

19 September 2023, Tuesday (Day 2)

- **Mindfulness Program** – Ms. Katy Mok

Stress and negative emotions may disrupt work performance and overall well-being. Supported by numerous studies in the past four decades, mindfulness practice is proven to be effective in enhancing emotional intelligence and focus, reducing stress, improving memory and lowering the risks of depression and anxiety.

Mindfulness means paying attention in the present moment non-judgmentally, in a bid to cultivate inner wisdom and compassion.

According to Jon Kabat Zinn, who developed mindfulness based stress reduction programme in the 70s, practicing mindfulness does not mean striving to achieve a special state nor being completely detached from what is happening around us. Through meditation practices and cultivation of mindfulness attitudes, we will no longer be living in the head and let our thoughts dominate our experiences in daily life. In each moment, there is seeing, feeling, tasting, touching, emotions, bodily sensations and other domains in which human intelligence arise. We are here to embrace them all in awareness so that we could navigate each moment with more clarity, equanimity and deeply connect with what is happening in each moment.

At the end of the workshop, participants will be able to understand the concept of mindfulness, develop mindfulness attitudes and experience several mindfulness practices for mood management and better communication.

- **AI & Web3: Opportunities and Challenges** – Prof. Yang Wang

AI and Web3.0 blend decentralized digital interactions with intelligent automation. Drawing from his extensive research on data analysis and machine learning, Prof Wang will explore the transformative potential these technologies hold for reshaping digital interaction and contributing to digital economy. The session will delve into the societal and technological implications of this fusion, highlighting both the opportunities for innovation and the responsibilities we share in shaping a fair and inclusive digital future.

- **The Global Race to Regulate AI** – Prof. Anu Bradford

There is a growing consensus among governments that AI needs to be regulated but no agreement on what that regulation should look like. Anu will discuss different approaches towards digital regulation generally and AI governance specifically, distinguishing between three competing regulatory models—the American market-driven model, the Chinese state-driven model, and the European rights-driven regulatory model. The US, China, and the EU are three leading technology and regulatory powers that can be viewed as “digital empires,” each advancing a competing vision for the digital economy while attempting to expand its sphere of influence in the digital world. Which digital empire will prevail in the contest for global influence remains an open question, yet their contrasting strategies are increasingly clear. In the midst of these unfolding regulatory battles, governments, tech companies, and digital citizens are making important choices that will shape the AI revolution and the future ethos of the digital society. Anu will lay out the choices we face as societies and individuals, explain the forces that shape those choices, and illuminate the immense stakes involved in making those choices.