Chris Dancy
The World's Most Connected Man

Why Chris Dancy

Just Google "Most Connected"

Seriously, google it.

The Attention

"[Dancy] is on the cutting edge."

WIRED

"Technology will continue to play a larger roll in our day to day lives, however for [Dancy] that future is now".

THE WALL STREET JOURNAL.

"Dancy's a pioneer in the "quantified self movement."

npr

"An extreme life hacker."

Bloomberg

"Dancy is the ultimate example of two revolutions underway in tech: the Internet of Things (smart thermostats, garage doors, toothbrushes, tennis racquets) and quantified self (what you learn about yourself from trackers)." **Mashable**

"You probably know someone, like Chris Dancy, but not really, Chris Dancy is arguable the most quantified self in America, probably the world."
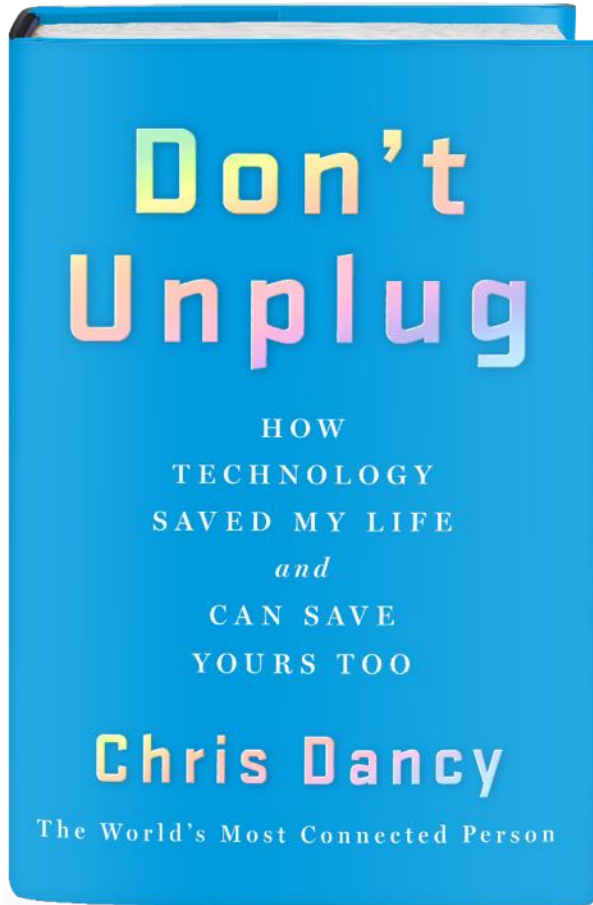
MARKETPLACE®

"One of the people to seek out if you're looking to innovate in the [tech] space." **BUSINESS INSIDER**

"One of the reoccurring themes in modern life is the rapid pace of technical innovation. Your top of the line smart phone is never top of the line for very long. The tip of the spear where technology is concerned is Chris Dancy."

"You might say he's the closest thing to a real life cyborg."

FOX NEWS channel

The Book

In 2002, Chris Dancy was overweight, unemployed, and addicted to technology. He chain-smoked cigarettes, popped pills, and was angry and depressed. But when he discovered that his mother kept a record of almost every detail of his childhood, an idea began to form. Could knowing the status of every aspect of his body and how his lifestyle affected his health help him learn to take care of himself? By harnessing the story of his life, could he learn to harness his own bad habits?

With a little tech know-how combined with a healthy dose of reality, every app, sensor, and data point in Dancy's life was turned upside down and examined. What Marie Kondo did for closets, Dancy did to his phone and life—and now he's sharing what he knows. That knowledge includes the fact that changing the color of his credit card helps him to use it less often, and that nostalgia is a trigger for gratitude for him.

A modern-day story of rebirth and redemption, Chris' wisdom and insight will show readers how to improve their lives by paying attention to the relationship between how we move, what we eat, who we spend time with, and how it all makes us feel. But Chris has done all the hard work: Don't Unplug shows us how we too can transform our lives.

*event bulk discounts available

Don't Unplug
How Technology Saved My Life
and
Can Save Yours Too

In Stores: September 18, 2018

The Praise

"I listen intently whenever I get to hear him speak as I know what I'm hearing will be the truth
-**Kristin Hildebrand** Founder WONE, Global Director Nike

"Chris Dancy is a herald of the future we need to build. Don't Unplug is full of powerful stories, valuable insights and practical advice of how to be a better human in a world where the pace of change of technology is only going to increase. Do you want to ride the digital roller-coaster or be ridden? This book will make sure you make the right choice."
-**Rohan Gunatillake-** Founder Buddhify, Author "This is Happening".

"Chris offers a raw and personal view of how technology can consume you and through his experiences offers insights to how you should consume technology to live a healthy life."
-**Miriam McLemore**, Enterprise Strategist Amazon, CIO Coca-Cola

"Don't Unplug" is Dancy's absorbing memoir of his remarkable journey from his Mom's basement to the world stage. Both his descent into irrelevance and his subsequent metamorphosis into a highly-sought-after digital sage were on the wings of his obsessive, recorded, measured and minutely examined life, something only possible by a consummate technologist in the prime of technology. His beguiling story becomes an object lesson in how to make your life better with tech, while simultaneously making tech better with your life."
-**Alan Cooper** -Father of Visual Basic and Computer History Museum Fellow

The Truth

"When Chris Dancy says **he's our future,** we should take it as **both invitation and threat. Here's a vision** of what you'll feel is either **the next stage of humanity,** or **it's utter dissolution.** If you want to **optimize human beings for cyborg reality,** this is the direction to go. If you're **afraid of what it means to live in a society where humans are programmed** like anything else, then **this is the nightmare, articulated.**"

-**Douglas Rushkoff**, American media theorist, writer, columnist
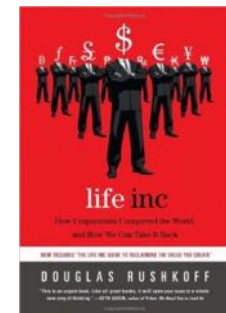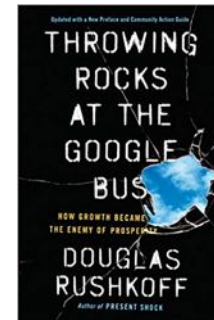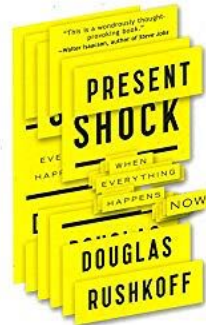
Why Chris Dancy

1. **Patient zero in the digital health revolution** –We've all been there, the keynote speaker *talking about* the fantastical future *siting examples of things*, *they read about*, Chris Dancy is world renowned for living it.

2. **Provocative and unsettling** – Face it, *audiences have had enough of talking heads* that are provocative or fast talking for the theater of it. Chris's keynotes are intimate and personal, examples from his life, audiences are bewildered and unsettled.

3. **Practicing Buddhist –** Mindfulness is more than Silicon Valley small talk for a busy life, it's a practice within Buddhism. As a Shambhala Buddhist, integration is part of our practice and life.

4. **Crowd Pleaser** – Literally voted the best speaker at every conference in 23 countries for the past three years.

5. **No Futurism** – We are officially living the future, *so futurists are a dime a dozen,* Chris lays out the recent past and extends his vision into the unfolding today. Corporations from Fitbit to Google have consulted with him.

6. **Life is Skills**– By successful integrating stories from our everyday life, Chris presents an intimate and relatable narrative for audiences.

7. **Business World Experience**- As a successful CXO roles at fortune 500 companies. Chris brings relevant takeaways for actionable next steps.

8. **Quotable, tweetable and relevant.** –Getting audiences to *take photos of the screen*, jot down quotes and share opinions is no easy task anymore.

9. **On time, dependable and professional. –** As a speaker, Chris believes that 50% of his job is meeting expectations leading up to the event. That means respecting travel limitations, deadlines for working with AV and support the promotion of events. Chris isn't just a speaker; he's a partner.

10. **Beyond the keynote** – Chris doesn't stop at the keynote, by offering expo hall services and workshops, events and a draw for local and national media as your event spills out from the main stage and into life.

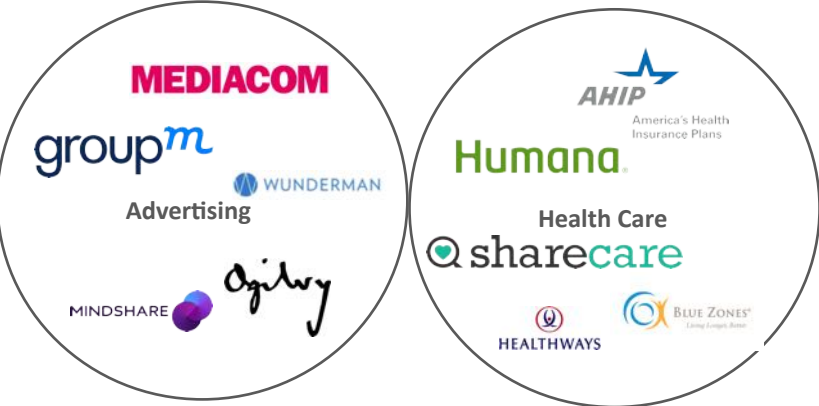# Globally recognized by industry & media
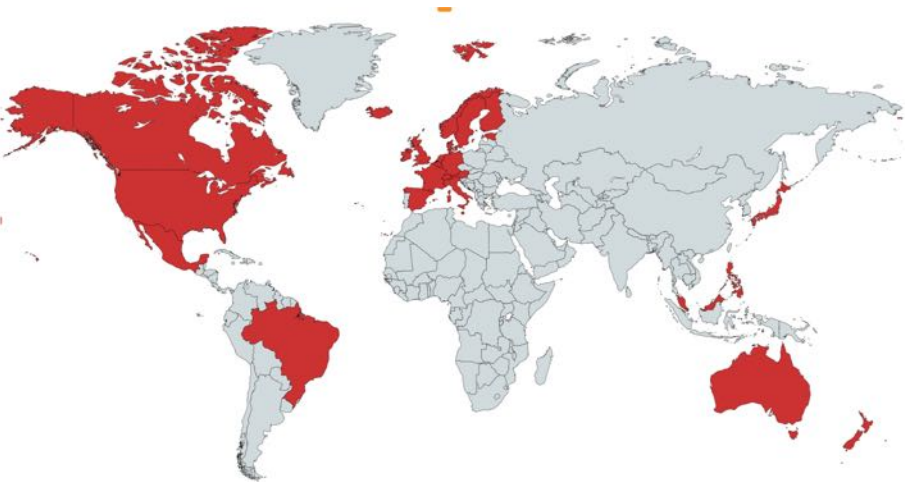
MASS MEDIA

ENTERTAINMENT

CONFERENCES

INDUSTRY EVENTS

EDUCATION / CIVIC

Honorarium Sensitivity

Most conferences don't have budgets for speakers, that's completely understandable, so discussions about honorariums is never easy. When pricing Chris many things go into the costs. Let's explore how we can make this a win/win for your event!

Honorarium factors:

1. **Travel** - Is travel included, flight, hotel, meals. Domestic (US) / International.
2. **Time on stage** - 15 minutes to 90 minutes / solo / panel / fireside chat.
3. **Pre/Post event requests** - Meet with VIP's, interviews with local media, meeting with key customers or leadership.
4. **Social media support** – Access to Chris's 100,000 followers across twitter, iTunes, YouTube, blog, LinkedIn and Facebook.
5. **Topic** - Custom topic creation versus selected from current stable of topics.
6. **Other Services** – Are other services being bundled? Workshops or Expo events?
7. **Other local Events?** – Is there a chance to have Chris at other local events within a few weeks of this event?
8. **Repeat Event** – Book for two years and get significant discounts.
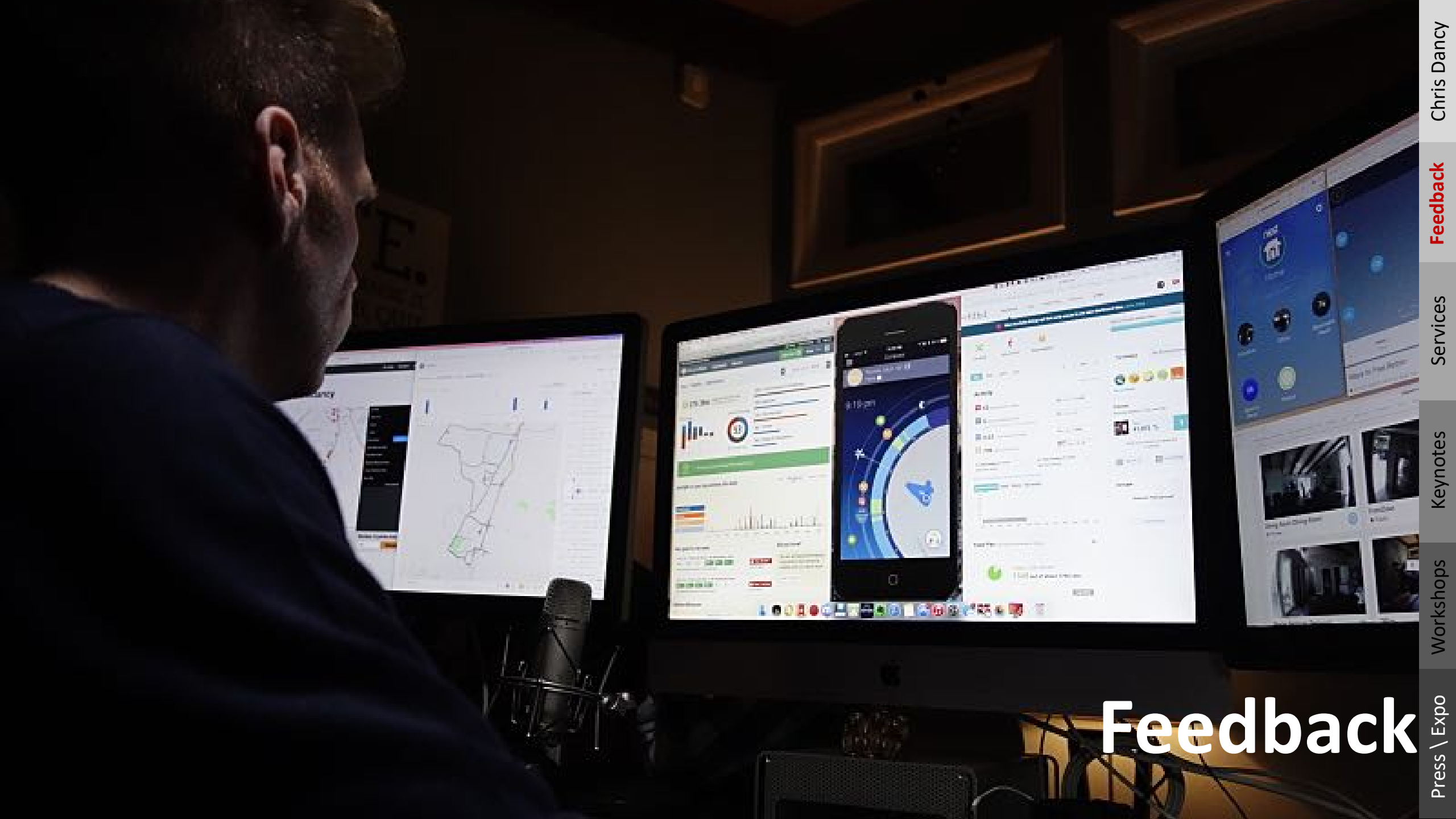
Feedback

Keynote Feedback

(audience)

"Your keynote was probably the only one where I didn't even reach for my mobile during your whole presentation." **- David Fjäll**

*"*I'm on the bus on the way home from the conference and wanted to let you know that yours was the most thought provoking of all of the sessions I went to today. Thank you for sharing your personal experiences and for getting me to think about technology on a different level."

- Claudia Haon

"I attended the Think Big Festival Today, and I just wanted to say thank you for your talk today. I really appreciated your honest thoughts on technology and the way it can affect our lives. I was very fascinated with how you completely embrace and foster the use of technology in your own life, while at the same time you are the first to admit that technology can be dangerous when we allow it to dictate our experience and existence. Many people sing the praises of technology with their heads buried in the sand, or they do the opposite by letting their fear hold them back from utilizing the tools around them. I appreciate how deeply you extract the usefulness of technology while still holding on to an incredibly realistic and honest view."
-Grant Thurman

Chris Dancy

Feedback

Services

Keynotes

Workshops

Press \ Expo

> **Peter von Satzger**
> @petervonsatzger
>
> I see thousands of speeches/year - once in a while there's someone exceptional on stage. This is one of those moments. @chrisdancv

Peter von Satzger, PR Director for Viacom's Youth & Music brands (MTV)

Keynote Feedback

(organizers)

"Chris Dancy's keynote got more #1 votes by 2x than next closest talk. Chris Dancy was brilliant!"
– **Bruce Brand**, VP , FamilySearch

"Chris Dancy was on everyone's lips the rest of the day (and the day after!) after delivering an entertaining, informative and dissident keynote on health data at the annual WHINN conference in Denmark. I will highly recommend Chris!"
- **Kristoffer Madsen**, FORCE Technology

"Chris Dancy was a wonderful start to our annual conference! Attendees found his presentation to be very thought-provoking and engaging. One person commented, "He was phenomenal. I could have listened to him speak for 4 hours straight. I was fascinated and can use this for our employee engagement strategies."

Laura Wicker - Pittsburgh Business Group on Health

"Chris Dancy is one of a rare breed of speakers who can translate technology into humanity. His journey to becoming the world's most connected man is fascinating in itself, but he takes it a step further. He uses his experience to put technology into a context we can all identify with. He does this with deep insights that are thought-provoking and help open the audience's mind to new ideas. "
Greg Woods   - Hilanders

Chris Dancy

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"Chris is an absolute joy and a sunshine to work with. He's knowledgeable and delivers personal stories based on reality and facts in the world of technology. This is a charming mix that we rarely see in this line of business. I've had the pleasure of having Chris on two of my events and he got top ratings on both events.

In addition, he's also organised down to the detail in terms of logistics which makes me as an organiser calm to know he'll deliver quality content to the audience.

Chris is a wonderful person and you'd be fortunate to meet him, if only to pick his brilliant mind or to chat over a cup of coffee. I'm hoping to work with him in the near future again and I'd recommend anyone to contact him if you need a little eye-opening!"

Emmy Jonsson- Content Manager & Producer, IDG Enterprise Events
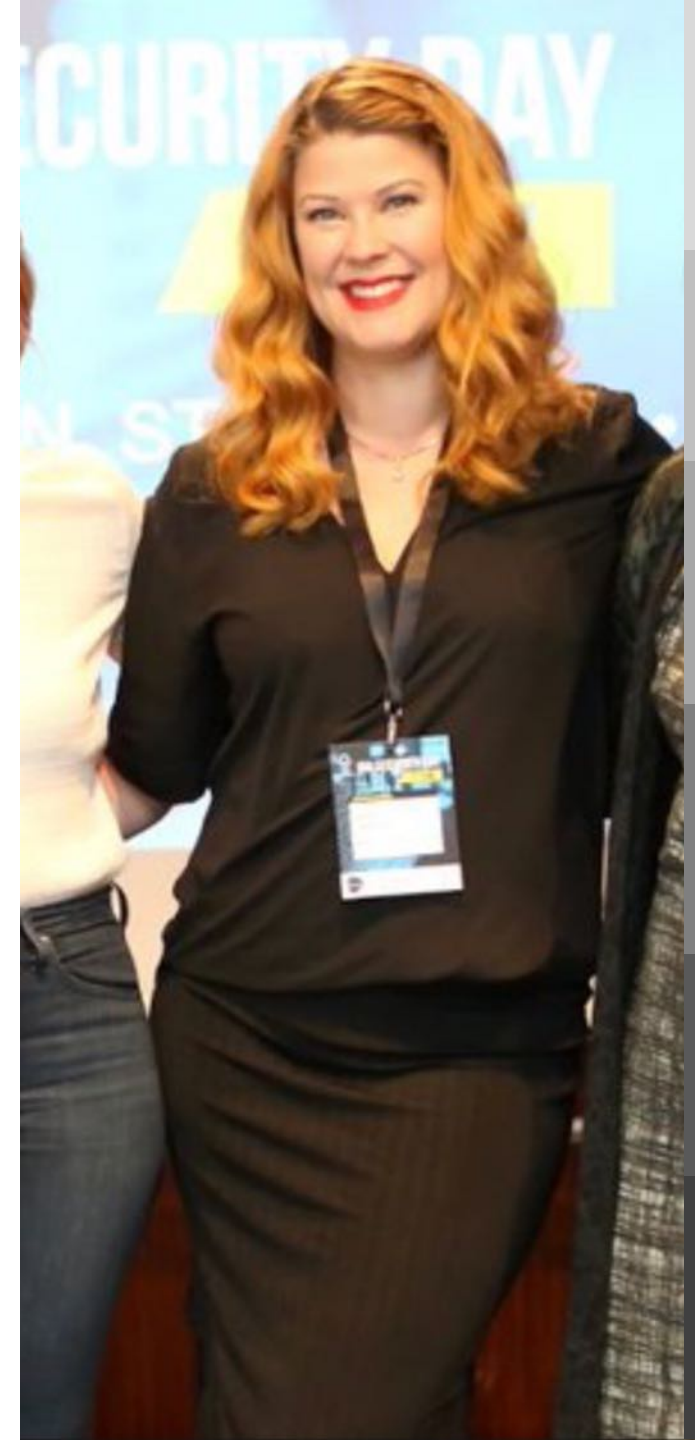
"*Chris Dancy is an entertaining and occasionally provocative speaker. But above all, he is one of the most insightful persons on the impact of wearable technology alive. He doesn't talk about what technology does, but what it means. Others have studied tech, Chris lives it.*"

Hannes Sjoblad, Chief Disruption Officer at Epicenter Stockholm

Chris Dancy

Feedback

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"Chris Dancy delivered an excellent presentation in a very sincere and charismatic manner. Chris explained complex subject matter in a simple and humorous way while keeping his audience connected and waiting on his every word. He was perfect"

Jo Brothers , Air New Zealand

KEYNOTES

EVERY **KEYNOTE IS** COMPRISED **OF TWO PARTS:**

1. **Chris's journey** becoming the **world's most connected** person with focus on EITHER
   2. Profoundly Human *OR*
   3. Relentless Technology.

AUDIENCE EMOTIONAL SCALE

Emotional — Inspired — Touched — Introspective — Bemused — Motivated — Agitated — Provoked — Uncomfortable

Chris **asks organizers** to let me **know HOW they want people to feel** when **they leave his session**.
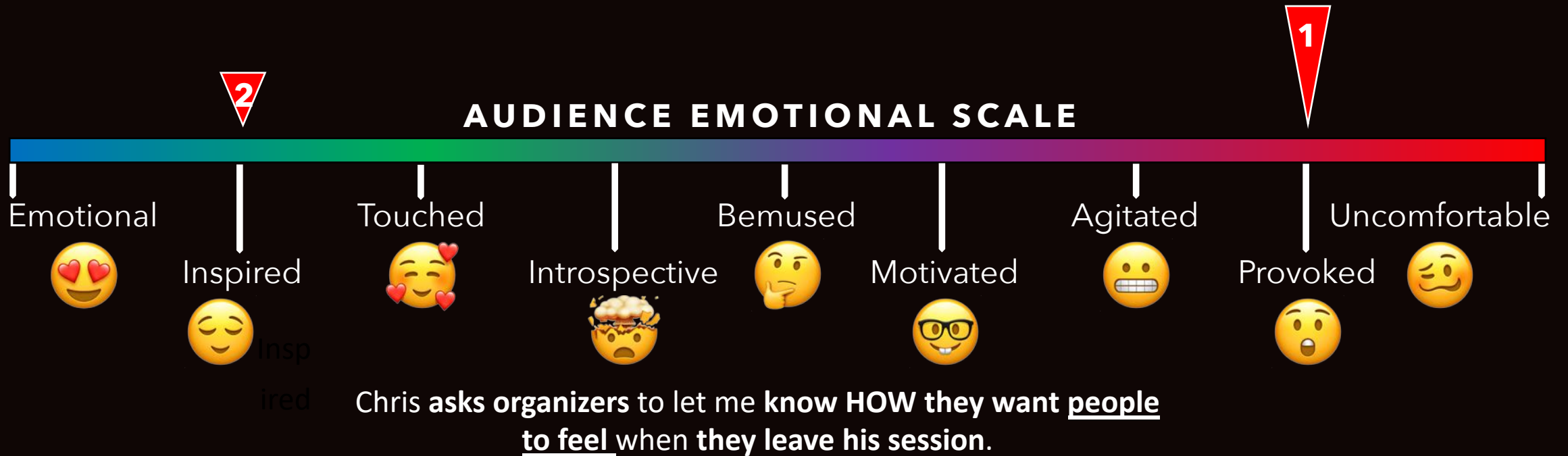
Profoundly Human Series

Personal *Focused Topics*
Love and Technology, Time and technology, Mindful Cyborg.
STRATEGIES TO LIVE BETTER

Business *Focused Topics*
Privacy, User Interface, IOT, AI, Digital Health.
ACTIONABLE TAKE AWAYS FOR WORK

PERSONAL STORIES

BUSINESS OUTCOMES

Topics Areas

Profoundly Human Series

For the **families and friends** we go home to in our **hyper connected lives**.

#Mindfulness #resiliency #intimacy
#WorkLifeBalance #techoverload

Relentless Technology Series

For **careers in technology** focusing on the **real trends** in **today's world**.

#Innovation #Design #UI/UX #DigitalHealth
#cybernetics #AI #IOT #wearables #privacy
#ethics #crisis

THOUGHT PROVATION INDEX

BECOMING A MINDFUL CYBORG
Profoundly Human Series

Abstract: Learning to place yourself in airplane mode.

Overview: What if we designed applications that worry less about "where you are" and more about "how you are?" The internet has been engineered to steal our attention and take us away from our present moment. Where does Buddhism meet technology and how can we reclaim our sense of safety in ephemeral society.

Practical Takeaways: In this session, we will discover the five ways we can filter information and the three keys that will help us return that as wisdom to consumers. How to design software and services to support a gentler kinder world.

Tags: #Mindfulness #WorkLifeBalance #techoverload #resiliency

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I LOVE YOU; DON'T BLOCK ME!
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Abstract: Falling in love and STAYING in love with a cyborg.

Overview: From online dating to Tinder how we meet, hook up and fall in love has evolved into something unique and extraordinary. Today families, couples and strangers more than ever are learning to express their feelings of affection in new and sometimes disturbing ways. How do we meet, fall in love and spend the rest of our lives together in the age of wearables, apps and temporary services? **WARNING: NSFW CONTENT.**

Practical Takeaways: Using everyday applications to extend your intimacy with friends and lovers. A practical guide for integrating technology into relationships.

Tags: #intimacy #worklifebalance #techoverload #privacy

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HOW TO BUILD A TIME MACHINE

Abstract: Upgrading your life by hacking your sense of time.

Overview: Technology has twisted our relationship with time beyond recognition. What started as a 24-hour news cycle has morphed into a perpetual now, relentlessly grinding away at our civility. Humans are evolving our first new sense as cyborgs, chronoception. Just as real as sight, taste, touch, sound, and smell, this new visceral time sense is abruptly stunting our ability to communicate with each other. Explore the emerging tech landscape of chronobiology.

Practical Takeaways: Steps to use technology to slow down the relentless pace of life. How to design programs and services to help people find peace through the lens of time.

Tags: #UI/UX #design #techoverload #resiliency

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TECHNOPAGANISM AND THE WITCHES OF INSTAGRAM
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Abstract: How you're secretly practicing witchcraft in everyday life!

Overview: Arthur C Clark stated that "Any sufficiently advanced technology is indistinguishable from magic," in that way we explore the deep pagan roots built into the everyday technology. From meme magic to technopaganism the rituals, history and history of the occult and magic in today's technologies. Have you ever thought about how speaking to AI looks like casting spells, or how we used wizards to install software for years? Have you ever wanted to learn to cast a spell with a password reset? Welcome to the eBook of digital shadows.

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AUDIENCE RESPONSE METER

Level 1   Level 2   Level 3   Level 4

COMING OUT CYBORG
Relentless Technology Series

Abstract: Thriving in society, at work and home with other cyborgs.

Overview: From Quantified Self to the singularity humanity is racing to disrupt evolution itself. As we rocket toward the year 2020 how is life evolving in a world where everyone is cybernetic? Have you noticed how your children, co-workers, and strangers are all slightly enhanced lately? What are the new senses, skills, and abilities that people are possessing? An exploration of the history of cybernetics to the rise of emergent consciousness of artificial intelligence. A brutally honest look at life after humanity.

Practical Takeaways: Deciding when to start with wearables, implants or augmentation. A practical guide to family surveillance. How to be intimate with a cyborg.

Tags: #cybernetics #DigitalHealth #privacy #ethics

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LIFE AFTER THE INTERNET
Relentless Technology Series

Abstract: How we went from downloading apps to installing habits.

Overview: Take a look at how the interface for our personal experience has shifted from a command line through Windows, to browsers, applications, and wearables. By using the movie "The Matrix," we examine the future of technology. Beyond apps, digital services will catapult society into 2030, when personalization drives experience, and we download "habits" and "environments."

Practical Takeaways: Steps to future-proof your business, job and life. Practical examples of life after applications. Creating services within popular platforms. Awe. Provoked. Humorous.

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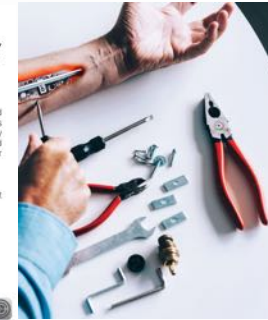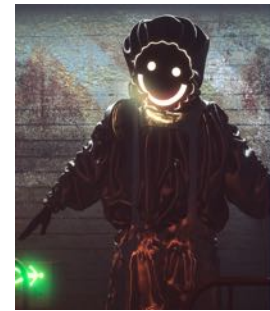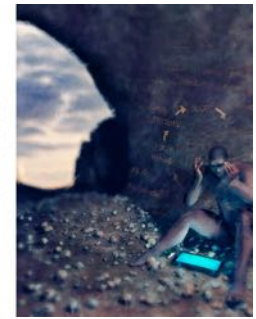AUDIENCE RESPONSE METER

LIFE AFTER PRIVACY
Relentless Technology Series

Abstract: Convenience addiction, from big data and little wisdom.

Overview: The internet is now covering people, homes, cars, and families. As developers, corporations, media outlets and governments race toward the most intimate parts of our lives, behavior and biology how can we start to live in a world after privacy has vanished. Time and attention create a new definition for privacy and our tolerance for inconvenience is the gold standard for which services are delivered.

Practical Takeaways: How to design apps, programs services that feel TASK worthy. Trusted, Aware, Safe and Kind.

Tags: #privacy #ethics. #Innovation #Design

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APOCALYPSE.NEXT
No Title!
Relentless Technology Series

Abstract: Designing technology for the end times.

Overview: In the past ten years the economic cost and frequency of global crisis have steadily increased, from the Arab spring to the climate crisis closing the decade. Technology is playing an important role in day to day life and how we mitigate, prepare, respond and recover from the disaster. This inspiring exploration of our planet and interdependence we review the tools and stories of courage in life after the apocalypse.

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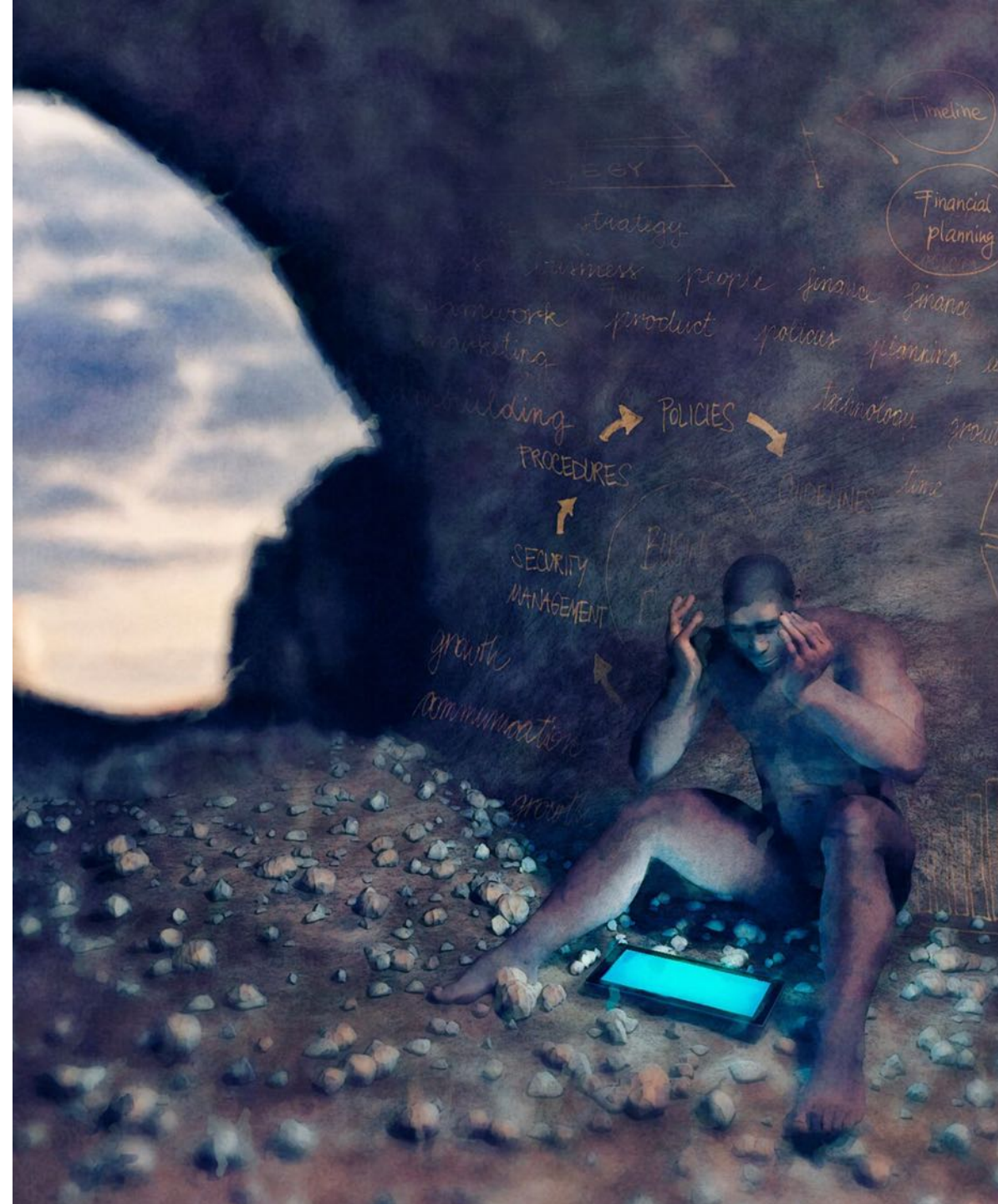
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