



Quantified Self May Newsletter



Welcome to our first QS Newsletter!

We've heard your voices and are bringing you the very first QS newsletter. Inside you'll find information, photos, videos, and all sorts of QS goodness. We hope this helps you better understand what's going on in the QS universe!

Thanks!
{Alex & Ernesto}

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Active Moderation

By Gary Wolf | [@Agaricus](#)

Moderating a QS Show&Tell meeting is one of the most interesting and rewarding things you can do as an organizer. Meetings of all sizes benefit from active moderation. Active, in the phrase active moderation, refers to listening more intensely rather than speaking more frequently. When you moderate, you put your own opinions aside. You pay attention to what people are saying and also to how they are saying it. You are trying to notice whether the speakers and questioners are comfortable and clear. When you focus on others, you can often find easy ways to help. Here are a few very simple things you can try when you are moderating.

- * Ask a speaker to repeat a remark so that everybody can hear it more clearly.
- * Request that a complex question or statement be rephrased in just a few words.
- * Suggest a convoluted or specialized topic continue informally after the program.
- * Request a question or comment from somebody who hasn't spoken.
- * Call upon people by first name, if you know it.
- * Let people know when there is only time for one or two more questions.

These small, helpful acts of assistance can affect the atmosphere of a QS show&tell in a big way, because they show care about the process as well as the content of the meeting. I'm eager to hear your tips about what works in moderating a QS group, so please send them to me.



Quantified Self

May Meetups

May 1 - QS Discussion group at Singularity University

May 3 - Silicon Valley QS Show&Tell meetup at Stanford

May 8 - Brussels QS meetup at Studio RVB

- QS Discussion group at BioCurious
- New York QS meetup at Digitas
- Minneapolis QS meetup at MEI Research
- Austin QS meetup at 100 Congress
- Vancouver QS meetup at iQMetrix

May 10 - Munich QS meetup at Combinat 56

May 16 - Philadelphia QS meetup at Center City Philadelphia

May 22 - Paris QS meetup at Greenspace

May 29 - QS Discussion group at BioCurious

More will be scheduled so make sure to check out the [QS Global Calendar](#) to keep up to date!

If you're traveling during these times make sure to try and attend a meetup in a new city and be inspired by what different communities of self-trackers are creating and sharing!

Quantified Self In Pictures



Legend

1) Bay Area @ Google 2) Bay Area Discussion Group @ Biocurious
3) Boston & NuVu Studio 4) Toronto @ Network Orange 5)
Berkeley @ Flowtoys 6) Czech Republic



Meet an Organizer

Ciaran Lyons: QS Singapore

Meet Ciaran Lyons, our QS Singapore Meetup Organizer. Ciaran is, in his own words, “an itinerant Irishman living in Singapore for the past five years. When he’s not hosting meetups he looks after technology with a startup called [Newton Circus](#)



What prompted you to start a QS meetup in Singapore?

It was a spur of the moment thing, really. I was annoyed that such a tech-centric city like Singapore didn't have a meetup group - I mean, we manufacture the Fitbit here! So I set up the group expecting half a dozen people to join. I think we had over thirty members within our first month - a lot of pent-up demand!

What is your community like?

Incredibly diverse. Naturally, we have attracted people from the local Hackerspace, but we've spread far beyond to include doctors, university staff, advertising execs, triathletes, government officials... My favourite group is the high school students - super switched on and engaged, and far braver socially than I was at their age.

I think that's been the biggest success of the meetup so far, that we get such a wide range of people, and a wide range of opinions. I took objection to a recent article in [The Atlantic](#) that described the Quantified Self set as Lululemon-wearing, farmer's-market-shopping technocrats. That hasn't been my experience at all.

Have you been to any other QS meetups?

No, QS Singapore is my first and only. But I'm looking forward to the Quantified Self conference in the US in September.

What are your goals for your group?

My goal is for the group to keep growing organically, and to continue to attract interesting people with interesting stories. And so far that's been a pretty easy task.

What has really inspired you so far?

I think the enthusiasm of the community has been really inspirational. I've received a lot of support from the US-based team which has been great, and our local community never fails to amaze me with their interest and excitement. It's pretty awesome.

Any tips or lessons learned you want to share with the community?

One thing that's been really helpful is to make a direct connection with each of the members of the group. Whenever someone joins, I send them a quick welcome message, which usually results in an email back-and-forth. I think that breaks down a lot of hesitation that people have in attending these rather geeky events.

Besides that, I don't think it's possible to over-communicate. I usually send a couple of emails in advance of the meetup and always send a wrap-up message afterwards. I'm probably guilty of playing off people's Fear Of Missing Out, but I consider that my community service; the alternative to a QS meetup is usually watching TV or working late, where would your time be better spent?

If you're close to, or travelling through Singapore, and you'd like to join our meetups, you can find us at <http://www.meetup.com/SingaporeQS/> or you can email me directly at ciaran.lyons@gmail.com.

Everybody's welcome!

Top Videos



[Robby MacDonell - Are goals bad for forming habits?](#)



[Richard Ryan - Notes Toward a Biohacking Handbook](#)



[Simon Frid - Wearable Awareness](#)



[Nicholas Manolakos - Cognitive Performance](#)



[Alexander Grey - Tracking Muscle Data](#)

Top Posts

1. [Numbers From Around the Web: Round 5](#)
2. [Talking Data With Your Doc: The Doctors](#)
3. [Mark Drangsholt on Tracking a Heart Rhythm Disorder](#)
4. [First QS Masters Thesis: How Do the Meetup Groups Work and How Can QS Improve?](#)
5. [Personal Informatics in Practice: Ambivalence about \(Inter\)Personal Informatics for Smoking Cessation](#)



2012

Quantified Self Conference

We will be hosting our third conference at Stanford University in Palo Alto, CA on September 15th and 16th. Quantified Self 2012 is a conference for users and tool makers interested in self-tracking systems. It will be a “working meeting” for the global QS community, where we will gather, inspire, and learn from each other as we share and collaborate on self tracking projects.

Our conference sessions are defined by the attendees in advance of the conference, like a curated unconference. There will be breakout sessions, show&tell talks, and posters.

If you're an advanced user, designer, tech inventor, entrepreneur, journalist, scientist, or health professional please join us for a weekend of collaboration and inspiration.

[REGISTER NOW](#)



Contribute to the Newsletter

You're Invited!

Help us make this newsletter even more awesome. Send us your pictures, tell us cool things about your group, and suggest new items for the blog. We value your input so let us know what we can include in future newsletters!

Reach out to the Quantified Self Labs leadership team by contacting Alex or Ernesto:

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Thank You!



