

AUSTIN FORUM

ON TECHNOLOGY & SOCIETY

Connect. Collaborate. Contribute.™

Welcome to the Austin Forum on Technology & Society!

*We cover emerging, disruptive, and pervasive technologies
to help you understand how these can and will impact
your organizations, communities, and lives!*

*We bring leaders, thinkers, builders, creators, and learners
together to **connect, collaborate, and contribute!***



Tech for Health, Happiness, and Helping!

December 5, 2023

Our Partners Make Austin Forum Possible!

ADAPTER



Please contact us if you want to become an annual partner!

You can be an Austin Forum Champion today!



BE A CHAMPION!
BE A FRIEND!

With your quick help & support, we can provide great educational programming and informative experts (\$1000+)

- Offer advice on programming topics, invited speakers, podcasts & events
- Attend the annual meeting & VIP reception
- Get a nice tax deduction!
- Get cool AF swag
- 100% of your gift goes to executing the Forum



Or be a Friend of the Forum—*forever!* (\$100+)

- Get cool AF swag
- Get a tax deduction!
- 100% of your gift goes to executing the Forum
- Listed on our Friends page *forever!*



Thank you to our Austin Forum Champions!

Nancy Giordano

Mitch Jacobson

Kelley Knutson

Roy Truitt

Luke Wilson

And our Friends of the Forum!

Bruce Bogart

Don & Mary Kay Hanson

Jim Hillhouse

Vaishali Jadhav

Gabe Schuyler

Chris Van Loan

Jarrett Webb

We have 6 ways to learn, share, connect!

Live monthly events	Online content
Presentation + Networking events • Expert presenter-focused • In-person and online—hybrid • Recording and slides posted online	Slack Community • Get updates and register for events • Learn more about the Austin Forum • Ask questions, share, etc. (Slack)
Meetup discussion events • Participatory for everyone • In-person <i>only</i> • Never recorded—speak freely!	Podcasts – Austin Forum Upload • Audio only • Conversation formats • Hosted in all major podcast stores, AF website
Book discussion events • Participatory for everyone • Online <i>only</i> • Never recorded—speak freely!	NEW: Workshops – Austin Forum Update • Offered by Austin Forum partners and friends • Free, or with special discounts for AF attendees • Designed to accelerate technical understanding, expertise

Before we get started, join our slack

Why join the Austin Forum Slack workspace?

1. Continue and deepen the conversation after Austin Forum events
2. Find new opportunities for collaboration, mentoring, working, and more
3. Promote local events and relevant Tech & Society opportunities
4. Because this gives *everyone* in our community—online and in-person—the *same* way to ask questions!

How?

1. Open a web browser
2. Go to: www.austinforum.org/slack
3. Click “Join the Austin Forum Slack Workspace”
4. Enter your email address
5. Check your email to confirm Slack invitation
6. Enter your name and click “Create Account”
7. You’re in! You can use the Slack mobile app now, too.
8. Add channels to your view using + **Add channels**)

Austin Forum Upload: New episodes out now!



Latest episodes!

- #73 – Supercomputing: What’s New in the Biggest, Fastest Computing for Science and Industry
- #72 – The Future of Infrastructure is Smart
- #71 – How Tech Can Reinvent Fashion
- #70 – Are Large Language Models the Evolution of Information Organization? w/Byron Reese
- #69 – The Challenges of Digital Privacy w/Anastasia Uglova

***Q: What is your favorite technology product that increases
your happiness, health, or ability to help others?***

(30 seconds)

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 

Questions for
speakers?

Submit questions in
the AF Slack channel

#event-questions
for a chance to win a
SXSW 2024 badge!

*Must be in-person and
present at ~7:45PM to win!*

*Must use your name (first
and last) on questions!*



SXSW

And now, our featured presentation...

Please:

Respect our speakers & audience

Do not talk during the presentation

Silence your cellphones

Ask questions in the Austin Forum
Slack in the **#event-questions**
channel

Learn, think, and enjoy!

Stay after Q&A for networking!





Tech for Health, Happiness, and Helping!

December 5, 2023

Tech for Health, Happiness, and Helping!



Scott Finkelstein

Founder
MyWorkout.AI



Julie Koriath

Founder & CEO
Nui



George Luc

Co-founder & CEO
GivePulse



A Personal TRAINER IN YOUR POCKET



myworkout.ai





Confronting Today's Health & Fitness Challenges

- ❧ Rising Health Concerns
The need for effective wellness strategies
- ❧ Barriers to Wellness
Key obstacles on achieving health goals
- ❧ Technology's Potential Role
How we revolutionize the approach and reach all
- ❧ The Evolution of Fitness engagement
Shifting towards tech enabled fitness experiences and community engagement



The Modern Health & Fitness Challenge



Obesity and Overweight Prevalence

- In 2021 39% of adults overweight, 13% obese globally



Rise in Lifestyle Diseases

- 6 in 10 adults have a chronic lifestyle choice disease



Mental Health Concerns

- Depression is the leading cause of disability – globally affecting 280M

*** Stats from CDC, World Health Organization and multiple fitness industry market publications





Barriers to Effective Health Management



Lack of Time and resources

- 42% of adults cited 'lack of time' as primary barriers to fitness



Knowledge Gaps & Misinformation

- Most struggle with discerning effective fitness and nutrition strategies amidst a sea of conflicting information



Motivation & Consistency Challenges

- 50% of people starting a new fitness regimen drop out in 6 months

*** Stats from CDC, World Health Organization and multiple fitness industry market publications





The Need for Personalization & Accessibility



Challenge in Personalization

- 75% of individuals feel their fitness needs are not being met by current offerings



Accessibility Issues

- 50% of people living in rural areas have limited access to fitness facilities, compared to urban areas



Technology Utilization Gaps

- Significant portion of the population remains underserved by current tech, particularly lower-income and rural areas

*** Stats from CDC, World Health Organization and multiple fitness industry market publications





From an Idea to Saving the World

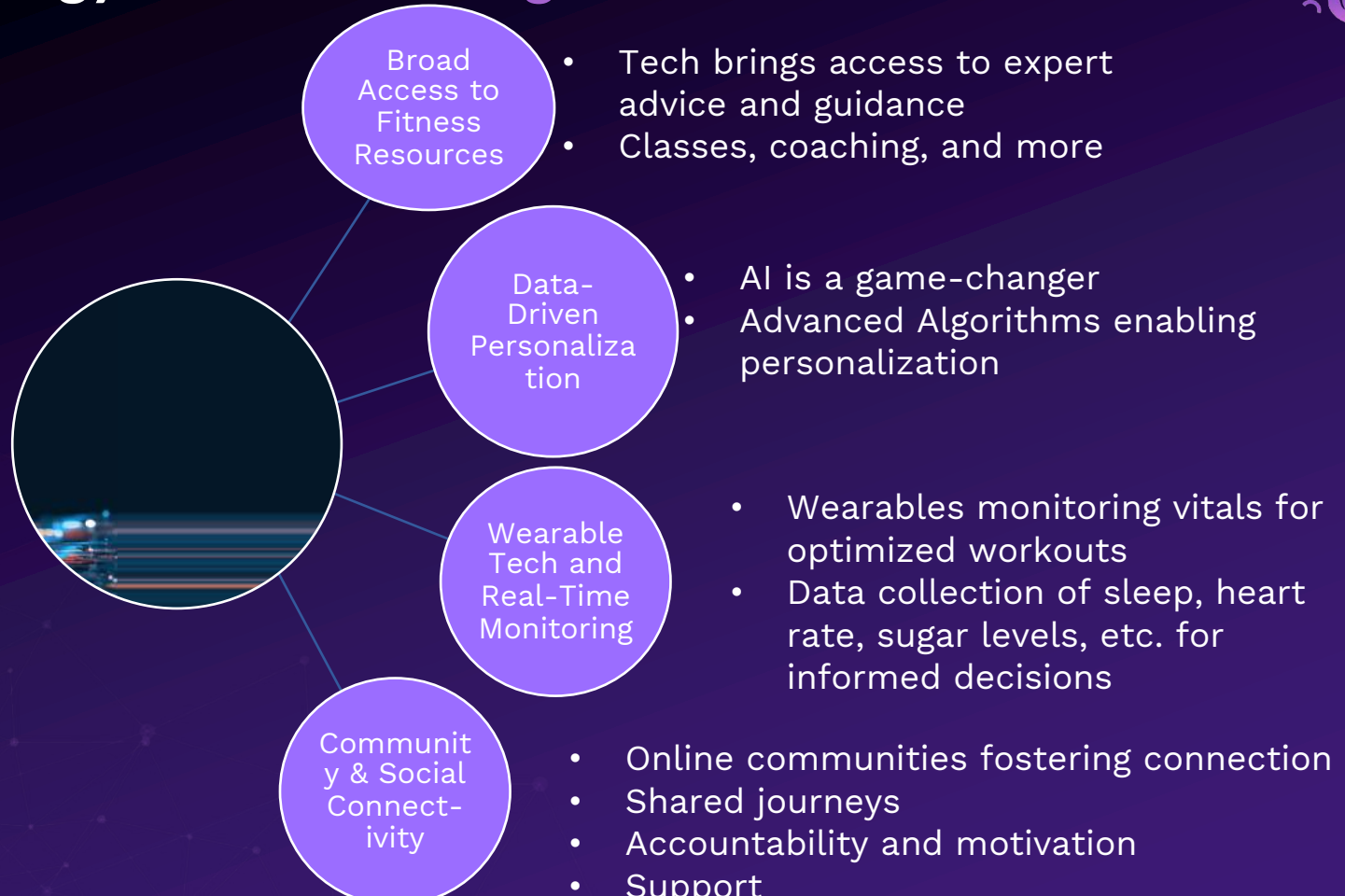


myworkout.ai





Technology: A Game-Changer in Health & Wellness



Harnessing AI for Personalized Fitness





Creating a Community: Introducing ...



Gaia

Shared Motivation and Accountability

Collective Learning

Personalized Peer Advice

Global Networking Opportunities

Collaborative Challenges and Rewards

Emotional Support and Empathy

Inspirational Stories

Diverse Knowledge and Insights

Social Connection and belonging

Promoting Equitable Access for All



Phoenix



How we Bring a Collective Triumph for Society



Empowering
Personal Health



Fostering
Community
Support



Enhancing
Happiness Through
Fitness

Harnessing the power of technology and community, enabling a global movement towards accessible, personalized health and wellness



The Future...





Thank You



Scott Finkelstein – Founder



www.myworkout.ai.com



scott@myworkout.ai



512-781-1280





NUI

A Greenhouse For Our Children's Minds

Julie K

Founder & CEO Nui



**We all love
Our children.**



**Then support
your child's
mental
health.**



Technology is
the
foundation.



**Manifesting
physical and
biological
ailments.**



**Experience
stress and build
stress tolerance.**



**Figuring out who
they are in the
world.**



**Eye contact
communicates &
recognizes
emotions.**



**What we can we
do as parents,
and as a
community.**

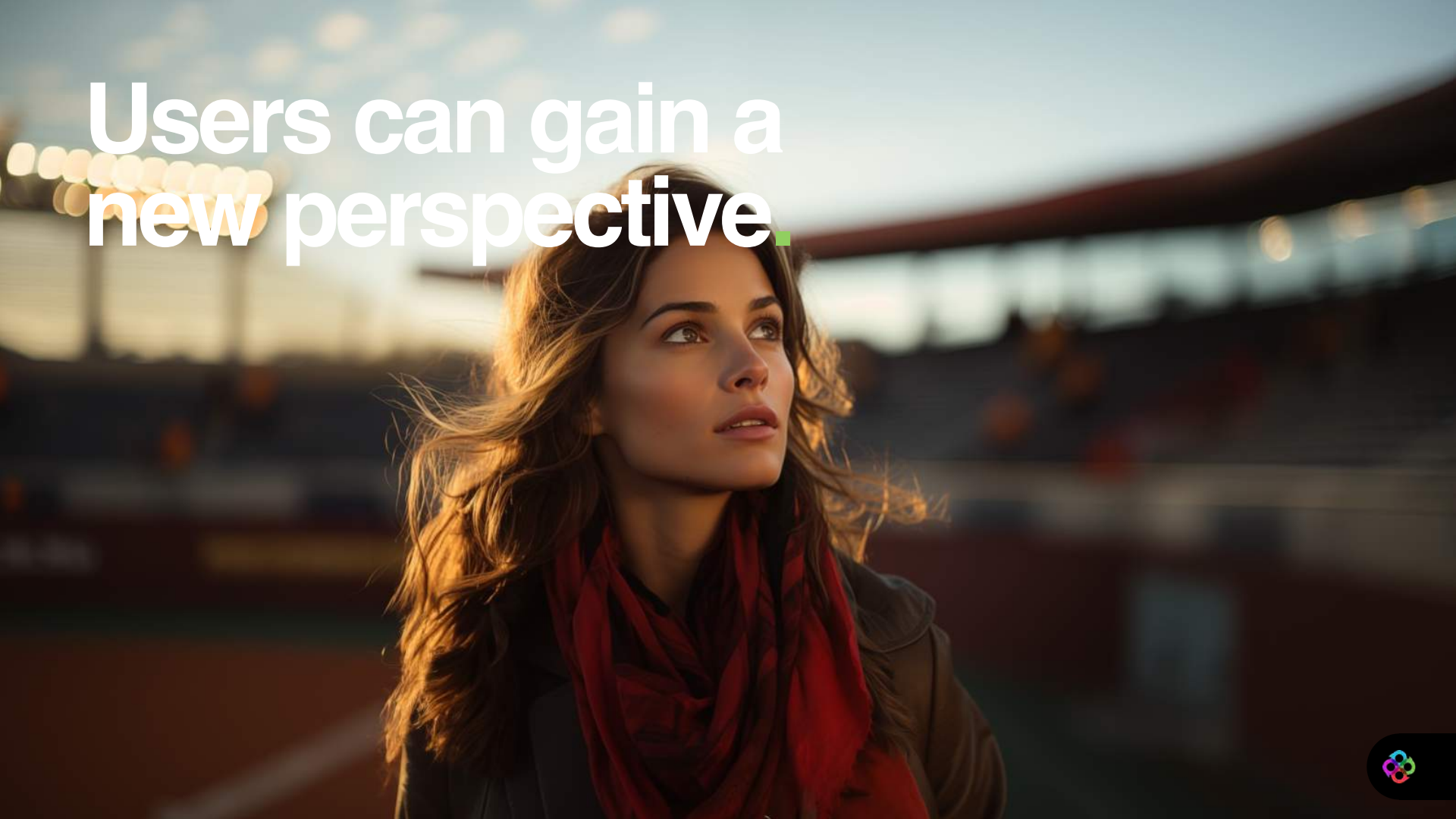


**Create a warm,
supportive, and
sunlit atmosphere
for our children.**



Transforming our children's mental Landscapes.





Users can gain a
new perspective.



In conclusion.





NUI

Thank you.

EMAIL

julie@speakasone.com

PHONE

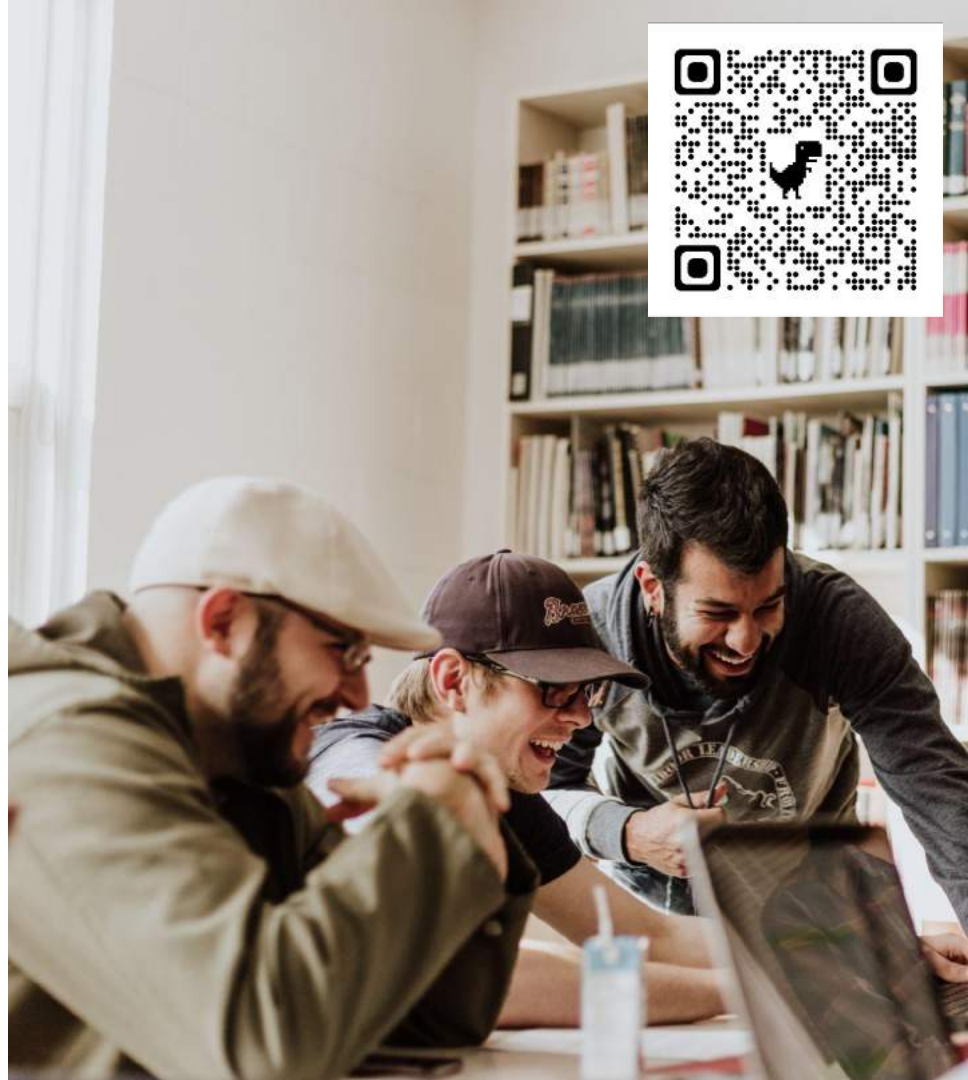
512-799-7126

WEB

speakasone.com



**Give Joy.
Give Together.
Give More.**



How individuals and organisations benefit



Individual skills, pride, achievement



Organisation employee engagement, brand, reputation



Society access to skilled support, increased productivity



3 Great Reasons Why You or Your Organization Should Volunteer

Your organization has people, resources, and expertise that is unique and indispensable, especially to people in need. By giving back, you can improve your community—and you might just see some improvements in your organization, as well.

1.

Volunteering Builds Skills

Volunteering is about passion, not necessarily adding work experience. It sharpens your current skills and develops new ones by giving you the chance to deal with new challenges. When you volunteer, you build a diverse set of valuable skills, including:

- Teamwork and leadership

Problem solving and critical thinking

Ability to adapt

Communication

Planning, prioritizing, and time management

2.

Volunteering is Good For Your Health

According to the UnitedHealth Group, "Volunteering creates physically and mentally healthier employees and employees who experience lower levels of stress are more present and engaged, can reduce health care costs, and elevate on-the-job performance." What specific health benefits do you see from volunteering? Here are just a few:

- Reduced levels of stress, anger, and anxiety

Improved self-confidence

Having a sense of meaning and purpose

Staying physically and mentally active

3.

Volunteering is Good for Business

Research conducted by America's Charities found that 73% of employees surveyed say it's imperative or very important to work for an organization with a culture that supports giving and volunteering. When you volunteer as a business, you:

- Boost cooperation, collaboration, and teamwork

Expand your personal and professional networks

Improve your organization's visibility in your community

Strengthen your brand

Increase morale

Grow employee pride in your organization

VOLUNTEERING CAN BENEFIT YOUR

HEALTH

Research shows that volunteering is linked to ...



Better self-reported well-being



Increased life satisfaction



Increased self-esteem



Long living



Reduced brain shrinking



Reduced depression symptoms



References: Carlson, M.C., et al. (2015) Impact of the Baltimore Experience Corps Trial on cortical and hippocampal volumes. *Alzheimer's Dementia*. / Jones, D., et al. (2015) The benefits of making a contribution to your community in later life. *The Centre for Ageing better*. / Cusidly, R., et al. (2008) Volunteering and health: what impact does it really have? *Report to Volunteering England*. / Project Report: Volunteering England. Graphics: Head with brain made by Freepik from freepik.com / Monitor: health made by Rayyan Wijaya from the Noun Project / Self-esteem made by Lucas Ffytz from the Noun Project / Health made by Taziana Bekova from the Noun Project / Happy pose made by Abraham from the Noun Project / Crying made by James Fenton from the Noun Project

Why companies volunteer?

- 73% of employees wish their companies would do more to support a social or environmental cause or issue.
- 3 out of 4 employees want to get involved with their company's cause-related efforts through company-sponsored days of service.
- The 2nd most important driver of employee engagement in the United States is an organization's reputation in the community.
- Companies with the highest levels of employee engagement see more than a 19% average annual increase in their operating income.



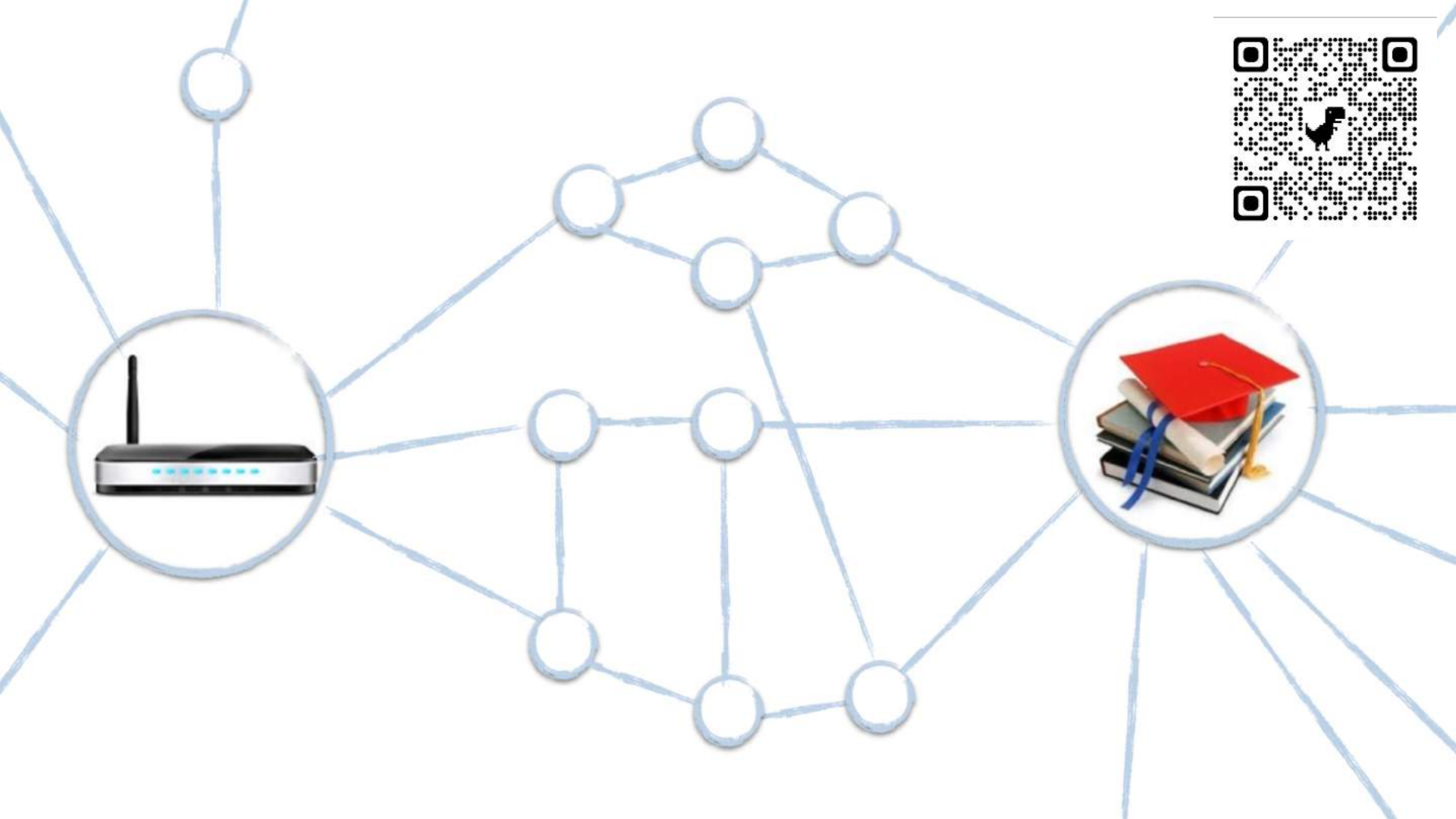
What prevents potential volunteers from volunteering?

- Lack of time, awareness, skills, interest, trust etc.,
- Difficulty in the systems to track volunteers hours and schedules
- Everything happening with employee retention x 10 is happening with volunteerism and its management.



Community Engagement Platform to volunteer, donate and support causes in Austin & beyond





Our Platform & Mission

GivePulse is a comprehensive community engagement platform for collective impact. We support all forms of community engagement including volunteer engagement and management, social philanthropy, experiential learning and more...

We enable everyone in the world to participate and engage in lifting their community to new heights.



Explore unique experiences, volunteer opportunities and communities for social change near Austin, TX, USA

Provide feedback or [switch to Classic View](#)

[Events](#) [Groups](#)



Liliana's Volunteer Hours!

Wed, Dec 6, 2023 - Wed, Dec 27, 2023 (Multiple Shifts)

Event

Listed by Menchaca Road Branch Library



Marissa's Volunteer Hours!

Mon, Dec 11, 2023 - Mon, Feb 5, 2024 (Multiple Shifts)

Event

Listed by Menchaca Road Branch Library



Monthly Work Party at Adelphi Acre Community Garden! - Community

Sat, Dec 9, 2023 - Sat, Jun 8, 2024 (Multiple Shifts)

Volunteer/Service Opportunity

Listed by Austin Parks Foundation - Austin, TX



New Volunteer Orientation

Mon, Dec 11, 2023 - Mon, Jan 8, 2024 (Multiple Shifts)

Volunteer/Service Opportunity

Listed by Keep Austin Fed



Deeply Local, Broadly Global



2012

GivePulse was
founded in Austin, TX

600K+

Groups bringing
millions of people
together to make
positive social change

10M+

Verified impacts mapped
across North & Central
America annually

One Platform for All Engagement



CONNECT



COLLABORATE



CAPTURE



CURATE





Impact: 228,679
Hours: 228,679
Budget: \$2,314
Revenue: \$6,402,851

Home Events Involvement Affiliates Subgroups Classes Impacts Documents More

Add Impact Donate

Hello Longhorn! Welcome to UT Austin's listing page for service opportunities across campus and across central Texas. This page is managed by the [Center for Community Engagement](#). We're here to help, whether you're looking to volunteer, or you're recruiting volunteers and want to connect with the UT Austin community. [Visit our website](#) or message us here with any questions.

About

VolunteerUT is your one-stop shop for connections to service opportunities across central Texas. Never miss out on a chance to get more involved in your community through service!

1. [Are you ready to volunteer?](#) [Read more](#)

Opportunities

Search by Keyword and Filter

Q

Date Type Tags Classes Skills Virtual Owner Age Limit More

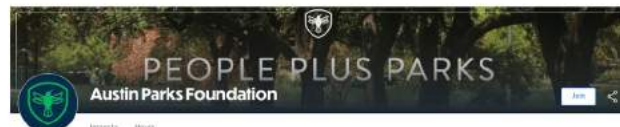


Monthly Work Party at Adolph Acre Community Garden - Community Gardening - Community Gardening (Multiple Shifts)
Sat, Dec 9, 2023 - Sat, Jun 8, 2024 (Multiple Shifts)
Volunteer Service Opportunity
Listed by Austin Parks Foundation

438 more



Explore   



Impact: 25,779
Hours: 83,680

Home Events Affiliates Subgroups Impacts Documents Web Search

Add Impact

We believe that parks, trails and green spaces enrich our community and that all Austinites should have access to them. That is why our mission is to care for and improve our parks, and we need your help! You'll need to make a GivePulse account (in the top right corner) in order to register for any of our volunteer opportunities. It's quick and easy, once you're signed up for GivePulse, choose any of the open events below and you'll be registered to volunteer in no time!

About

Austin Parks Foundation partners with our community to enhance people's lives by making our public parks, trails and green spaces better through volunteerism, innovative programming, advocacy and financial support.

[Read more](#)

Opportunities

Search by Keyword and Filter

Q

Date Type Tags Classes Skills Virtual Owner Age Limit More

Administrators



Rubin Lee
Primary Administrator
Message

Social

GivePulse understands that COVID-19 is impacting our communities. See our [latest resources](#) to stay safe and support Austin.



Austin, Texas - Your City Government

17 Recent Member

Add Impact



Valeria Harris
Administrator
Contact

Home People Events Subgroups Affiliates Impacts Resources Contact

About

The official volunteer and service portal for the City of Austin, Texas. Find all kinds of volunteer opportunities from planting trees at local parks to walking dogs at the animal shelter. There are unique activities throughout the year for individuals, families and groups. Thank you for making our community a better place.

Social

Causes

Food Security Hunger: Sexual Assault: Legal Services: Poverty & Basic Needs: Race & Ethnicity: Arts & Culture: Media & Broadcasting: Public Safety & Protection: Children & Youth: General Education: Crisis Support: Disaster Relief: Emergency & Safety: Animal: Environment: Community Fund-Build: Transportation: Health: Housing Development: Computers & Technology: Employment: Gender: Veterans & Housing: Immigration & Refugees: LGBTQ+: Elder Adults: Persons with Disabilities: Veterans & Military Services: Victim Services

Sustainable Development Goals



GivePulse

14,077 People 14,902 Impacts 251,994 Hours

Share With Friends



or invite

A few people you will meet...



View All

Explore   



People: 105
Impacts: 75
Hours: 245

Home Events Affiliates People Impacts Documents Web Search

Add Impact

Welcome to ZenBusiness' volunteer management platform! We're excited to have you join us in making a difference. Your contribution matters, and we're honored to work alongside you in creating positive change. Let's get started!

About

Join us in making a positive impact! As a Public Benefit Corporation, we prioritize community involvement and offer paid time off for volunteering. Thank you for being part of our mission. [Click Read More below for general info.](#)

[Read more](#)

Spotlight



Administrators



Pati Berendtsen
Primary Administrator
Message

People



Social



Some thoughts on the industry as a whole?

- Focused just on the outputs of tracking volunteer hours
- Silo'd systems that are limited to just the matching and not including the management
- Belief that a CRM to track volunteer activity is good enough
- Lack of ability to connect the dots between a volunteer and a donor
- Lack of innovation in the NPO industry



Thank You!

Questions? Schedule a time to connect or send me an email. For now, Give Joy, Give Together and Give More.



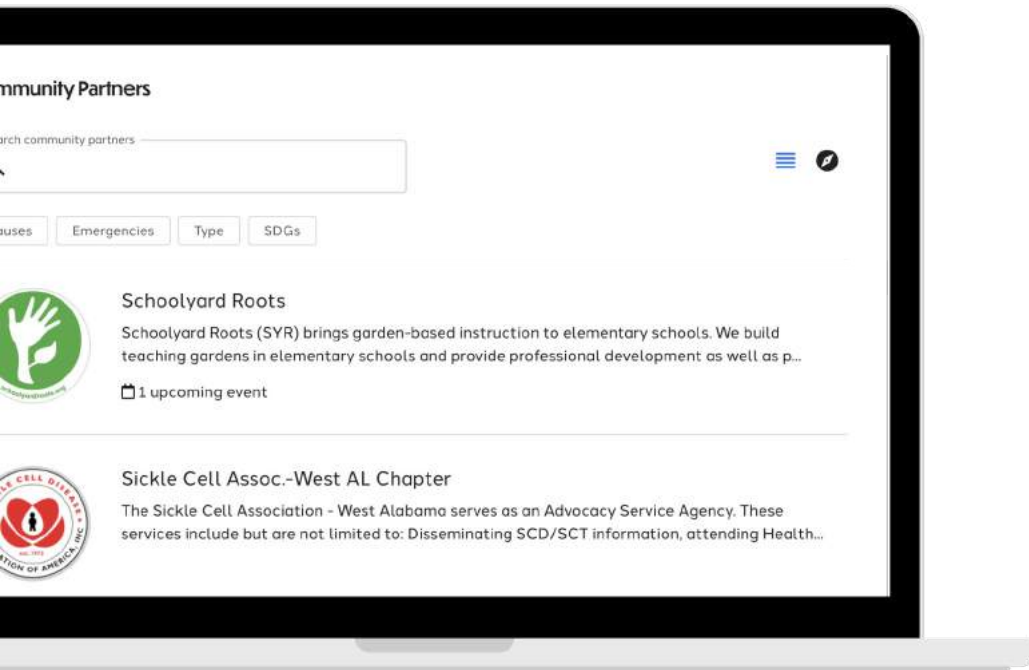
George Luc
Chief Executive &
Experience Officer
george@givepulse.com
[Schedule a Meeting](#)





Appendix

Connect with your Community



Community Partner Network

Build out a custom network by adding or affiliating with nonprofits and organizations in your community.



Discover Opportunities

Curate your feed of opportunities posted by your university and partner organizations.



Share + Promote

Use tools to communicate with community members and promote engagement opportunities.

Manage Volunteers + Events



Customizable Events

Choose from single day, multi-day, recurring, open + more.



Shifts + Timeslots

Manage complex volunteer schedules.



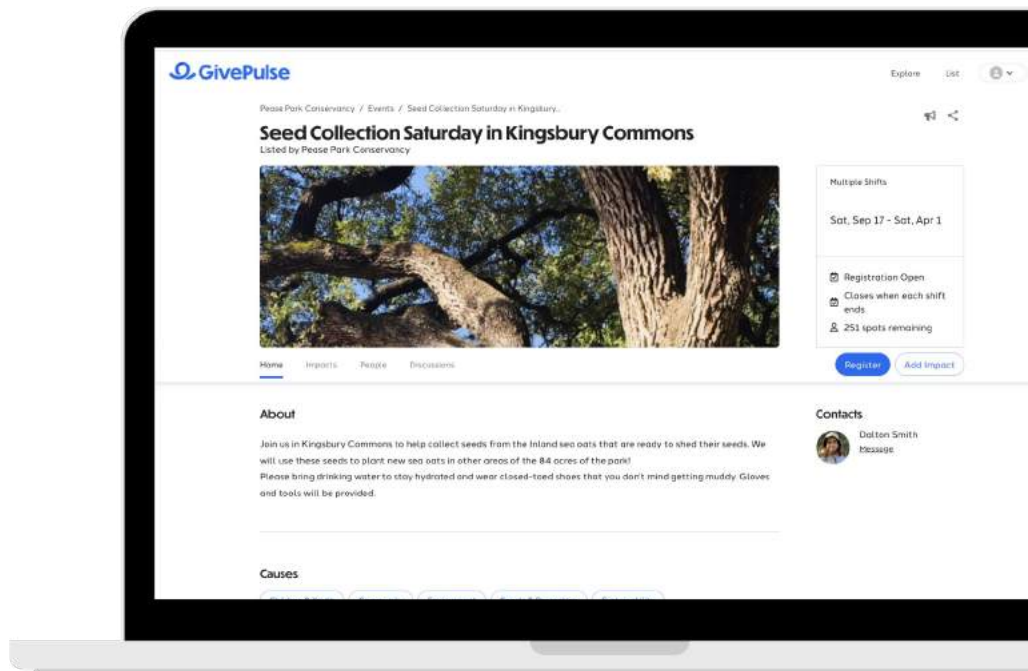
Projects

Manage multi-step educational or volunteer opportunities and track progress along the way.

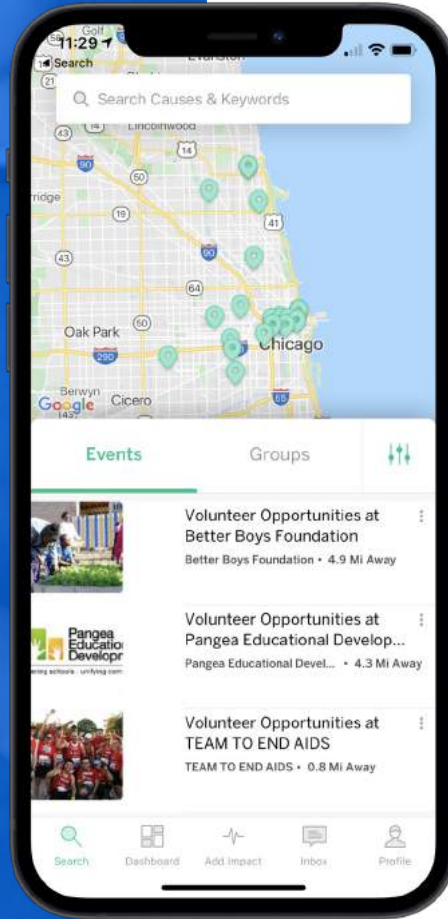


Ticketing

Provide tickets to registrants. Offer tickets for free or collect payment on GivePulse.



App + Mobile Web



iOS + Android downloadable app plus mobile-friendly website.



Post events, track registrations + communicate with users.



Mobile-friendly experience for donations & ticket purchases.

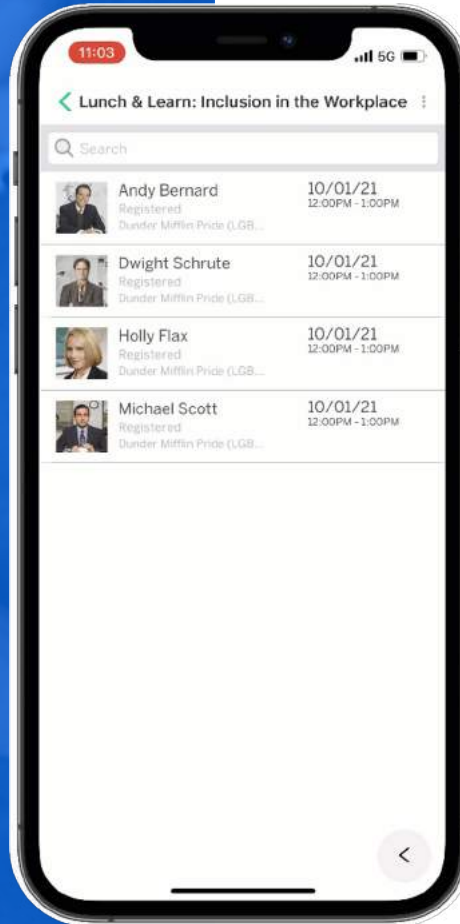


Send push notifications and provide contactless check-in.



Reach your users where they are – on the go!

App + Mobile Web - Kiosk Mode



- Administrative tools on the app support onsite check-in.
- Kiosk Mode allows for users to clock-in and out or check themselves in.
- Supports notations on no-show records.
- Supports offline check in, updating when you are back online.

**Gather Employee
Testimonials, Sentiment
and Professional
Development**

**Manage
Grants and
their Impact**

**Process Giving
through Payroll
Deductions or
Credit Card**

**Facilitate
Volunteer Time
Off (VTO)**

**Enable NPO Partners
to Track Real Time
Updates and
Inform Impact**

**Coordinate
Events &
Projects**

**Track & Verify
Volunteer
Hours**

**Explore
Volunteer
Opportunities**

**Organize
Employee
Resource
Groups**





Q&A for Tech for Health, Happiness, and Helping!



Scott Finkelstein

Founder
MyWorkout.AI



Julie Korieth

Founder & CEO
Nui



George Luc

Co-founder & CEO
GivePulse

Donate Your Unused Tech!

- If you have computers, tablets, or smartphones no longer being used, please help those in need
- Bring your devices to any in-person event, and we'll donate to our worthy charities!





December 8, 2023

Accelerated Introduction to AI

9:00 a.m. CT | **In-person**

REGISTER

Location

In-person

Capital Factory, Willie Room

701 Brazos Street, Austin, TX, USA

Agenda

9:00 a.m. - 12:00 p.m. | **Discussion**

Moderator

Jay Boisseau, Executive Director, Austin Forum on Technology & Society



December 12, 2023

Discussion of "AI 2041: 10 Visions for Our Future"

7:15 p.m. CDT | **Online**

[REGISTER](#)

Location

Online

Zoom (register for event to receive link)

Agenda

7:15 - 8:30 p.m. | **Discussion**

Moderator

Nancy Giordano, Founder and CEO, [Play Big Inc](#)



January 18, 2024

Discussion of “The Age of Surveillance Capitalism”

7:15 p.m. CDT | **Online**

REGISTER

Location

Online

Zoom (register for event to receive link)

Agenda

7:15 - 8:30 p.m. | **Discussion**

Moderator

J. Craig Wheeler, Samuel T. and Fern
Yanagisawa Regents Professor of Astronomy,
Emeritus, [The University of Texas at Austin](#)



January 26, 2023

Introduction to Quantum Computing

9:00 a.m. CT | **In-person**

REGISTER

Location

In-person

Capital Factory

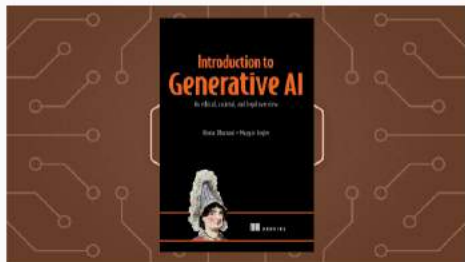
701 Brazos Street, Austin, TX, USA

Agenda

9:00 a.m. - 12:00 p.m. | **Discussion**

Moderator

Jay Boisseau, Executive Director, Austin Forum on Technology & Society



February 15, 2024

Discussion of “Introduction to Generative AI: An ethical, societal and legal overview”

7:15 p.m. CDT | **Online**

REGISTER

Location

Online

Zoom (register for event to receive link)

Agenda

7:15 - 8:30 p.m. | **Discussion**

Moderator

Numa Dhamani, Principal Machine Learning Engineer, [KUNGFU.AI](#)

Join Us for More Great Content in 2024!

- **Schedule posted at www.austinforum.org**
- Jan 9: Tech Trends for 2024 & Beyond!
- Upcoming presentation topics include
 - Robotics
 - Health tech & precision medicine
 - Cybersecurity
 - Gaming & gamification tech
 - AI
 - and more!!!



Plus:

- New podcast episodes **now**
- In-person meetups
- Online book discussions
- Workshops

Join us to learn, share, discuss!!



***Please share the upcoming events with your friends
and colleagues!***

Austin Forum Team!



Jay Boisseau
Executive Director



Allison Warner
Logistics



John Lockman
Tech Director



Mary Garza
Web/UX Designer



Julie Tomlin
Operations



Gabby Warner
Communications

Our Partners Make Austin Forum Possible!

ADAPTER

AMD

arm



SXSW

GOOD
SYSTEMS
A UT Grand Challenge

whurley

Please contact us if you want to become an annual partner!

AUSTIN FORUM
ON TECHNOLOGY & SOCIETY

www.austinforum.org

Networking is next! Join us at:

trifecta ON 3RD

with holiday music and decorations, boozy eggnog, and more! Corner of 3rd St & Nueces St—an easy walk from here!

KEEP YOUR NAMETAGS FOR FREE PIZZA & DRINKS!

Q: What is the best thing you learned tonight?

(30 seconds)

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 

AUSTIN FORUM

ON TECHNOLOGY & SOCIETY

Connect. Collaborate. Contribute.™