



WORKSHOPS

Workshops

Workshops are **designed for teams** and **compliment keynotes**. Each workshop consists of instruction, **interactive group projects, and staged group "hackathons"**. Workshops can be given at executive retreats, on corporate campuses, or in conference centers. Workshops create a **unique way for conferences to augment** the value of the event and generate **additional revenue and sponsorship** opportunities.

LOGISTICS

- **Length:** Two - Five hours
- **Audience:** 20 -100 people
- **Interactivity:** 5-10 exercises

INCLUDED

- One day prep
- Access to source materials
- One day pre-event press & media assistance
- One Day Workshop Delivery

TOPICS

Offering **SIX remarkable** workshops to follow up on the **themes from the keynotes**, Chris guides participants with hands **on interactive sessions!**

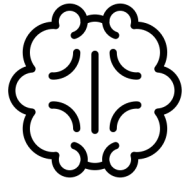
- 1. Mindful Cyborg Workshop-** Hands on Technical Mindfulness.
- 2. Chrono-Cyborgology Workshop-** Designing Experiences and Interfaces for Time. (UX/ UI Professionals/ Developers)
- 3. Love and Intimacy Workshop** - Using technology to be closer to yourself and family.
- 4. Life After Apps** - Creating solutions for the Post App economy.
- 5. Cyborg 101** - Digital Health in the Workplace.
- 6. Data and You** - Organizing a life with data.



WORKSHOP BUILT UPON SPECUTLIVE DESIGN THEORY

Designing Solutions based on lack of constraints

FRAMEWORK:



The Present



The Future



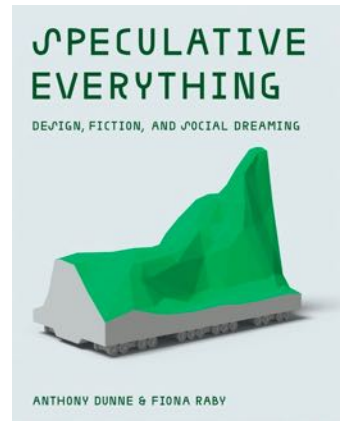
Preferable

Possible
Plausible
Probably
Possible
Plausible
Possible

SPECULATIVE DESIGN THEORY

Speculative Design Theory is the **process of analyzing** the **practical** while **extrapolating the potential *and* likely** when considering **future market place needs**.

Speculative design is about **removing constraints** from your thoughts to **limit the bias** you bring to a project or problem.





Physical Digital Health

Systems dealing with biology and **physiological habits** and **feedback loops**.



Mental Digital Health

Systems dealing with habits and **psychological** behaviors **systems** and **feedback loops**;



Design & Experience

Creating solutions for living balanced with technology. **Focusing on experience and interface.**



Data and You

Focus Area: The OG workshop for quantifying your life and using standard off the shelf systems for collecting and managing your digital life. How to become Chris Dancy.

Focus Interest: Health optimizers, Digital Health Digital Wellbeing newbies.



Love and Intimacy

Focus Area: This workshop focuses on how we are intimate with our loved ones, families, friends and lovers. It shows attendees how to use technology to promote love and intimacy INSIDE devices!

Focus Interest: Families, friends, young adults.



Mindful Cyborg

Focus Area: Can you phone help remind you of death, the fleeting moments in your life and make you live MORE pronounced? Yup, the most intense workshop dealing with anxiety, depression and the practice of mindfulness with technology.

Focus Interest: Introverts, spiritual seekers.



Cyborg 101

Focus Area: Workshop focuses on digital health landscape Trends moving forward Hands on with creating solutions for health tracking.

Focus Industry: health care, pharma, insurance



Chrono Cyborgology

Focus Area: Workshop focuses on creating systems to help people focus and be task oriented in their interactions with brands.

Focus Industry: Behavioral health, retail and consumer services.



Life After Apps

Focus Area: Workshop focuses on digital disruption. We teach members to create realtime digital solutions while in class.

Focus Industry: Consumer, Media, Gov, Health. .



Personal

Skills to use in personal life



Professional

Skills to use in professional life



Cyborg 101

Digital Health in the age of the Upgrade

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Cyborg 101 -Overview

- **Short Title:** Digital Health in the age of the upgrade
- **Short Description:** This workshop explores the evolution of health care in humanity and catapults teams into 2030, when personalization drives experience and we download "habits" and "environments." to a better digital health experiences.
- **Length:** 2-5 hours
- **Audience:** 20-100
- **Format:** Discussion and break out labs.
- **Target Audience:** Technologists, Digital Health Enthusiasts.
- **Media:** Hand outs and videos of workshop submissions.

Cyborg 101 - Agenda

SECTION 1

- From comorbidity to Longevity a review of Human Health History.

SECTION 2

- Digital health marketplace
- Digital health today a starter kit.

LAB ONE

- Explore the health and wellness options on your phone.

SECTION 3

- Citizen Science and disease management.
- Tools of QS and IOT
- Design Challenges for life with no interface.

LAB TWO & THREE

- Create a digital experience for health that lives inside a current mainstream application.
- Create a digital experience outside of a visible interface.

SECTION 4

- Life after biological health looking at the mind.

LAB FOUR

- Create a mindful feedback loop on your phone.

SECTION BONUS:

- The emerging super human. The tribes of tomorrow.(H+ to Immortal)

LAB BONUS

- Create a hybrid species.

Workshop - Cyborg 101



Quantified Self
Apps, Wearables, Services

Bio-Hackers

Internet of Things
Environment, Entertainment, Comfort

This infographic displays various smart devices and their uses. It includes a smartwatch, a smartphone with a health app, a smart light bulb, and a smart speaker. The text highlights the benefits of these devices, such as improved health, entertainment, and comfort.

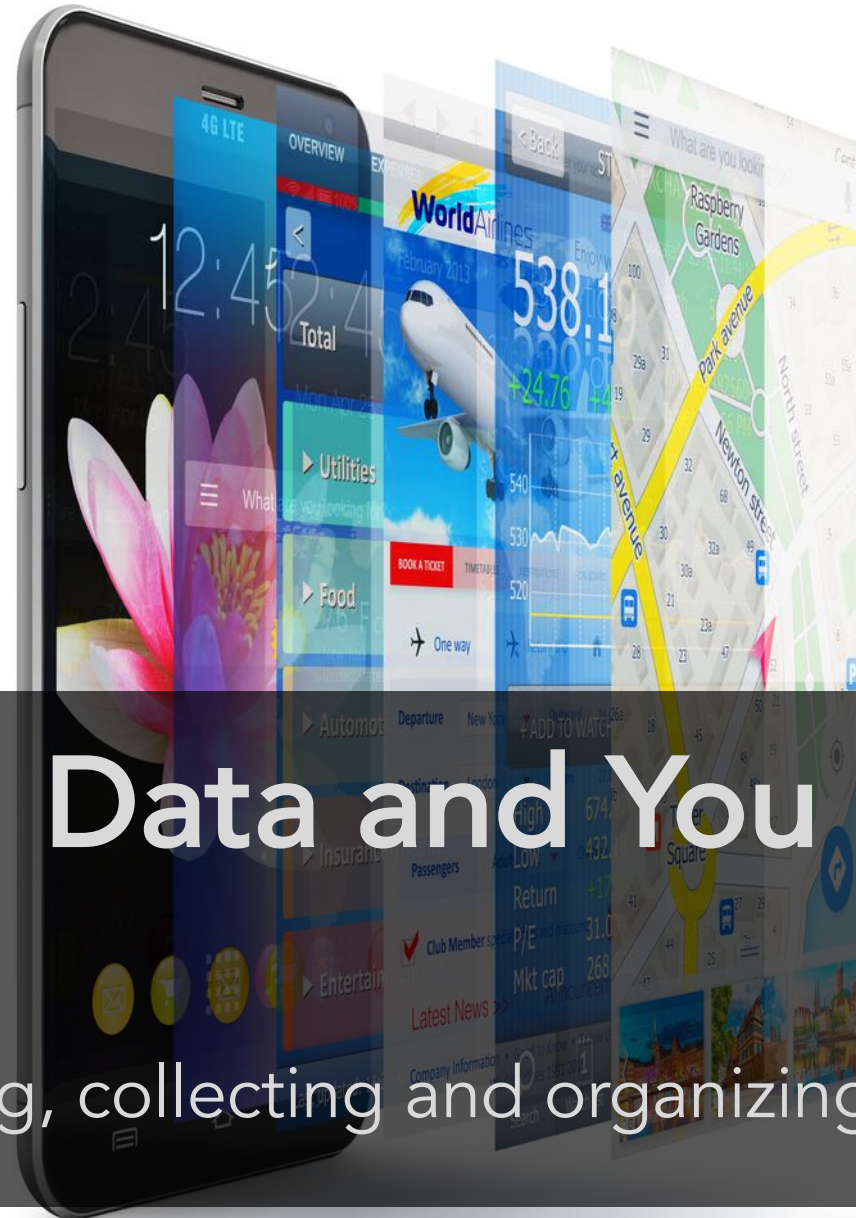


BEYOND ACTIVITY



"An inspiring and interactive two-hour workshop by Chris Dancy was one of the highlights of the Futur en Seine program."
Hélène Allain -Program Futur en Seine - Europe's leading Digital festival





Data and You

Finding, collecting and organizing a life.

Overview - Data and You

- **Short Title:** Finding, collecting and organizing a life.
- **Short Description:** Where do you live in your phone, where do your customers live in their phone? Can you extract data about your behaviors, desires or cycles just by looking at the data on your phone? Yes, Yes, Yes.
- **Length:** 2-5 hours
- **Audience:** 20-100
- **Format:** Discussion and break out labs.
- **Target Audience:** Technologists, Health Enthusiasts, Product Managers.
- **Media:** Digital Hand Outs, Hands On Instruction.

Agenda - Data and You

SECTION 1 - DATA

- **Data Stacks**
 - Time / Place / Activity / Behavior / Biology / Environment
- **Low Friction Collection**
 - From RSS-API
- **Life Layers**
 - Gallop Wellbeing 5
 - Chris Dancy 10
 - Custom
- **Personal Data Dictionaries**
 - Biology (Working with Health)
 - Behavior (Working with Screentime)

LAB ONE

- Design Data Triggers for a Behavior UI

SECTION 2 - INFORMATION

- **Every day Apps**
 - Facebook
 - Swarm
 - RescueTime

SECTION 3 - KNOWLEGE

- **Aggregation Applications**
 - LifeCycle
 - Gyroscope

LAB TWO

- Setup a aggregation system for your life.

SECTION 4 - WISDOM

- Custom Applications
 - Repository
 - Trigger
 - View

LAB THREE

- Create a custom aggregation system.

SECTION 5 - INSIGHT

- **Behavioral Programing**
 - Custom Biological Feedback Loop
 - Custom Behavioral Feedback Loop

LAB FOUR

- Setup a custom life trigger

Feedback - Data and You



ACTION

What happens **before** you can make it to **10,000 steps**? Are there other data metrics that don't make me feel so much shame?

McDonald's \$5.00
 .50 Mile

SUBWAY \$7.00
 1 Mile

CHIPOTLE MEXICAN GRILL \$9.00
 3 Mile

2012 - 2014

"You have influenced young emerging physicians from the Geisel School of Medicine at Dartmouth in their early thinking about harnessing the digital world in their daily work."

Marjorie M. Godfrey, PhD, MS, BSN, FAAN
 Co-Director & Founder The **Dartmouth** Institute Microsystem Academy

"Chris catapulted my "digiceutical" forward with unrelenting wisdom and steady hands. He has expert knowledge of the digital marketplace and the process of software development. He also brings a great deal of energy and humanity to everything he does."

Stephen Smagula, Assistant Professor -
University of Pittsburgh School of Medicine

Partner	Telia Proprietary	Base Data	Level 1	Level 2	Level 3	Level 4	Level 5
ACQUISITION FRICTION			INFORMATION		KNOWLEDGE		WISDOM
Climate	UV, Temp, Humidity, Wind, Warnings	Biological	Active Calories, Flights climbed, HR	Behavior	Contact, Calendar, Music, Photo	Activity	St, Stand, Walk, Run, Fall, Drive, Bike, Mass Transport
Environment	Temp, Humidity, Air Quality	Proximity	Sound, Light	Location	GPS Coordinates, Elevation, Floor, Address	Temporal	Day, Date, Month, Year
Season	Winter, Spring, Summer, Fall	Social Location	Work, Home, Other	Special Event	Entertaining	Life Style Change	Recharging
Population Sentiment	Stress/ Relax	Population Growth					

LESSONS

	PERSONAL HABITS		CORPORATE HABITS	
	HESSER	ACTION	HESSER	CHANGE
Greater Good	Continuous behavior change	Permanent change activity	Condition condition for 14 days	Time in traffic
Personal	Vacation	New location outside of home / office, Weather good	Reward message	Time in Training
Social	Home on Time	Location / Time	On Road more than 4 days	Dining Out
Health	Active	Steps	Less than 20 steps	Rested
Safety	Located in safe zone of a city	Location	GPS on high time earlier	Distorted driving

NOTE: Example of solutions for transportation to help drivers stay healthy and to promote safety, aligned to insights and actionable triggers.



Life After Apps

Creating and designing solutions for the year 2020 and beyond.

Life After Apps

- **Short Title:** Creating and designing solutions for the 2020's
- **Short Description:** Have you ever wondered what type of technology work people will do in the future. What types of jobs are available and what skills does it take to thrive in the emerging generation of jobs? This workshop is hands on using handouts for teams to work via Speculative design to help open minds to the "Preferable" future.
- **Length:** 2-5 hours
- **Audience:** 20-100
- **Format:** Discussion and break out labs.
- **Target Audience:** Technologists, Scientists, Managers.
- **Media:** Hand outs and videos of workshop submissions.

Life After Apps - Agenda

SECTION 1

- Marketplace Trends
- Workplace Skills
- Behavioral Trends

LAB ONE

Extrapolate a product for release in 2020 based on trends

SECTION 2

- Humans vs Cyborgs
- Designing for Cyborgs

LAB TWO

Explain your technology use in cybernetic terms.

SECTION 3

- Interaction Design Platform
Input-output

LAB THREE

Create a simple program to influence an individual's habits.

SECTION 4

- Interface Considerations
- Behavioral Programming

LAB FOUR

Create one habit or environmental download and explain the inputs and outputs. What is the success criteria for your solutions.

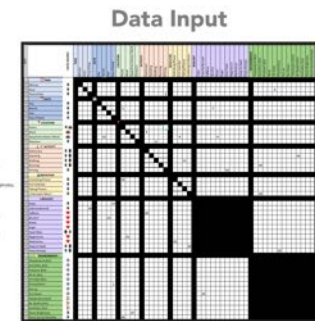
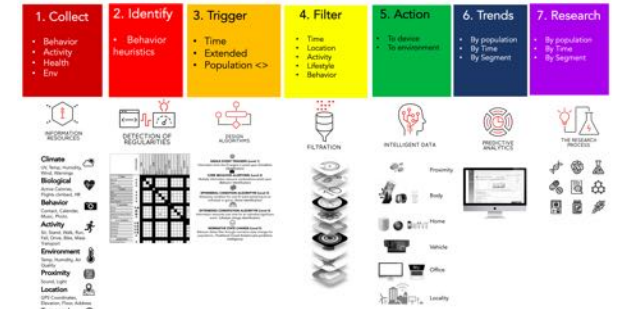
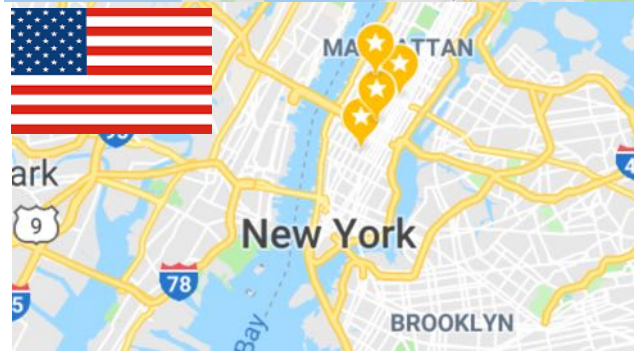
SECTION 5

- Time as a platform
- Changing Time Perception

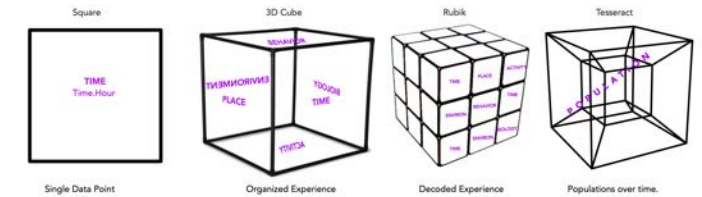
LAB FIVE

Design a solution that alters the perception of time for an individual or small population.

Workshop - Life After Apps



AIR NEW ZEALAND



Once a **decoded experience** is created and verified from a **decipher model**, multiple insights and solutions can start to be extracted.

These "mixed up" reference experience blocks (Rubik cube above) are then analyzed for patterns and assigned a **decoded experience** label such as "Vacation".

Referenced and verified decoded experiences are then organized against a **population** of individuals and/or reviewed over time periods (Tesseract) for trends.

EXAMPLE:

Time: 20:00 March 3, 2018
 Location: Not at home. Not at Work.
 Activity: Standing
 Behavior: Taking photos
 Biology: 91Bpm
 Environment: 74 degrees, 81% humidity, 30LUX, 83db
 DECODED EXPERIENCE: Vacation
 ASSUMPTION: Disney, Fireworks Show
 TARGETING: Morning breakfast offer, photos and talk about quality time.



The Mindful Cyborg Workshop



Learning to place yourself in Airplane Mode.

Mindful Cyborg Workshop - Overview

- **Short Title:** Learning to place yourself in Airplane Mode.
- **Short Description:** Workshop looks the tools to help people be more digitally mindful. From meditation apps to neuro-headbands. Working with feelings such as anxiety, depression and rage. **WARNING:** Content can be difficult to talk about.
- **Length:** 2-5 hours
- **Audience:** 20-30
- **Format:** Discussion and break out labs.
- **Target Audience:** Technologists, Contemplative practitioners
- **Media:** Hand outs and videos of workshop submissions.

Mindful Cyborg Workshop - Agenda

SECTION 1

- Cyborgology 101
- Chronobiology Overview 101

SECTION 2

- Buddhism Overview
- Mindful Cyborg Overview -Hardware
- Mindful Cyborg - Software

LAB ONE

- Update app to be more mindful

SECTION 3

- Exploring the fundamentals of chronological and non-linear time.
- Expressing time within digital technology.
- Working With difficult feelings

LAB TWO & THREE

- Create a digital experience to change the perception of time.
- Mapping and working with feelings.

SECTION 4

- Operating in the Future with Software and Hardware
- Designing the Future

LAB FOUR

- Programing Your Future Self

SECTION BONUS:

- Can you create Magic?

LAB BONUS

- Assisting Synchronicity

Workshop -Mindful Cyborg



EXAMPLE: Attention Blocks



EXAMPLE: Head



"You did a wonderful job leading the group and I can't express how much I appreciate you sharing something so deeply personal with us. Giving a presentation is one thing, but it's a totally different ballgame" **Cristin Gardner**, Product Manager





Chrono-Cyborgology Workshop



Learning to Trick and Hack your sense of time.

Chrono-Cyborgology -Overview

- **Short Title:** Learning to manipulate temporal cognition
- **Short Description:** Workshop is designed to teach people to look at their technology through the lens of time. We will review the temporal aspects of how technology is designed to “steal” our focus and ways to counter act the onslaught of demands for our interaction.
- **Length:** 2-5 hours
- **Audience:** 20-100
- **Format:** Discussion and break out labs.
- **Target Audience:** Technologists, Designers, Biohackers.
- **Media:** Hand outs and videos of workshop submissions.

Chrono-Cyborgology - Agenda

SECTION 1

- Life as an Operating System
- Cyborgology101
- Chronobiology 101

SECTION 2

- Analog Time and Long Term Thinking
- Clocks for Neo-Modernity

LAB ONE

- Build a simple time machine


SECTION 3

- Temporal User Interface Definitions
- Temporal User Experience Definitions



LAB TWO & THREE

- Build a temporal interface for your favorite application
- Build an experience to change the perception of time of time.

SECTION 4

- Working with the Future
 LAB FOUR
- Program a future routine.

BONUS:

- Life after Chronological Time
-   LAB BONUS
- Assisting Synchronicity

Workshop -Chrono-Cyborgology



*"Loved it! Could have been longer!
Keep doing what you do! It is
inspiring and fresh!" -*
Kremena Tosheva, Innovation
Project Manager



Our Brains are Time Machines

The diagram shows the Suprachiasmatic Nucleus (SCN) in the brain, which acts as a time machine. It is influenced by Time Cues: Pending Schedules (clock icon), Environment (sun icon), and Activity (person icon). The SCN has Central Outputs (Sleep/Wake, Cognitive Performance) and Peripheral Outputs (Heart, Liver, Kidney, Muscle).

Now, Here

Today Clock: New York, 2017, 1 day
Season Clock: New York, 2015, 1 year

Hardware & Software

Google Glass smart glasses.

You become what you log.

Two smartphones showing health data. The left phone shows 'New Step 167 Sts' and the right phone shows 'New Weight 168.1 lbs'. A donut is placed between the phones.



City of Oslo

OSLO
TECH



Love and Intimacy Workshop



Falling in love and being still in the age of the application.

Love and Intimacy- Overview

- **Short Title:** Friending and falling in love in the age of the application.
- **Short Description:** Let's face it, it's not easy to be friends or in love with someone who is always "on" technology. What if you could develop new ways of using your technology and still feeling madly in love. Finally, no one is ready for a relationship to end or to even think about death, but how do we die and remember our loved ones?
- **Length:** 3-5 hours
- **Audience:** 20-100
- **Format:** Discussion and break out labs.
- **Target Audience:** Technologists, Enthusiasts, Contemplative practitioners.
- **Media:** Hand outs and videos of workshop submissions.

Love and Intimacy- Agenda

SECTION 1

- Cyborgology101
- Digital Identity
- Friendship and Cyborgs

SECTION 2

- Mapping digital feeling feedback loops
- Dating a cyborg

LAB ONE

- Designing your values from your home screen.

SECTION 3

- Data intimacy mapping.
- Keeping relationships going when constantly connected.

LAB TWO & THREE

- Intimacy Lab - Creating digital intimacy routines.

SECTION 4

- Dealing with Loss
- Dealing with Death

LAB FOUR

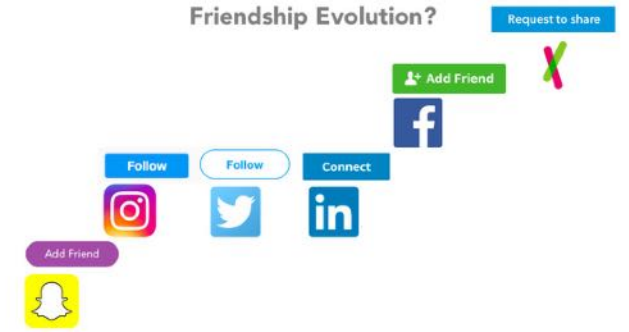
- Death Lab - Setting up our digital post live instructions

Workshop -Love and Intimacy



"YOU ARE A STAR! Everyone who came out of your HUDDLE was ecstatic!"

Sara Nordström, Marketing & PR Director



Algorithmic Economic Love



Matthew and Sara

