



## Monday 13th May

09:00 Doors open

10:00 Event officially opened by moderator Simon Shepard, CEO, Optima-life

10:05 Welcome speech from Joni Kettunen, Firstbeat CEO and co-founder

### Sleep & Recovery

10:10 **The science behind Firstbeat HRV analytics.** Tero Myllymäki, Head of Physiology, Firstbeat

10:35 **Winners are made at night.** Henri Tuomilehto, Medical Director, Coronaria Sleep Clinic & Advisor, Columbus Blue Jackets

11:00 **Power napping for performance improvement in sports and at work.** Kasper Janssen, Sport Physician & Director, Nap@Work

11:15 **Improving recovery in 24/7 working life.** Sampsa Puttonen, Senior Researcher, Finnish Institute of Occupational Health

11:40 **The future of sleep: Role of technology.** Panel discussion moderated by Ilkka Korhonen, Firstbeat. Mr. Puttonen, Mr. Janssen and Mr. Tuomilehto

12:00 Lunch break

### Fitness & Training

13:00 **Firstbeat approach to load and performance management in elite sports.** Veli-Pekka Kurunmäki, Director of Sports Performance Products, Firstbeat

13:30 **The connection between monitoring, analytics and the athlete: A practical approach.** Reg Grant, Head Strength & Conditioning Coach, New York Rangers

14:00 **HRV monitoring, tool or toy? Insight from the elite world.** Martin Buchheit, Sport Scientist & Strength and Conditioning Coach

14:45 **What is the role of science in coaching at the elite level?.** Panel discussion moderated by Nigel Stockill, Firstbeat. Mr. Grant, Mr. Buchheit and Mr. Egelseer (Sports Scientist & Athletic Coach, Sports Performance)

15:10 Coffee break

### Future of Wearables

15:35 **The wearables market in 2019 and beyond: Exploring the global and regional opportunity.** James Manning Smith, Market Analyst, Futuresource

16:00 **Lessons learned from the last years of sports tech.** Ray Maker, DC Rainmaker

16:45 **How data can help runners?.** Kuofeng Hsu, Running Coach & Author

17:00 **Looking into a crystal ball: What's next for wearables?.** Panel discussion moderated by Hilka Aronen, Firstbeat. Mr. Maker, Mr. Manning Smith, Mr. Hsu and Mr. Baker (Managing Director, Maxim Integrated)

17:30 **Mix & Mingle.** Networking event for Summit guests and speakers



## Tuesday 14th May

7:00 Morning jog for early birds

8:00 Doors open

9:00 Day 2 kickoff

### Stress & Resilience

9:05 **From HRV to stress: Firstbeat solutions for better lifestyle management.** Tiina Hoffman, Exercise Physiologist, Firstbeat

9:30 **A data driven approach to forming habits for mental health and work performance.** Jason Howlett, Co-Founder and Change Agent, Manpremo

10:00 **Always on: Burnout and the myth of “balance” in the high-performance workplace.** James Hewitt, Chief Innovation Officer, Hints Performance

10:45 **Enhancing performance under pressure.** Harri Gustafsberg, Resilience and Efficiency Strategist, Mentoritiimi

11:10 **Keeping it together and staying resilient under pressure.** Panel Discussion moderated by Tiina Hoffman, Firstbeat. Mr. Howlett, Mr. Hewitt and Mr. Gustafsberg

11:30 **Sessions summary speech.** Anna de Torres, Marketing Director, Firstbeat

11:30 Lunch break

### Workshops

12:30

- Firstbeat Sports product update
- Introduction to Firstbeat Lifestyle Assessment
- Firstbeat Lifestyle Assessment deep dive
- Strategisen työhyvinvoinnin johtamisen KPI (In Finnish)

13:25

- Performance analytics in professional sports – Case studies
- Firstbeat Lifestyle Assessment case studies
- Kokemuksia Hyvinvointianalyysistä (In Finnish)

14:10 Coffee break

14:35

- Training load and recovery in soccer
- How to leverage the benefits of Firstbeat Lifestyle Assessment?
- Firstbeat Hyvinvointianalyysillä puhtia palveluusi (In Finnish)

15:30

- Sleep and performance in elite Sports
- Firstbeat Hyvinvointianalyysin jatkokurssi (In Finnish)