting employee transformation?



## **Conscious investors and philanthropists**

What are the investors and philanthropists of the consciousness sector envisioning? What opportunities and challenges do they experience and foresee?

# OUR INTENTION

## **UNPARALLELED LEARNING & PERSPECTIVE SHIFT**

Meet the top companies, technologists, universities, schools and investors in the psychological, emotional and spiritual well being sector.

Learn and acquire a more expansive view of what could be possible for the future of China's psychology, wellbeing, consciousness, and transformation sector. Share innovations in China, exchange new ways of being and doing.

US and China leaders will together emerge and co-discover what is possible to strengthen the East-West bridge.

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## **COMMUNITY BUILDING WITH CHINA PEERS**

Max 25 people. This means we focus on deep relationship building. Also, curated invitations means you'll be surrounded by leaders and peers. The 8 days are designed with a mix of head, heart and body experiences for whole-being learning and integration.

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## **POTENTIAL USA PARTNERS**

USA has a library of already recorded online content and education, China has wide distribution platforms - there are many collaborations that both sides can benefit from to help more people.

# OVERVIEW

25 People

8 Days / 7 Nights

Date	18	19	20	21	22	23	24	25
	Day 1 第一天	Day 2 第二天	Day 3 第三天	Day 4 第四天	Day 5 第五天	Day 6 第六天	Day 7 第七天	Day 8 第八天
Morning 早上	<b>Arrival</b> Check-in between 12-5pm	<b>1440</b> 2 Hours 10:30am-1:30pm Scotts Valley	<b>Transformation in companies, Adam Leonard</b> 2 Hours 9:30-11:30am San Francisco	<b>Institute of Noetic Science, Cassi, Claire, Julia &amp; Dean</b> Meetings 9:30-12:30, Lunch 12:30-1:30	<b>Mindvalley, Vishen Lakhiani</b> 2 Hours 9:30-11:30am House	<b>Growing the Transformative Technology Industry, Nichol Bradford</b> 2 Hours 10:00-12:00pm House	<b>Growing the Consciousness Movement, Allison Duncan</b> 1.5 Hours 10:30 - 12:00pm House	<b>Sounds True, Tami Simon</b> 2 Hours 9:30-11:30am House
Lunch 中饭		Nature Walk	<b>Lunch</b> 12:00-1:30pm San Francisco	<b>Earthrise Retreat Center, Petaluma</b> Nature walk	<b>Lunch</b> 12:00-2:00pm House	<b>Lunch</b> 1:00-3:00pm House Select meeting with Bo Shao	<b>Lunch</b> 12:00-2:00pm House	<b>Lunch, Closing Ceremony</b> 12:00-2:00pm House
Afternoon 下午		<b>Soren and Liz, Wisdom 2.0</b> 2 Hours 2:00-4:00pm Santa Cruz	<b>CIIS &amp; Clinic Visit</b> 3 Hours 2:00-5:00pm San Francisco	<b>The Shift Network, Stephen Dinan</b> 2 Hours 2:00-4:00pm Petaluma	<b>Flourishing Leadership, Aneel Chima</b> 2 Hours 2:30-4:30pm House	<b>Adam Cummings, Nathan Cummings Foundation</b> 2 Hours 4:00-6:00pm House	<b>Luminous Institute, Annalisa Adelberg</b> 2 Hours 3:00-5:00pm House	
Dinner 晚饭	<b>Welcome Dinner &amp; Introduction</b>	<b>Dinner</b> 6:00-7:30pm House	<b>Dinner</b> 6:00-7:30pm House	<b>Dinner</b> 5:30-7:00pm Special Guest Bruce Fetzer, Fetzer Trust	<b>Dinner</b> 5:30-6:30pm House	<b>Dinner</b> 6:00-7:00pm Special Guest Tim Chang, Mayfield Ventures	<b>Celebration &amp; Dinner</b> 18:00 Onwards Costume Party! TBD	<b>Departure</b>
Evening 晚上	5-7pm Opening Ceremony 7-8:30pm Dinner	<b>Integral Practice with Dustin DiPerna</b> 1.5 Hours 7:30-9:00pm House	<b>Sound Meditation, Laura I. and Mina Lee</b> 2 Hours 7:30pm - 9:30pm House	<b>Dance &amp; Movement</b> 2 Hours 7:00-9:00pm House	<b>Consciousness Hacking: Panel &amp; Tech Demo</b> 3 Hours 6:30-9:30pm Maker School	Special Event 7:00pm onwards TBD		
Late Evening	<b>Connection Circle, Mina</b> 8:30-9:30pm House	<b>Tea Meditation &amp; Reflection</b> 9:00-10:00pm House	<b>Tea Meditation &amp; Reflection</b> 9:30-10:00pm House	<b>Tea Meditation &amp; Reflection</b> 9:00-10:00pm House	<b>Tea Meditation &amp; Reflection</b> 9:30-10:30pm House			<b>Tea Meditation &amp; Reflection</b> 9:00-10:00pm TBD

Glossary 颜色说明	Meetings 会议
	Connection and Practice 链接和联系
	Optional Special Event 可选的特殊体验



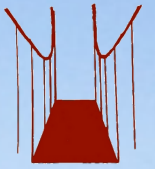
EAST WEST BRIDGE

CONNECTING US-CHINA CONSCIOUSNESS



# DAY 1

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## ARRIVAL AND INTRODUCTIONS

### AFTERNOON

Arrival in San Francisco Airport and travel to  
Hotel / House

### EVENING

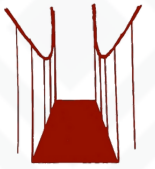
Welcome Dinner

Circle, Introductions, & Intention Sharing

Briefing of Agenda and Guidelines



# DAY 2



## MORNING



### Building a Successful Offline Retreat Center

Michelle Rittenberg, Leadership Center Director & Frank Ashmore, MD



3 Hrs

The creation of 1440 Multiversity, a leading retreat center, stemmed from a desire to establish a beautiful and nurturing physical location where people of all walks of life could come together in community—to explore, learn, reflect, connect, and reenergize.

Michelle and Frank will talk about how to create a successful center, how to invite leaders and companies on a transformation journey, and their thoughts on the future of programming and experience design at 1440. The Chinese leaders will then share their experiences from the China market, and we'll move into an emergent dialogue on potential US-China community building and collaborations. We'll end with a shared lunch on their beautiful campus in the Redwoods.



## AFTERNOON



### Integrating Consciousness into Business & Technology

Soren Gordhamer, Founder of Wisdom 2.0 & Dr. Liz Esalen, Founder The Lotus Collaborative

2 Hrs

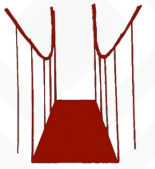
Experience Liz' embodiment practice as we arrive, followed by a sharing by Soren and Liz, and ending with an emergent dialogue on possible collaborations between China and the USA. Hear their personal stories, how Soren started Wisdom 2.0, what the experience has been for him internally as the organization grew, and what he is most excited about now. China will share their experience and together we'll explore ways to bridge China and the USA.

Wisdom 2.0 addresses the challenge to not only live connected to one another through technology, but to do so in ways that are beneficial to our own well-being, work, and the world. It does so through a series of conferences, meet-ups, and workshops. Their flagship Wisdom 2.0 Conference brings together over 2,500 people from 24 countries, featuring top teachers and executives from companies like Twitter, LinkedIn, Cisco, and Ford.

Dr. Liz is a psychologist who has a passion for healing, empowerment, bliss, and embodied movement. Her movement facilitation helps people connect to their bodies in ways that are playful and nourishing and align people with their innate wisdom. She is the Founder and CEO of The Lotus Collaborative (TLC). TLC are eating disorder treatment centers that celebrate the feminine and offer mind-body-soul transformation in Santa Cruz and San Francisco.



# DAY 2



## EVENING

### Integral Spiritual Practice with Dustin DiPerna

Author, Teacher and Entrepreneur

Learn how Dustin synthesizes the streams from his work from Harvard, Stanford and his study with luminaries like Ken Wilber and Daniel P. Brown. Hear Dustin's personal journey on the path of spiritual awakening and well-being and experience his cutting edge meditation teachings. Dustin will be teaching throughout China in 2018 and beyond.



Dustin DiPerna  
Author, Teacher, and  
Entrepreneur

Educated at Cornell University and Harvard University, Dustin DiPerna is a visionary teacher, entrepreneur, and recognized expert in world religions, spirituality, and meditation. He is author of the books - Streams of Wisdom, Evolution's Ally, and Earth is Eden - and co-editor of The Coming Waves.

Dustin is a senior student of American philosopher Ken Wilber, who has publically declared that Dustin's work "fundamentally alters the way in which religion or spirituality can (and should) be taught and practiced." For the past 10 years, Dustin has been practicing and studying in the lineages of Mahamudra and Dzogchen under the direction of pioneering meditation teacher Dr. Daniel P. Brown.

He currently teaches at Stanford University.

1.5Hrs

## LATE EVENING

### Tea Meditation and Reflection

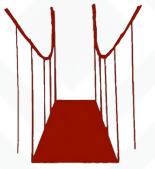
Every evening we sit in a circle, meditate, reflect and share our biggest takeaways, learnings and experiences. This helps with integration and community building.

1 Hr





# DAY 3



## MORNING



### Languageing Personal Transformation in Corporate Contexts

Adam Leonard, People and Organization Development at Google

2 Hrs

Google learned that psychological safety creates the best performing teams. Learn from Adam, a people and leadership expert and coach in Google and co-author of 'Integral Life Practice' with Ken Wilber, about how companies are thinking about personal transformation.

What language is management responding to when it comes to transformation? How are they thinking about the psychological well being and safety of their employees?

After Adam shares, China leaders will share some of their organizational challenges, and we will have a dynamic and exploratory conversation for collaboration and mutual US-China support.



Adam Leonard

Co-Authored Integral Life Practice: A 21st-Century Blueprint with Ken Wilber, Terry Patten, and Marco Morelli and co-edited The Simple Feeling of Being: Embracing Your True Nature

## AFTERNOON

### Future of Integral Psychology Education + Clinic Visit

Judie Wexler, President; Meihong Xu, Board; Luna Ren, China Programs

3Hrs

Learn about CIIS' latest thinking and programming. First learn about the overall psychology education landscape: What is the psychologist training process and landscape of the USA? What is their certification process, are their professional community organizations, and how do they find work after graduating?

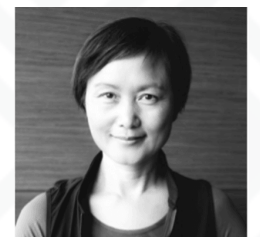
Then learn more about CIIS' vision: What kind of trends or students are they seeing in their current programs, especially within Counseling Psychology and consciousness? What do they see for the future? How are they thinking about innovating?

Explore USA-China bridges: What are their plans for China? What kind of support or collaboration are they looking for when it comes to China?

Finally we will visit a few clinics so you can learn how local practitioners experience life in the USA.



Judie Wexler  
President of CIIS



Meihong Xu  
Board Member of CIIS

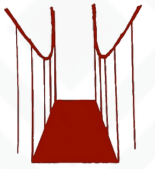


Luna Ren  
Head of China Programs



California Institute  
of Integral Studies

# DAY 3



## EVENING

### Sound Meditation and Movement

Laura Inserra and Mina Lee

2Hrs

Integrate and relax after a long day of being in your mind, with some movement with the body and meditation with sound. This will help integrate your learning and relax the mind after a long day.

Laura Inserra is one of the best hang drum players in the world and a leading sacred musician and musical teacher in the Bay Area. We will have a private concert and workshop with her this evening.



Laura Inserra

Laura Inserra is a multi-instrumentalist, sound healer, composer, teacher, and producer from Sicily. She is specialized in the transformative and healing power of sound, resonant frequencies, sympathetic resonance, and binaural beats.

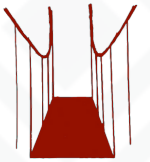
Through her musical and spiritual studies with teachers and shamans from different traditions, Laura has developed a unique form of sound healing. Using sacred sounds, rhythms, and melodies she creates musical journeys to facilitate and nurture personal transformation and self awareness. She calls this approach Harmonizing Therapy.



Mina Lee

Mina is a Music Medicine Facilitator, a practice that integrates the science of musical therapy with the ancient wisdom of Lakota Native American practices. Trained by Christine Stevens, Mina is a UCLA Arts & Healing certified Facilitator and takes individuals, groups, families, and teams on experiences of connection with themselves, others, and nature.

# DAY 4



## MORNING + LUNCH



Institute of Noetic Science Half Day Tour:

**Noetic Leadership, Unconditionally loving artificial intelligence, Extended human capacities, and the Science of Transformation**



Claire Lachance, MBA is CEO of the Institute of Noetic Sciences. She has delivered comprehensive management consulting, facilitation, training and coaching services to hundreds of organizations, social entrepreneurs and independent professionals.

She will discuss “Noetic Leadership,” a program training executives to harness intuition grounded in practicality for business success.

Julia Mossbridge, PhD is Director of the Innovation Lab at IONS and Staff Scientist. Her research focus is on understanding love and time.

Dr. Mossbridge will present the progress in the LOVING AI project as well as potential uses of the robots to test theories of consciousness and psi effects.

Dean Radin, PhD is IONS Chief Scientist, and has been involved in research on extended human capacities for over 40 years in university, industrial, and government settings.

He will discuss methods for studying mind-matter interactions, and results of those studies.

Cassandra Vieten, PhD is President of the Institute of Noetic Sciences, and a psychologist who for over 20 years has studied how people transform their worldviews and behaviors.

She will discuss the science of transformation, or what we know about how people change, applied to individuals, groups, and society.

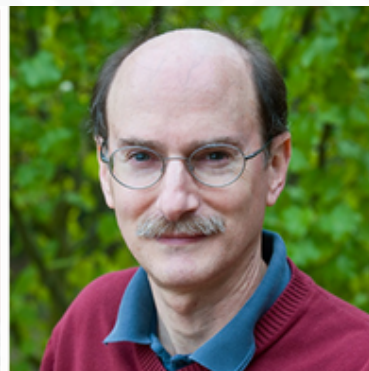
4 Hrs



Claire Lachance, MBA  
CEO, IONS



Julia Mossbridge PhD  
Director of Innovation Lab, IONS

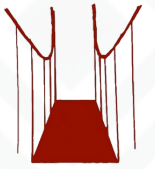


Dean Radin, PhD  
Chief Scientist, IONS



Cassandra Vieten  
President, IONS

# DAY 4



## AFTERNOON

### Building an Online Psychology and Consciousness Platform

Stephen Dinan, President and CEO of The Shift Network



Stephen Dinan  
President & CEO of Shift Network

2Hrs

Founded 8 years ago, The Shift Network was one of the first platforms to bring educational content focused on psychology, spirituality, consciousness and awakening online. It is focused on featuring seasoned teachers, wise elders and innovative pioneers in conscious and holistic living with real depth, integrity, and mastery. They have served around 1,500,000 people, with users in 170 countries. They have produced 435 courses and featured over 152 faculty members. Fields include spirituality, psychology, holistic health, peace-building, green living, and conscious entrepreneurship. They also have featured over 1000 thought leaders on their 14+ annual online Summits. They have expertise in niches like Enneagram, Shamanism, Peace-building (created the largest World Peace Library), and Plant Medicine and offer some of the largest online summits on holistic health, energy medicine, women's leadership, and psychology.



## EVENING



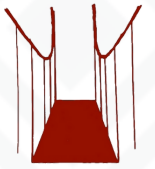
### Ecstatic Dance



MOVE! GROOVE! CONNECT!

Berkeley's longest running "barefoot / freestyle / ecstatic" dance! Grooving every week since 1976 with a long line of various community leaders carrying the torch. There's no steps to learn, no dress code to adhere to, just freedom to move and play in the sound.

# DAY 5



## MORNING



### How Mindvalley is Building the Operating System for Global Consciousness

Vishen Lakhiani, Founder of Mind Valley

Hear Vishen's personal journey in building MindValley and his vision for MindValley moving forward. The platform's traffic more than doubled since last year and has been the fastest growing online personal development platform.

2Hrs

How does Mindvalley think about: Designing courses to be more effective in transforming people? For use on the mobile phone? Community building and user engagement over time? Combining offline with online interaction?

Mindvalley is aiming to redesign global education from the ground up - at every school, every company and every nation on earth. It's doing this by building the leading platform for learning Quests, building a new transformative curriculum for humanity, and assembling the world's greatest teachers on its platform.



Vishen Lakhiani

Founder of Mindvalley, Awesomeness Fest, Omvana, MindvalleyAcademy.com and several other mindfulness, health and wellness companies and movements.



mindvalley

## AFTERNOON

### Future of Wellness Education in Academia

Aneel Chima, Associate Director of Health and Human Performance, Stanford University

2Hrs

Learn from Aneel on what he is thinking around human flourishing in education and leadership. How does he define human flourishing? What is psychology's role?

His work centers around "What does it mean to flourish as human beings in an age of hyper-complexity, ubiquitous technology, and accelerating cultural rhythms?". What classes and curriculum is popular within the school, what topics does he see growing and trending? How does he see leadership transforming within the context of flourishing?

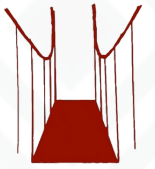
What can we learn to better education in China because of this?



Aneel Chima

Associate Director of Health and Human Performance, Stanford University, Board Member, CIIS

# DAY 5



## EVENING + DINNER

### **Building a Global Community and The Future of Technology and Consciousness**

Panel conversation with Mikey Siegel, Founder of Consciousness Hacking and Meet + Demo with Select Technology Entrepreneurs

How did Mikey build a global community focused on exploring and building new technologies for human flourishing? In a few short years, the community has grown to over 20 chapters and 10,000 people. Consciousness Hacking is a vibrant and highly engaged community of scientists, inventors, technologists, artists and executives creating and experimenting with new ways for technology to support people's flourishing. "Can technology be a tool to help us realize a profound sense of peace and well being? Can the devices around us do more than provide information and change behavior? What if our gadgets guided us toward a deeper sense of connection with ourselves and each other?" These are some of the questions Mikey is exploring.

We will speak 1:1 with Mikey followed by a panel conversation between select China guests so the community can meet you. Afterwards, you can meet some of the entrepreneurs in the community and experiment with their technologies and explore what might be relevant for the China market.



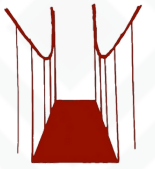
Mikey Siegel

Founder of Global community  
Consciousness Hacking



3Hrs

# DAY 6



## MORNING



### The Past Present and Future of the Transformative Technology Sector

Nichol Bradford, Executive Director and Co-Founder, TransTech Lab // CEO & Founder, Willow Group, a Transformative Technology company

Nichol will share her views of the past, present and future of the Transformative Technology sector - hardware and software based on credible science and research that can produce a reliable and positive change in the human psychological experience. TransTech is at the intersection between neuroscience, psychology, technology, and entrepreneurship.

As the ED of the Transformative Technology Lab and the annual Transformative Technology Conference, she has seen many technologies and trends come and go, entrepreneurs grow and investors come in and out of the space. Hear what she is most excited about looking forward and what she thinks is the potential and gaps for China.

After her share, China members will share what they are most excited about and we will explore the future of Transtech in China and how we can better build the US-China bridge when it comes to innovations, leadership, and companies within Transtech.



Nichol Bradford

ED & Co-Founder, TransTech Lab  
and TransTech Conference



2Hrs

## AFTERNOON

### Funding Consciousness and Finding One's Agency as Leader

Adam Cummings, Trustee of the the Nathan Cummings Foundation

Adam is an entrepreneur and visionary in the field of advancing contemplative practice, intergenerational healing and gender equality in America. He was the Chairman of the Nathan Cummings Foundation and continues as Trustee today. The Foundation has played a pivotal role in the psychology, spirituality and personal growth sector of the United States

Adam will share his individual story and experience in funding healing / contemplative practice / empathy / transformation work, and the importance of transforming himself while doing this work. He will select a fundee or trusted individual to join him in this intimate chat that will weave stories and practices so the group can digest and connect not just from the mind, but the heart and body as well. The China group will share their learnings afterwards, and we will engage in a lively emergent dialogue together at the end.



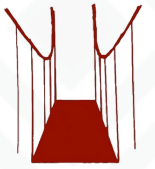
Adam Cummings

Entrepreneur, Trustee of The  
Nathan Cummings Foundation



2Hrs

# DAY 7



## MORNING



### How to Grow A Movement

Allison Duncan, CEO of Amplifier Strategies

2Hrs

How do you build a movement? How do you create lasting systemic change?

Allison is one of the world's foremost systems change and movement builders, she ran the largest environmental philanthropic fund at The Moore Foundation, and has continued to use her expertise to shape and influence a number of movements.

Hear what she is most excited about in regards to China.

Discuss how you can apply movement building to the psychology, consciousness, and personal growth sector in China. How do you make personal and professional development a cultural norm, a movement that invites many more people in China to participate in?



Allison Duncan  
CEO of Amplifier Strategies,  
Founder of Uplift and Impact Atlas

## AFTERNOON

### Building a Successful Train-the-trainer Program and Mind-Body-Energy School

Anna-Lisa Adelberg, Founder of Luminous Awareness Institute

2Hrs

Anna-Lisa is a internationally renowned teacher and founder of Luminous Awareness Institute, a 2-year school program that now has more than a hundred students enrolled each class.

Anna-Lisa will share her personal story, how she built a successful transformational school, and how she thinks about growing and selling mind-body-energy transformation to business and secular leaders and individuals from different backgrounds.

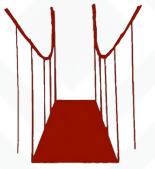
Discuss how China can build more successful schools and teacher training programs. Explore collaborations. We'll go through an hour of sharing and then an hour of practice for hands on experience.



Anna-Lisa Adelberg  
Anna-Lisa is an internationally renowned transformational teacher and founder of Luminous Awareness Institute. She has trained top business and transformational leaders.



# DAY 8



## MORNING

### Building the First Online Spiritual and Psychology Education Platform

Tami Simon, Founder and CEO of Sounds True

Tami founded Sounds True in 1985 as one of the first online spiritual awakening and psychology education and transformation platforms. The organization has grown to over 120 staff and more than 1500 courses in their online library. Sounds True also hosts online summits, train the trainer programs, publishes both adult and children's spirituality books, and runs the digital subscription and online presence for Eckhart Tolle.

2Hrs

Tami will share her journey in building SoundsTrue, what has worked well and what hasn't worked, what they are focused on now, and we will together explore collaboration opportunities for China.

Hear from one of the original entrepreneurs and founders of companies in the consciousness space and compare notes on how you run and design your business and explore collaboration opportunities together!



Tami Simon  
Founder and CEO of  
Sounds True



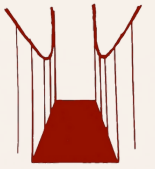
## LUNCH & DEPARTURE

### Lunch and Closing circle

Our journey comes to a close. We sit together in circle and share our learnings, reflections, what we are taking away together. We share our hopes and vulnerabilities in this circle to connect more deeply to each other and to integrate the journey for ourselves.



# OUR TEAM



**MINA  
LEE**

Mina is the founder of East West Bridge and is a strategist, coach, and facilitator. She bridges culture and is committed to growing the consciousness movement.

As a strategist, she helps conscious companies scale and become more sustainable. As a facilitator, she designs experiences to help leaders build a culture of trust and connection amongst their employees and users. Her clients span Fortune 500 companies, conscious technology firms, online education companies, and offline Retreat centers. As a coach, she works with leaders to integrate their personal and professional life so they can be free and authentic regardless of where they are; she also offers workshops for companies, families, and couples using a variety of ancient and modern tools such as Music Medicine, - sound as the vehicle of connection to self and others, Nature, and many more.

Before this, Mina was COO and Chief of Staff of Xiaomi Southeast Asia, founder of an events company in New York, a World Bank Innovation and Technology consultant, and a BCG consultant. Mina is a Startingbloc Social Innovation Fellow and has a B.S. in Economics, Finance and Social Entrepreneurship from Stern, NYU. Mina was born in Shanghai and lives in China and San Francisco.

[WWW.MINAJLEE.COM](http://WWW.MINAJLEE.COM) | WeChat : minalee88



**NIGEL  
WYLIE**

Nigel is a multi-entrepreneur and facilitator-teacher that focuses on helping entrepreneurs and couples resolve conflict and helping men have safe spaces to discover and express themselves and redesign their life for what they want. As an entrepreneur, Nigel started an environmental technology company in Southeast Asia, founded an autonomous drone company with headquarters in Singapore and California, and is deeply devoted to helping with disaster relief.

The foundation of Nigel's facilitator-teacher practice is leading people through exercises of deep self reflection, embodiment, so they can make better choices in their life while becoming aware of how their internal world functions.

Nigel has a background as a facilitator in ManKind Project (psycho-emotional processing, circle work, trauma release, self reflection for men) and a mediator for early stage startup teams in conflict. Nigel is a two time entrepreneur, and understands the difficulty and pressures that startup founders experience.



# A B O U T

**East West Bridge (Qiao) is a mission-driven advisory firm that helps Western and Chinese companies meet with, learn from, and partner with each other.** We focus on companies that are enhancing psychological, emotional and spiritual wellbeing.

We do this by hosting highly curated and intimate cross-border expeditions for the leaders, and by advising companies on market entry and partnerships when they want to expand overseas.

We believe that creating a continuous and authentic exchange between the conscious leaders of China and the West is critical to an awakened society in the future. There is much we do not know by only sitting on one side of the bridge; we can benefit greatly by learning new ways of being and doing from each other.

**"In times of trouble, the Wise Build Bridges and the Foolish Build Walls. We must look after each other as one tribe."**

Our experience comes from years of building deep relationships in both countries. We believe that the entrepreneurial path is a spiritual path and run this company as a constant reflection and iteration of what we are and how we want to show up in this world.

Our vision is of a global culture that is open-hearted, curious, loving, and integrated in its economic and spiritual systems. Our mission is to increase the flow of wisdom, love and community towards an awakened world through bridging different sides.

# ABOUT

壹心理是中国最大的互联网心理学平台，提供全方位心理学服务

目前已拥有2000万注册用户，有6000多名心理专家入驻平台，与全国792家心理机构建立紧密的合作。

在壹心理，可以了解最有趣有用的心理学内容，体验最多的心理诊断工具，获得最及时的心理疏导，学习最优质的心理学教育。

我们一直是中国心理行业的推动者，倡导者和社区建设者，我们支持整个行业的进步和发展。

通过和中美机构的合作，通过不断的交流和培训，我们希望国内把握心理学命脉的人，能够看到更广阔的前景，更多地了解全球行业并与自己所处的环境建立更深层次的关系，这样我们可以获得共同的成功，并帮助更多的人。

