

MASTERING

INTERNATIONAL CONFERENCE

Life

THE CONFERENCE
THAT WILL
CHANGE YOUR
LIFE.

JANUARY 27, 2024
PORTO | PORTUGAL



Dear Reader

Our community is growing and becoming more vibrant every single day. Mastering Life goal is to reach everyone around the world.

At Mastering Life you find a global group of like-minded people, and future partners, with new perspectives and an unshakeable hope to improve our current standards. Your collaboration and participation in our events is a key part of our strategy. Together we believe we will have a global impact.

This year's event is reaching people from several countries worldwide. We would like to thank you, and let you know that we consider you as part of the

Mastering Life ' community. We are beyond grateful for your support, and we hope we can have you even more involved with our group. We have so much to achieve together.

On behalf of the entire team of Mastering Life, we would like to end this letter with a profoundly sincere "Thank You"... We are honoured to have you with us... Together we will accomplish our most ambitious goals.

Thank you,
Mastering Life ' team



Our Vision

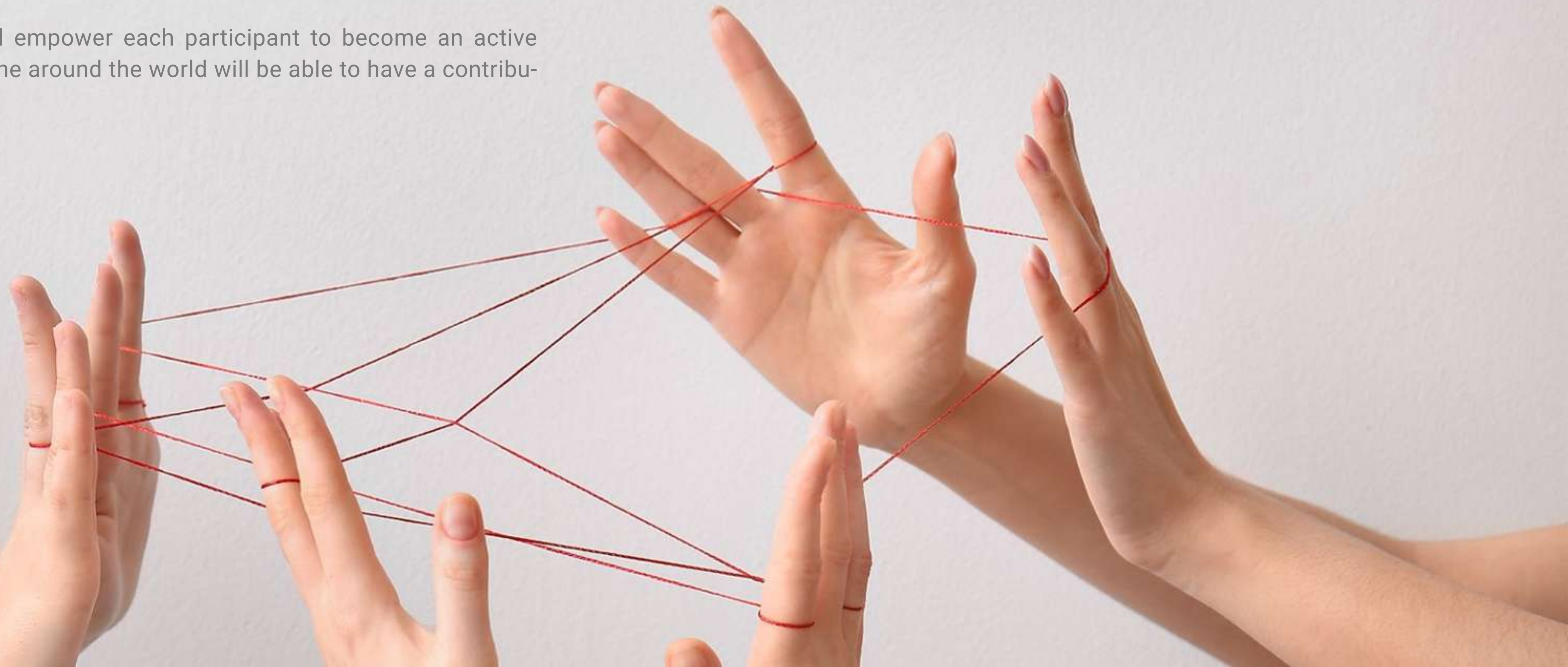
MASTERING LIFE provides people around the world the opportunity to hear the most remarkable leaders in the field. Our purpose is to empower everyone to join our efforts, and to provide everyone with the opportunity to learn from the top leaders in the field.

It is our mission not only to educate everyone, but also to serve as a platform where everyone can have an active role on making the future a reality.

It is our goals to inspire and empower each participant to become an active agent. We believe that everyone around the world will be able to have a contribution for our common goals.

Regardless of where each participant lives, we are bringing everyone online, giving everyone the opportunity to participate in changing the current status quo, and giving everyone the opportunity to join this global effort, affordably, easily, and comfortably.

Our mission is to empower everyone to join our goals, by educating, and providing the proper tools for action, as well as by providing orientation and mentorship from the best in the world. We believe we make the world a better place... together



NORTH AMERICA
USA • Canada

EUROPE
France • Germany • England
Italy • Portugal • Spain • Greece

SOUTH AMERICA
Brazil • Ecuador • Venezuela
Peru • Argentina • Chile

AFRICA
Angola • Marrocos

OCEANIA
Australia • New Zealand

Community Map

MASTER
YOUR
DREAMS

Program Overview

Program Overview

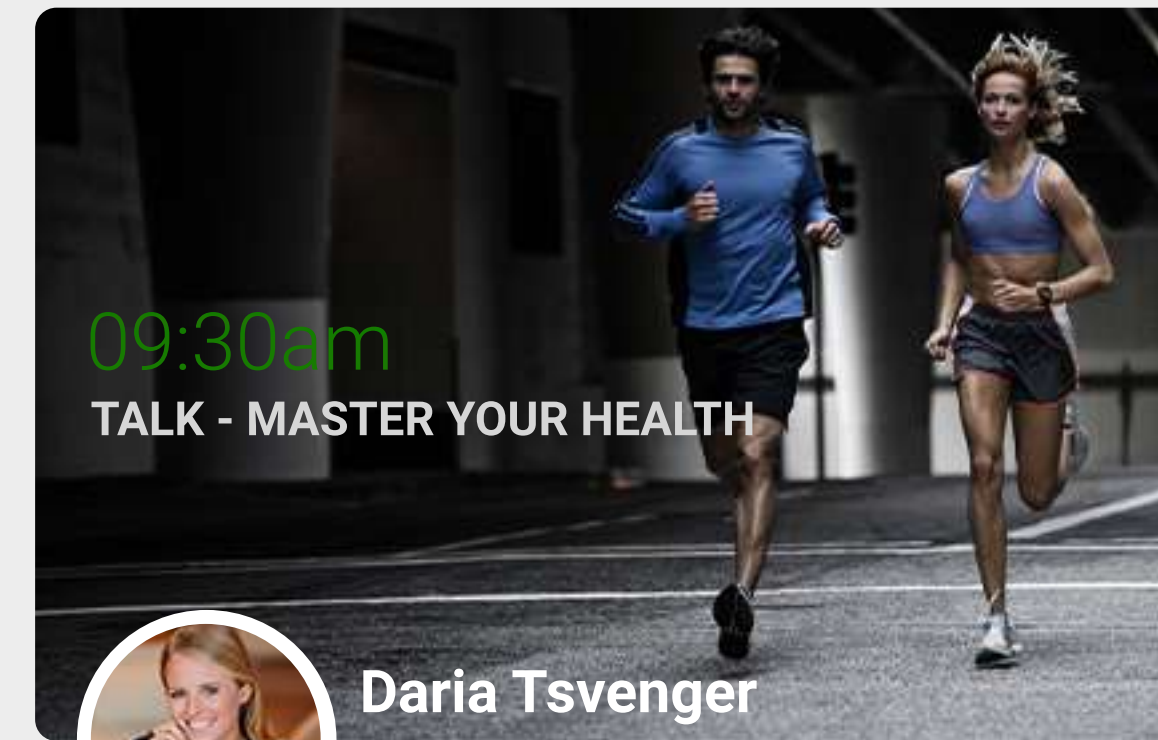
MORNING
(EST time)




08:30am
REGISTRATION




09:00am
OPENING CEREMONY




09:30am
TALK - MASTER YOUR HEALTH



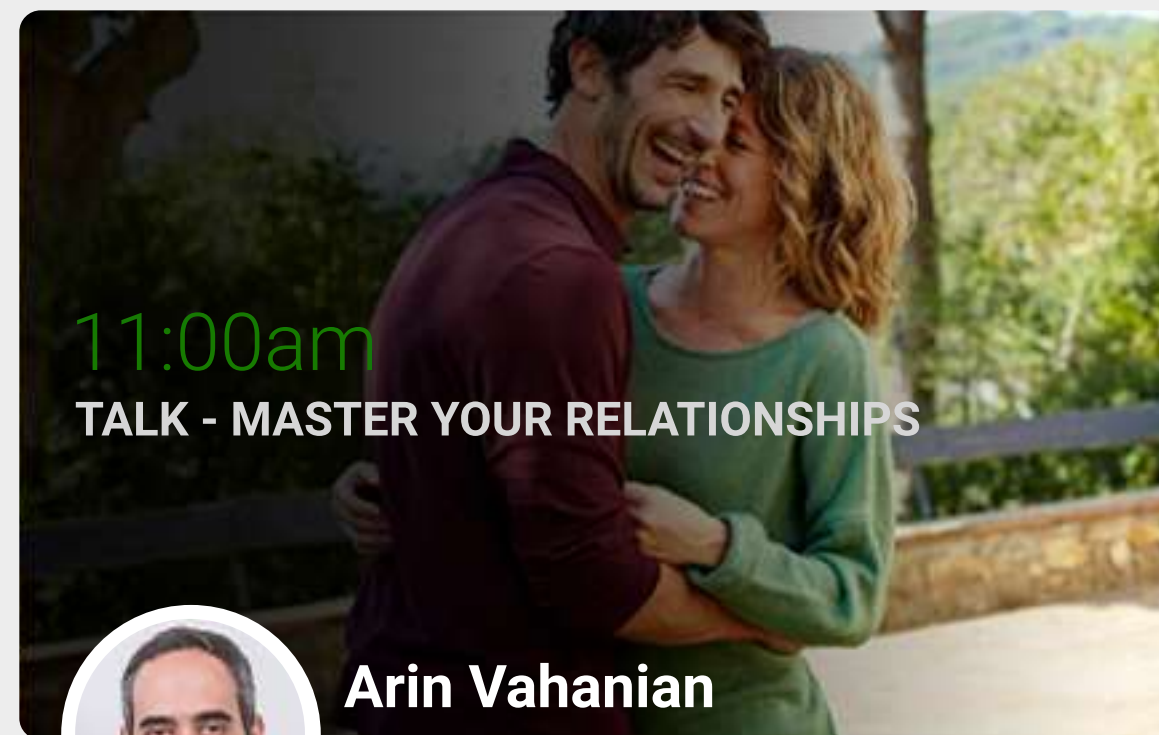
Daria Tsvenger
[View Speaker](#)




10:00am
TALK - MASTER YOUR FINANCES



Angie Carrillo
[View Speaker](#)



11:00am
TALK - MASTER YOUR RELATIONSHIPS



Arin Vahanian
[View Speaker](#)



11:30am
TALK - MASTER YOUR INVESTMENTS



Moss Jackson
[View Speaker](#)



12:00pm
PANEL OF DEBATE



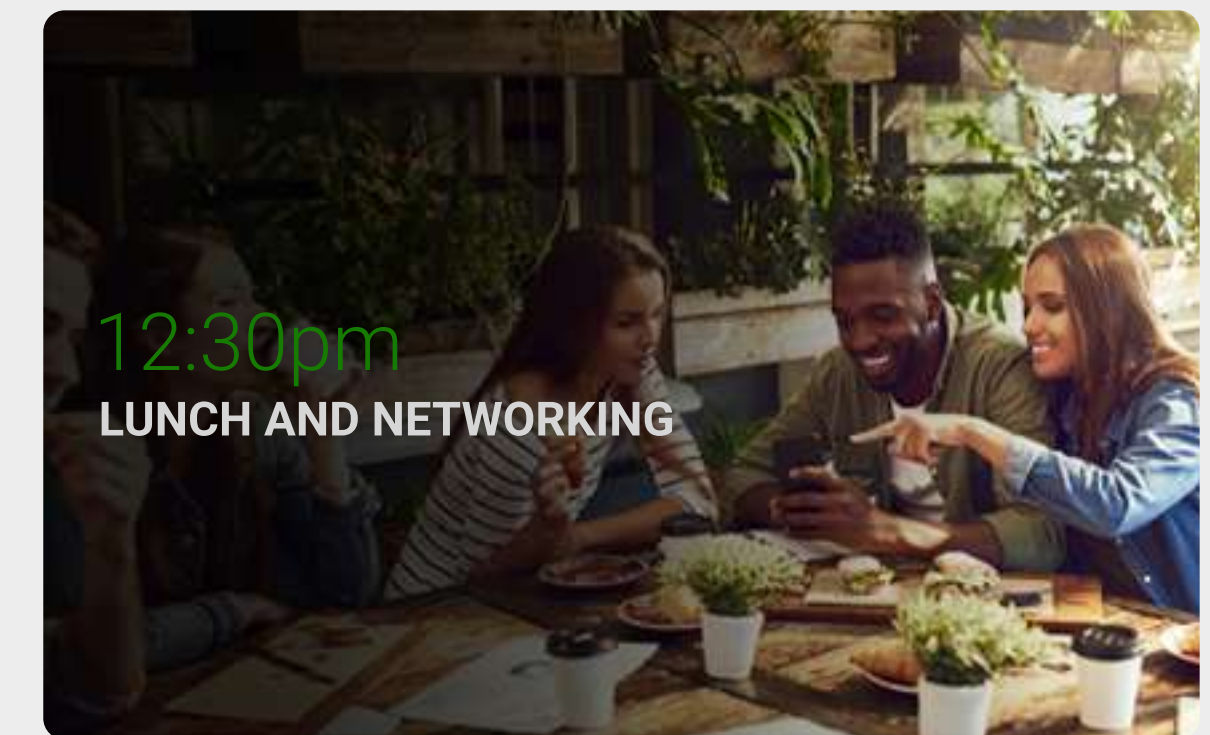
Steven A. Garan, Ph.D.
[View Speaker](#)



Nuno Martins, Ph.D.
[View Speaker](#)



Dan Levitt
[View Speaker](#)




12:30pm
LUNCH AND NETWORKING

Program Overview

AFTERNOON
(EST time)

02:30am

TALK - MASTER YOUR DREAMS



Laurie Handlers
View Speaker

03:00pm

TALK - PERSONAL GOALS



William Faloon
View Speaker

03:30pm

TALK - MEANING AND PURPOSE



Charles Du
View Speaker

04:00pm

PANEL OF DEBATE



Angie Carrillo
View Speaker

Paul Lem
View Speaker

Daria Tsvenger
View Speaker

05:30pm

CLOSING CEREMONY



06:30pm

DINNER AND NETWORKING



09:30pm

PARTY AND NETWORKING



Speakers



Daria Tsvenger

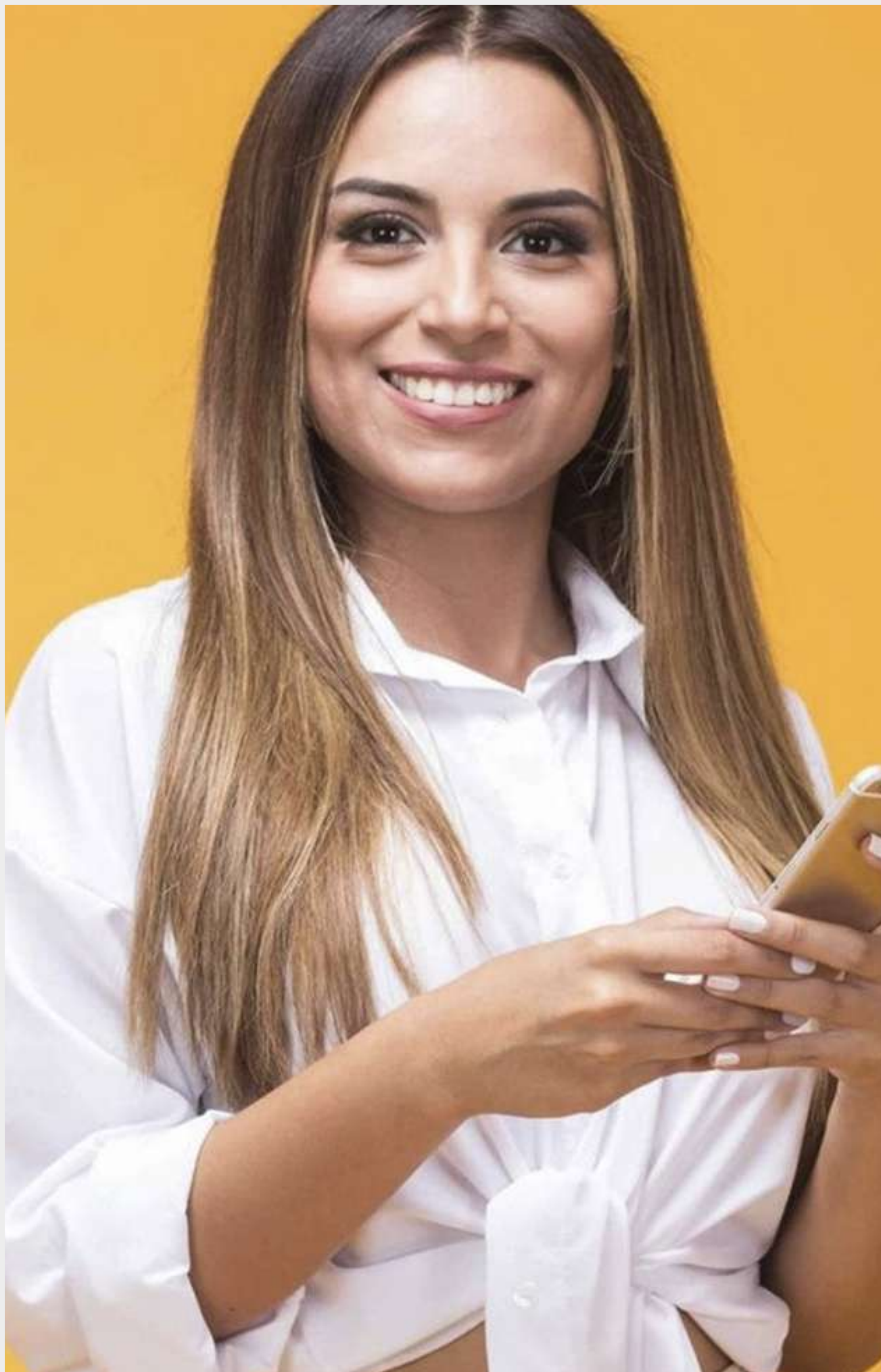
Mindset expert and creator of “The Dream Sprint”.

Daria Tsvenger is a Forbes-featured mindset & life coach and host & creator of the top personal growth program “The Dream Sprint”. Her work has helped hundreds of people tap into the power of the brain to gain clarity and define the next steps in life.

She has inspired hundreds of people on stages all over the world for clients including Robinhood, Prana and MGM Law. Daria shared her expertise on TV shows such as “Good Morning LA-LA-LAND”, “Simulation” and the major publications like “Vogue”, “ThriveGlobal”, “Forbes”. She is also a mentor at 500 Startups, where she helps

entrepreneurs manage stress, increase confidence and supercharge productivity. More than 30,000 passionate dreamers are following Daria’s work.

Daria completed a Cognitive Neuroscience Stanford University extension program and had a chance to learn from top experts like Dr. Joe Dispenza, Tony Robbins, Dr. David Eagleman, Marisa Peer, and Dr. Loretta Breuning. She is available for comment on topics such as harnessing the power of neuroscience to achieve your dreams, priming your brain for success, and how to find your true purpose.



Angie Carrillo

Angie Carrillo is a serial creator, entrepreneur, advisor, angel investor, and keynote speaker

She is an unshakable optimist, and a communicator of the intersection of science, technology, and personal development.

Angie has been mentored and taught by the top performers in their field like Tim Draper, Peter Diamandis, Tony Robbins, Dean Graziosi, Steven Kotler to name a few.

Angie works with entrepreneurs, business coaches, technology leaders, innovators to support businesses serve their highest purpose and reach their own definition of success.

Angie is an expert on using your purpose and exponential technologies to accelerate your positive impact in the world.

Angie is a global ambassador of Draper University, a top entrepreneurship program in Silicon Valley, where she worked for Tim Draper, a famous billionaire Venture Capitalist, as an Entrepreneur in Residence helping other founders start their businesses.

She is also an alumni from Singularity Univer-

sity Global Solutions Program, where she co-founded Nextbiotics after having had an antibiotic-resistant infection. This biotechnology company using CRISPR-Cas9 is part of Singularity University Ventures.

Angie is passionate about leveling up the playfield and became a limited partner on an investment fund for diverse founders. As an advocate for women in tech, she became a self-taught coder and founded a non-profit organization to teach girls to code. For this work, she was selected as a Master Educator & Ambassador for Technovation, the largest program to teach girls tech entrepreneurship and UNESCO WiSci Camp.

Angie has worked as an advisor for several large Fortune 500 companies like Bayer, Boston Scientific, and Hewlett-Packard. And for award-winning startups like Eva Tech, a Y Combinator startup.

Angie holds a BA in Business from Tecnológico de Monterrey and was an international student at UC Berkeley Haas School of Business.

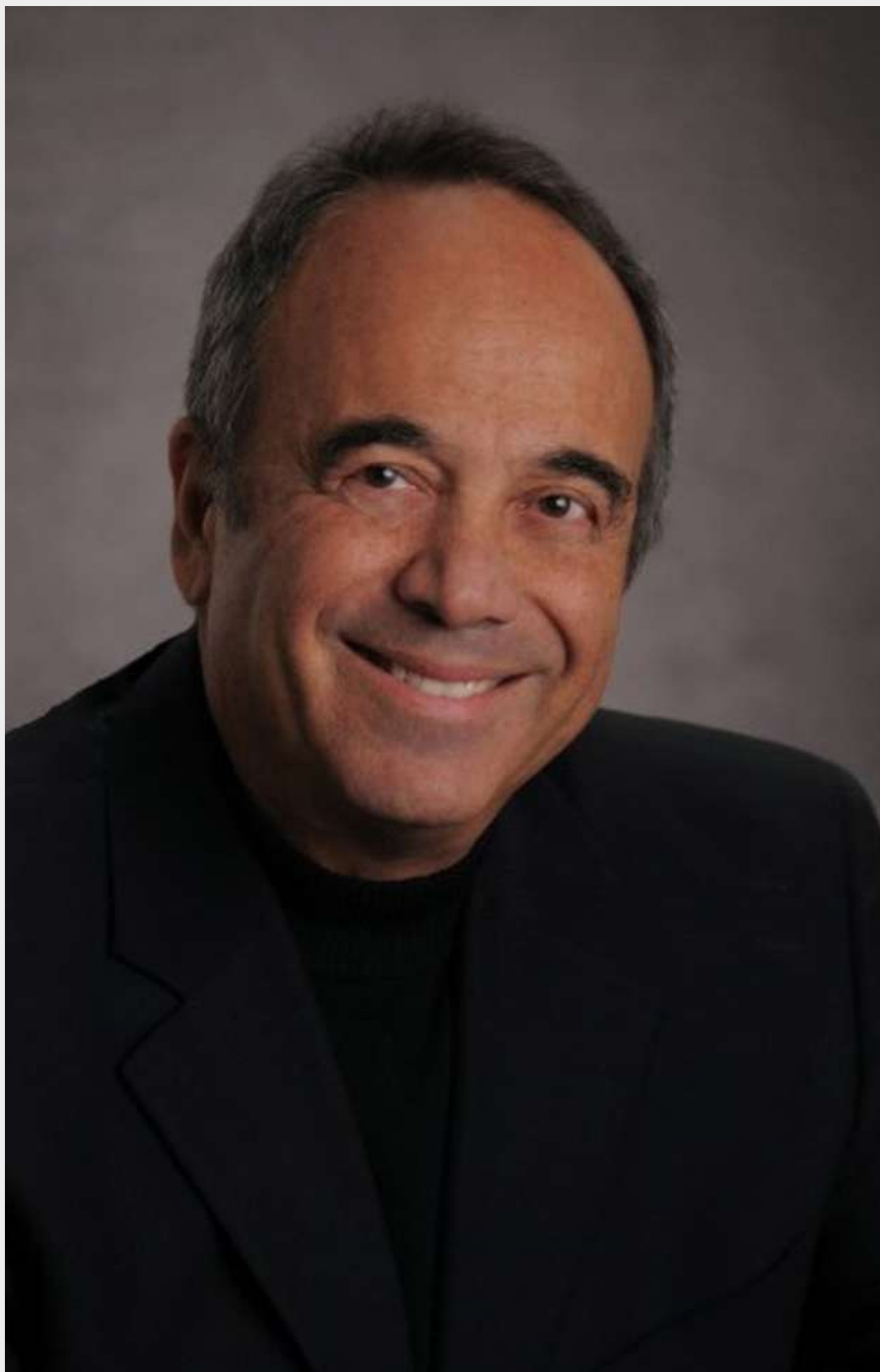


Arin Vahanian

Founder of Quantage

After spending nearly 10 years doing business in locations such as Spain, China, and Japan, Arin founded Quantage with the mission of helping global, growth-oriented companies in the nuanced world of international business. Specifically, he assists individuals and startup companies with their business strategy so that they can increase awareness of their product/service, increase revenues, and build a competitive advantage in the market(s) they serve. Arin

holds a BA and MBA (Management) degree from California State University, Northridge. He is also PMP, Lean Six Sigma, Scrum, and ITIL-certified. Additionally, he is a published author, having written works such as "An Expat's Guide to Investing Offshore", "Kaizen for Men", and speaks six languages. In his spare time, Arin enjoys traveling, reading non-fiction, listening to electronic music, and following new developments in technology and longevity



Moss Jackson

CEO of Center for Psychological Services in Pennsylvania

Moss Jackson is a psychologist and Success Coach specializing in Helping clients to rewire Brains for success and happiness. He is an accomplished writer, lecturer and life coach. He has written four books, including "Navigating For Success: Passion, Goals and Action " and "I Didn't Come To say Goodbye: Navigat ing The Psychology Of Immortality, " an Amazon best seller. He was a presenter at the first Raadfest Conference in 2016 where he discussed the epidemic of chronic stress disorder in the 21st ct. His most current work is focused on helping people to live well in order to live longer. He is a specialist in treating anxiety, trauma and chronic

stress disorders. His talk today is "Getting Your Brain To Fall In Love With You. " In his talk, he will focus on the impact of chronic stress on the brain and how to reverse the destructive impact of anxiety, resentment and regret on the aging process. A toolkit to enhance brain functioning will be introduced in which you will l ea rn about the thre e mos t impor t ant psychological needs that are necessary for optimal brain health. If these three needs are satisfied on a daily basis, there is a reduced impact of cortisol and adrenaline on the brain and body, thus reversing the chronic stress dynamic.



Steven A. Garan

Director of Bioinformatics at CREA and serves on it's Advisory Board

Steven A. Garan is the Director of Bioinformatics at CREA and serves on it's Advisory Board, he is also a researcher at the Lawrence Berkeley National Laboratory. While at the University of California, Berkeley, he played a major role in the invention and the development of the Automated Imaging Microscope System (AIMS). While at UC Berkeley, Garan collaborated for many years with a group from Paola S. Timiras's lab, on the role that caloric restriction plays in maintaining estrogen receptor-alpha and IGH-1 receptor immunoreactivity in various nuclei of the mouse hypothalamus. Garan was also the director of the Aging Research Centre, and is a leading scientist in the field of aging research. His numerous publications, include articles on systems biology, the effects of caloric restriction on the mouse hypothalamus and on the Automated Imaging Microscope System (AIMS). He is best known for the coining of word "Phenomics", which was defined in an abstract titled: "Phenomics: a new direction for the study of neuroendocrine aging", that was published in the journal Experimental Gerontology.

Steven A. Garan, was the lead scientists that developed the AIMS system along with Warren Freitag, Jason Neudorf and members of the UC Berkeley lab where AIMS was developed and utilized. Many jour-

nals articles have been published about the system and the results that it produced. Since the completion of the first version in 1998, newer versions were devel

oped, with the final version being completed in 2007. Empowering investigators to accurately count specific cell populations is essential to all fields of neurobiology. While computer assisted counting technology has been in use for over a decade, advances in an Automated Imaging Microscope System (AIMS), now insure 97% accuracy when comparing computer counts to human counts for both nuclear and cytoplasmic stained tissue. More importantly, regional analysis can now be customized so that only cell populations within specified anatomic regions will be targeted for counting, thus reducing the background noise of non-immunoreactive cells when characterizing specific cell populations. This application was recently used to successfully map the density and distribution of both nuclear expressed estrogen receptor-alpha and cytoplasmicly expressed IGF-1 receptor in specific hypothalamic nuclei. Furthermore, AIMS can now detect intra-hypothalamic differences in receptor expression and measure phenomenon such as later alization.



Nuno Martins

Polymath, researcher, entrepreneur, and a healthy life extension advocate

Nuno is a polymath, a researcher, an entrepreneur, and a life and health extension advocate. As a polymath, he usually likes to make use of different subject areas, drawing ideas and concepts from different bodies of knowledge to solve specific problems.

As an illustrative example, his published papers involve several fields of research, for example: quantitative neuroscience, computer science, nanotechnology, robotics, and others. Several previous education experiences have supported and nurtured his polymath approach to problems. As a researcher, he is interested in any scientific, engineering, or technological development with potential applications or consequences for healthy life extension. Along these lines, he is currently focused on developing technologies for human healthy life extension.

In business, he created his own company to fund his education. Along the way, several academic awards and grants contributed to his necessary funding strategy. The growth of his original company permitted him to create a business group embracing a set of different companies that operate in a large spectrum of business sectors, including: business, consulting, education, information tech-

nologies, healthcare services, online sales, and several others.

On life extension related topics, early in his life, motivated to take control of his own health he decided to make several courses related to health-care, body training and nutrition. Thus, he completed several courses related to life and health care, for example, he is a swimming teacher, a professional tennis teacher, a body-building and aero- fitness teacher, a power-lifting professor, and he completed also several courses in nutrition and sleep optimization.

As public speaker Nuno participates in conferences and meeting providing high quality professional presentations in his style. One of Nuno's public appearances was on a groundbreaking large conference (attended by approximately one thousand attendees), where Nuno presented along with amazing celebrities, such as: the visionary billionaire Peter Nygard, the always inspiring Suzanne Somers, and the famous futurist Ray Kurzweil, among many other celebrities... Nuno makes easy the understanding of technical challenging subjects , making accessible to the general audience the most difficult problems.



Dan Levitt

Dan Levitt is an acclaimed international speaker, elder care leader, writer, and gerontologist

International Speaker

Dan Levitt is an acclaimed international speaker, elder care leader, writer, and gerontologist, specializing in helping others to create better lives for seniors. Dan's purpose is to teach millions of people how to transform the lives of older adults across the globe. As a popular professional speaker, he has delivered inspiring keynote speeches impacting thousands of people on four continents. Dan doesn't tell people where to go but guides them in the direction of where they need to go. His talks leave the audience with a new mindset on aging needed to thrive in the 21st century.

Elder Care Leader

Dan Levitt shepherds the enhancement of

social, spiritual and care needs for more than 300 seniors, inspiring a team of over 400 employees and volunteers with a commitment to continuously improving the quality of life. Dan is an Adjunct Professor in Gerontology at Simon Fraser University, an Adjunct Professor, School of Nursing, University of British Columbia teaching Long Term Care Leadership, a Sessional Instructor at the British Columbia Institute for Technology, and past Board Member of Common Age.

Adventurer

Dan's adventure exploits have taken him from Africa's highest peak Mt. Kilimanjaro to the Caribbean Sea's coral reefs, from canoeing across the Yukon to racing in the World Marathon Majors in Tokyo, London, Boston, Berlin, Chicago, and New York.



Laurie Handlers

Sex and happiness coach

Laurie Handlers is a Sex and Happiness Coach, author of Amazon #1 International Bestseller Sex & Happiness. Through her company Butterfly Workshops, she offers sexual health and awareness courses plus leadership courses for corporations and individuals throughout the world. For over a decade, she has hosted a weekly radio show Sex and Happiness where she discusses all topics about sex. She has also produced and starred in two independent films. Her current focus is on Sexual Ecstasy at Any Age. She spends a great amount of her time learning about Radical Life Extension.

Laurie holds a Masters degree in Education and a Bachelor's degree in Psychology and Sociology. Her career includes over thirty years as a corporate change consultant, indi-

vidual empowerment coach and international seminar leader.

She is a dynamic speaker, facilitator and has taught transformational workshops for women, men, couples, singles, parents and teens since 1978 on techniques and secrets that are the basis of healing the body, releasing past emotional trauma, stopping the aging process, and reducing stress.

Pod casts from her former internet radio show Tantra Café can be accessed here. Podcasts from her new show Sex and Happiness can be accessed at <http://webtalkradio.net/shows/-sex-and-happiness>. Laurie stars in a hilarious indie documentary Tantric Tourists <http://tantrictourists.com/>



William Faloon

Since 1980, Bill Faloon and The Life Extension Foundation have uncovered pioneering approaches for preventing and treating the diseases of aging.

These avant-garde advances were meticulously chronicled in Life Extension's publications many years before conventional doctors recognized them.

In order to enlighten supporters to these life-saving therapies, Bill Faloon compiled a 1500-page medical reference book titled Disease Prevention and Treatment that is now in its 5th printed edition.

To educate the public about Life Extension's innovative medical protocols, Bill Faloon has been featured in hundreds of media appearances including The Phil Donahue Show, The Joan Rivers Show, Tony Brown's Journal, ABC News Day One, and Newsweek magazine.

A review of what Bill Faloon and The Life Extension Foundation has accomplished over the past 37 years reveals just how badly conventional medicine lags behind lifesaving scientific advances. Bill Faloon has authored books exposing the atrocities committed against the American public by FDA bureaucrats, including Pharmocracy, which reveals how corrupt deals and misguided medical regulations are bankrupting America and what can

**Co-Founder Life Extension Buyers Club, Inc.
and Society for Rescue of Our Elders
(RescueElders.org)**

be done to resolve it. Back in 1980, few scientists believed that anything could be done to prevent the degenerative effects inflicted by aging. To counter this misconception, William Faloon pointed to then-current scientific studies showing that it was possible to prevent some age-related diseases and to slow the aging process itself, at least in animals. He argued that if enough funds were committed to research, therapies to retard human aging could be developed that would result in the greatest revolution in medical history. Being controversial carries a heavy price. The federal government raided his facilities twice, initiated an 11-year criminal investigation, and threw him and Saul Kent in jail in 1991. When the FDA conducted its first armed raid in 1987, the Life Extension Foundation had only 4,000 members. Thanks to publicity generated by the FDA's actions, this number grew to 25,000 members by the time his criminal indictments were dismissed in 1995. LEF now has over 300,000 supporters to who its mails its monthly Life Extension Magazine to.

Support for the nonprofit Life Extension Foundation is at an all-time high because people are becoming aware that recommendations published by Life Extension in the early 1980s are now scientifically validated and many even accepted by the medical establishment.



Charles Du

**I teach people how to become
irreplaceable product managers**

Namaste. My name is Charles Du. Also known as Nomad Charles.

I was born in China and grew up in the United States.

My purpose in life is to grow. I grow through teaching, traveling, and playing. I love playing soccer, practicing yoga, and taking photos with my iPhone.

I grow "9 to 5ers" who are chained to their

cubicle into successful digital nomads by teaching them career skills that help them become remote without sacrificing their career nor income.

Unlike other trainings out there, the stuff I teach is proven, unique, and fun. My knowledge comes from interviewing hundreds of successful digital nomads who have transformed their careers and are now location-independent.



Paul Lem

Paul is a serial entrepreneur and an investor. His book: "Master Life Faster" is a fantastic book and a success in sales.

Spartan Bioscience is the leader in on-demand DNA testing designed for precision medicine and personalized healthcare. The Spartan CYP2C19 System identifies carriers of CYP2C19 mutations that affect the metabolism of common drugs. It goes from sample to result in less than 60 minutes from a cheek swab. Mayo Clinic is using the device in a landmark 5,300-patient clinical trial.

The device has received European and FDA regulatory approvals and is a platform for many other on-site DNA analysis applications including the world's first rapid on-site qPCR Legionella testing for water sources in real estate, healthcare, and data centers. Spartan is also a member of ISO 12869 and ASHRAE 188.

MASTER
YOUR
FINANCES

Ticket Options

Ticket Options

Online
€ **159**

Buy Ticket Now

- ✓ Access to all conference talks
- ✓ Access to all panels
- ✓ Meet other attendees
- ✓ Explore all livestream topics covering current biggest trends
- ✓ Network and connect with our speakers and participants
- ✓ Upskill through our experts knowledge
- ✓ Make valuable connections within our global network
- ✓ Meet the world's most exciting companies in the space

Essencial
€ **745**

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- ✓ Full access to all talks
- ✓ Full access to all panels of debate
- ✓ Full access to Expo Area

VIP
€ **1230**

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- ✓ Full access to all panels of debate
- ✓ Full access to Expo Area
- ✓ **VIP** seating
- ✓ Access to Event Platform Premium section

Premium
€ **2460**

Buy Ticket Now

- ✓ Full access to all talks
- ✓ Full access to all panels of debate
- ✓ Full access to Expo Area
- ✓ **PREMIUM** seating
- ✓ Access to Event Platform Premium section
- ✓ Pen Drive (with Full-Event Recording with all talks and panels)
- ✓ **Networking with speakers** (including lunch with speakers and private introduction)

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LIFE

Thank you



info@masteringlife



+1(925)2148763



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