

Empowering Society with Data Science

Presented by
David Greenwood

a rapid deployment
strategy for everyday
impact



Hello!

I'm Dr David Greenwood, Founder of hppypeople.com & Data Scientist based out of the green pastures of Wiltshire.

I'm passionate about applying 'start-up thinking' & Data Science to address societal issues.

Overview

04 Why empower society?

08 Tools of empowerment

12 How I scratched my itch?

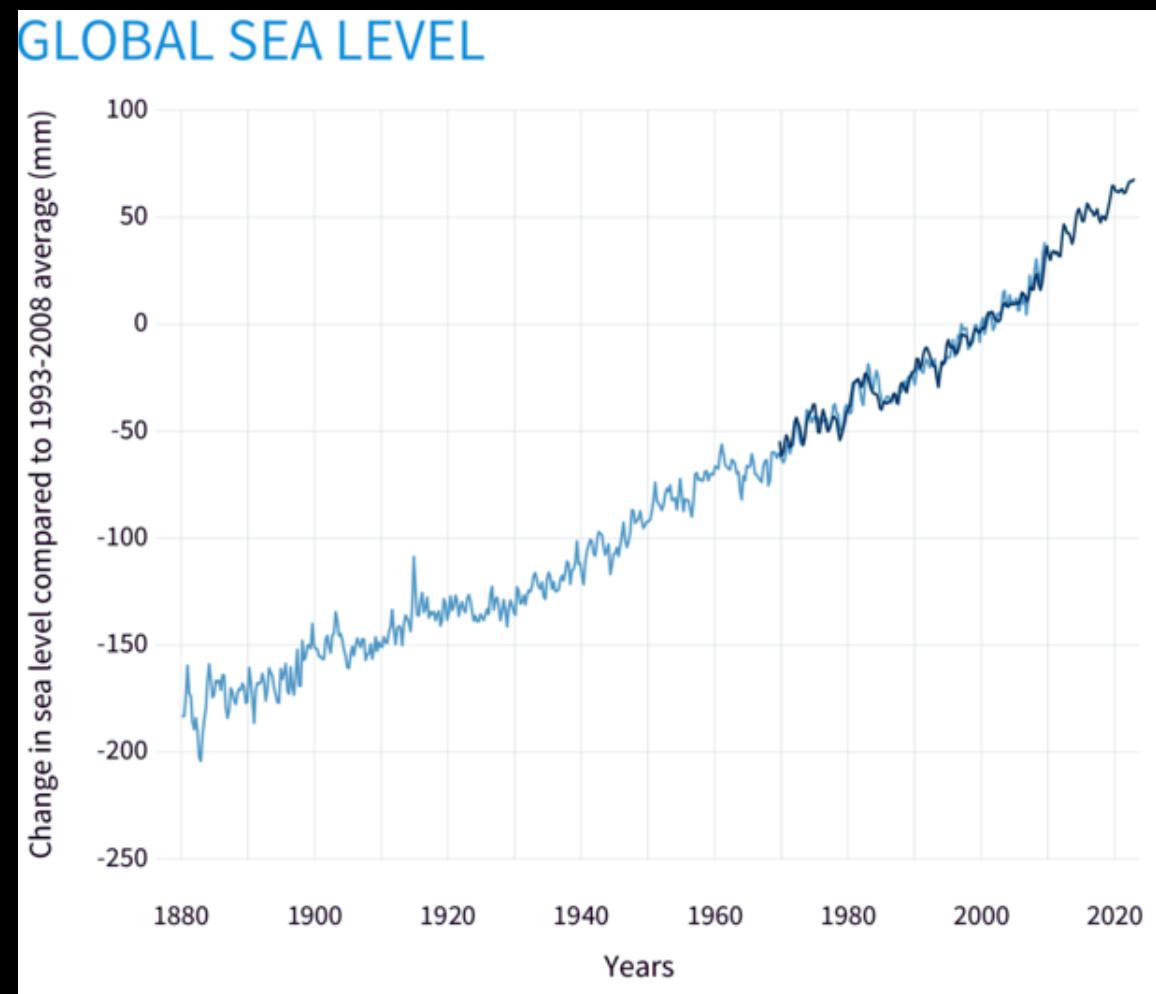
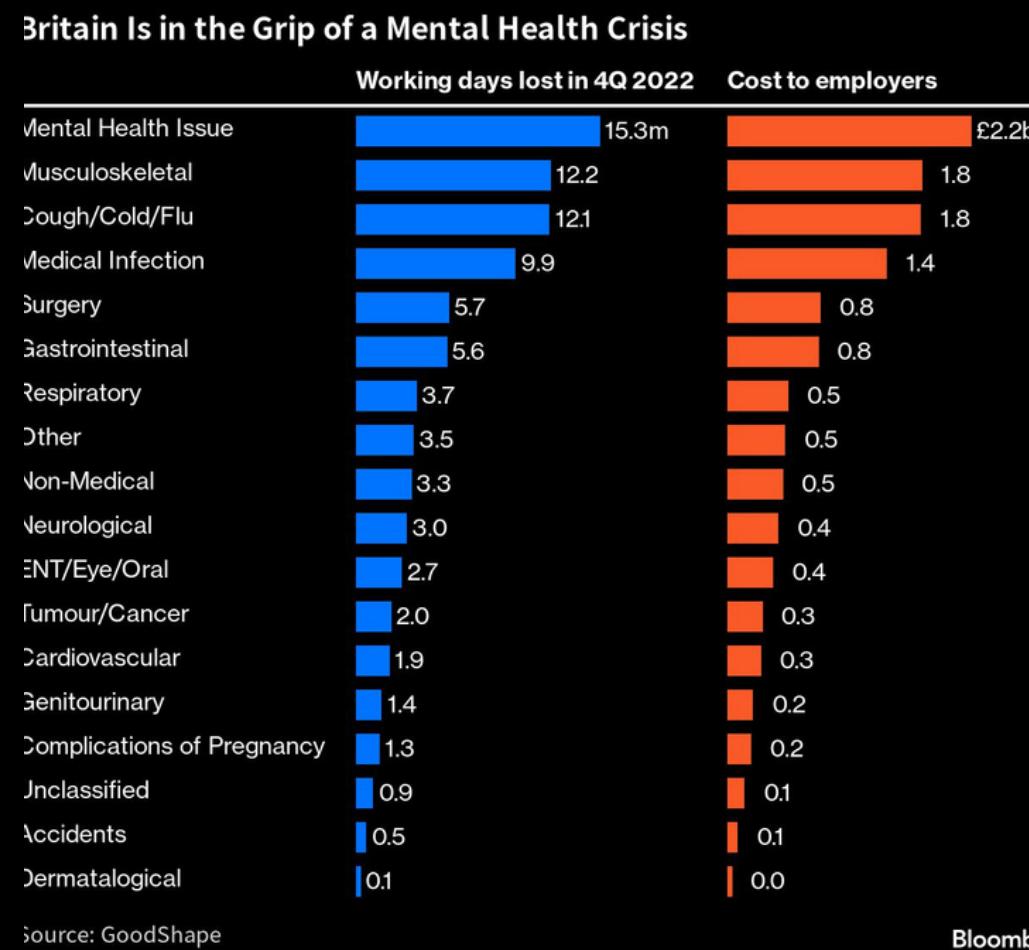
18 How you can get started too?

24 Where to find out more?

Why empower society?

"Why empower society?"

Society needs our help - it's overwhelmed and needs solutions.



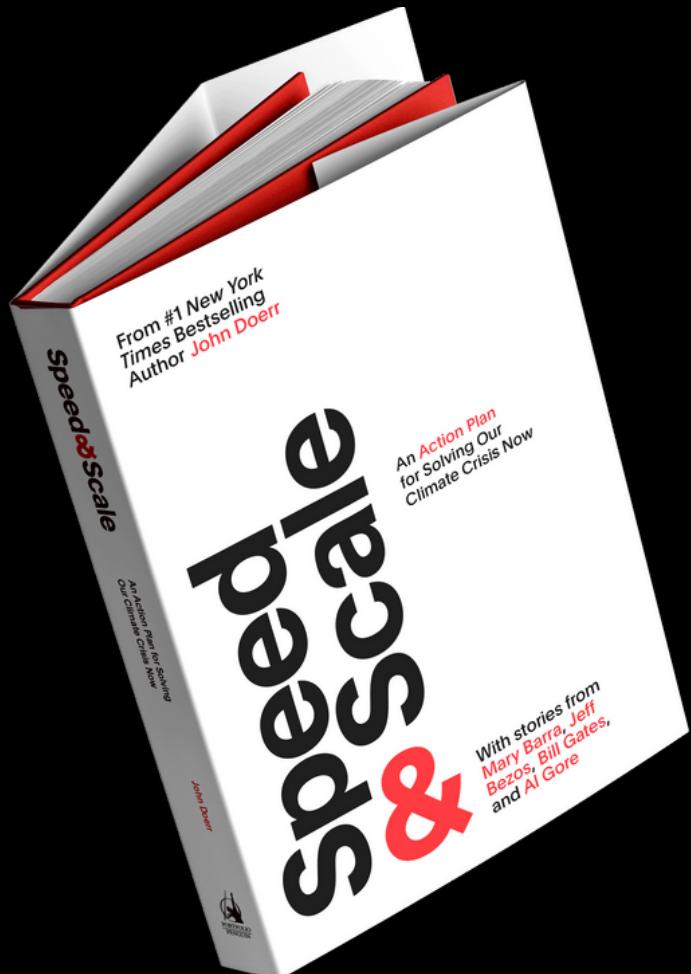
Mental Health Crisis: Mental health issues (including depression, anxiety, and stress) are on the rise globally.

Climate and Environmental Crisis: Climate change poses a significant threat to the planet.

Social Inequality and Economic Disparities: Economic disparities persist within and between countries, causing social unrest & injustice.

"Is there a map of the territory?"

Let me know?



John Doerr - Speed & Scale
<https://speedandscale.com/book/>

An Action Plan for Solving Our Climate Crisis Now

What we need to do to cut emissions to **net zero**—and how we can do it in time.

1

Electrify Transportation



2

Decarbonize The Grid



3

Fix Food



4

Protect Nature



5

Clean Up Industry



6

Remove Carbon



7

Win Politics And Policy



8

Turn Movements Into Action



9

Innovate!



10

Invest!



Track progress and take action by visiting speedandscale.com

Speed & Scale

"The best startups generally come from somebody needing to scratch an itch."

Michael Arrington.

Tools of empowerment?

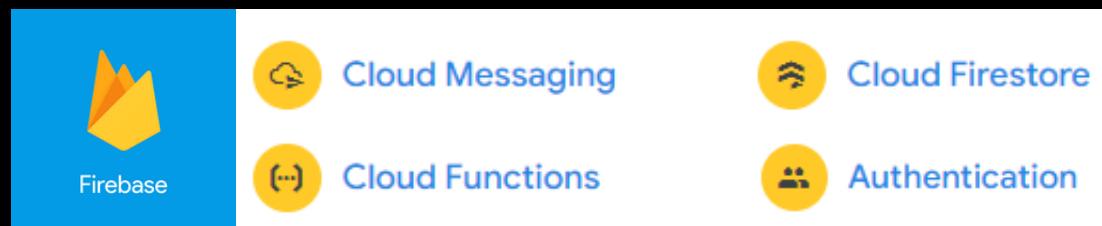
Unique moment in History

Start-Up TechStack has converged with DataStack

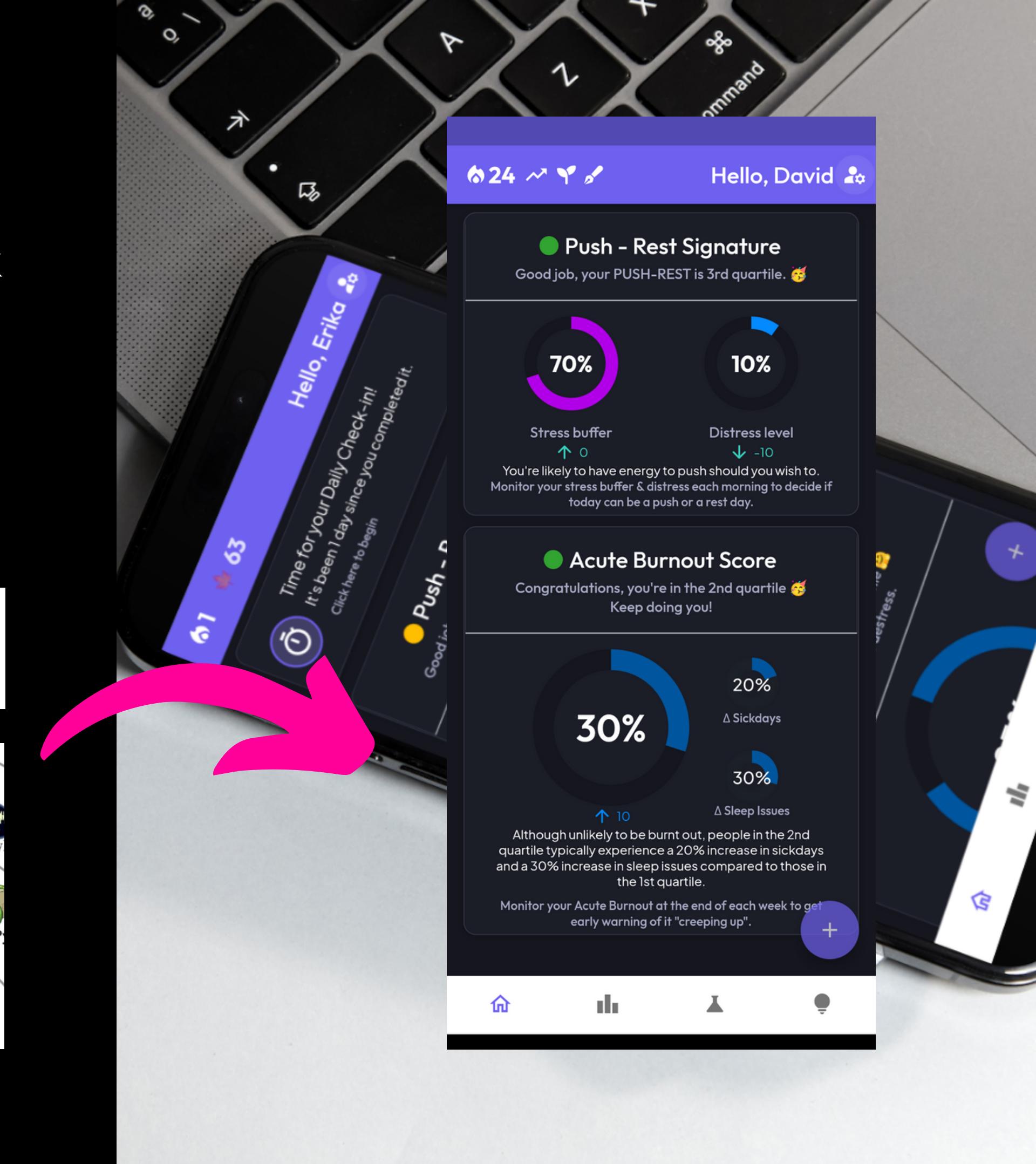
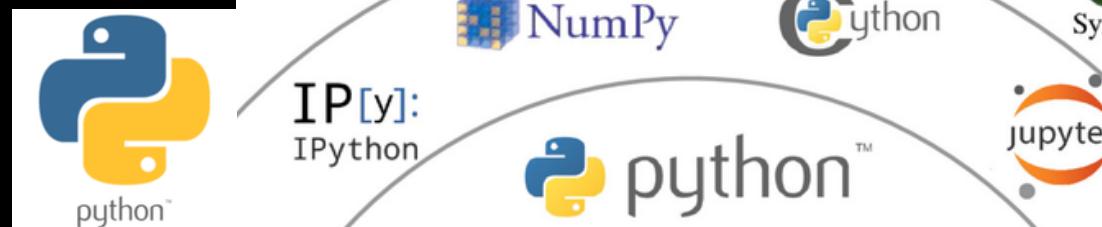
Frontend:



Backend:



Data Stack:





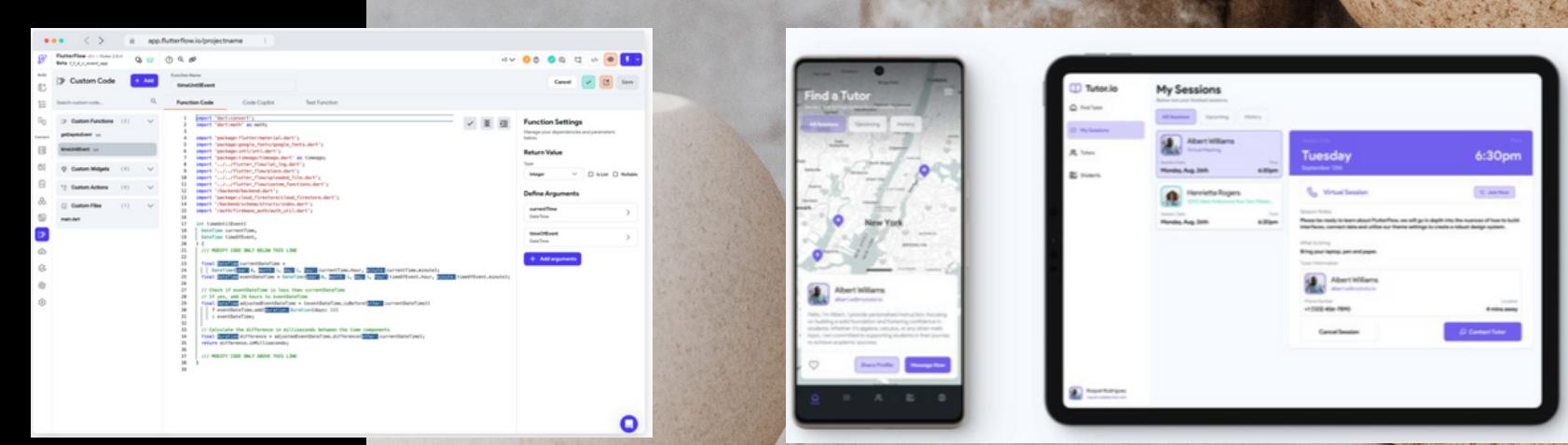
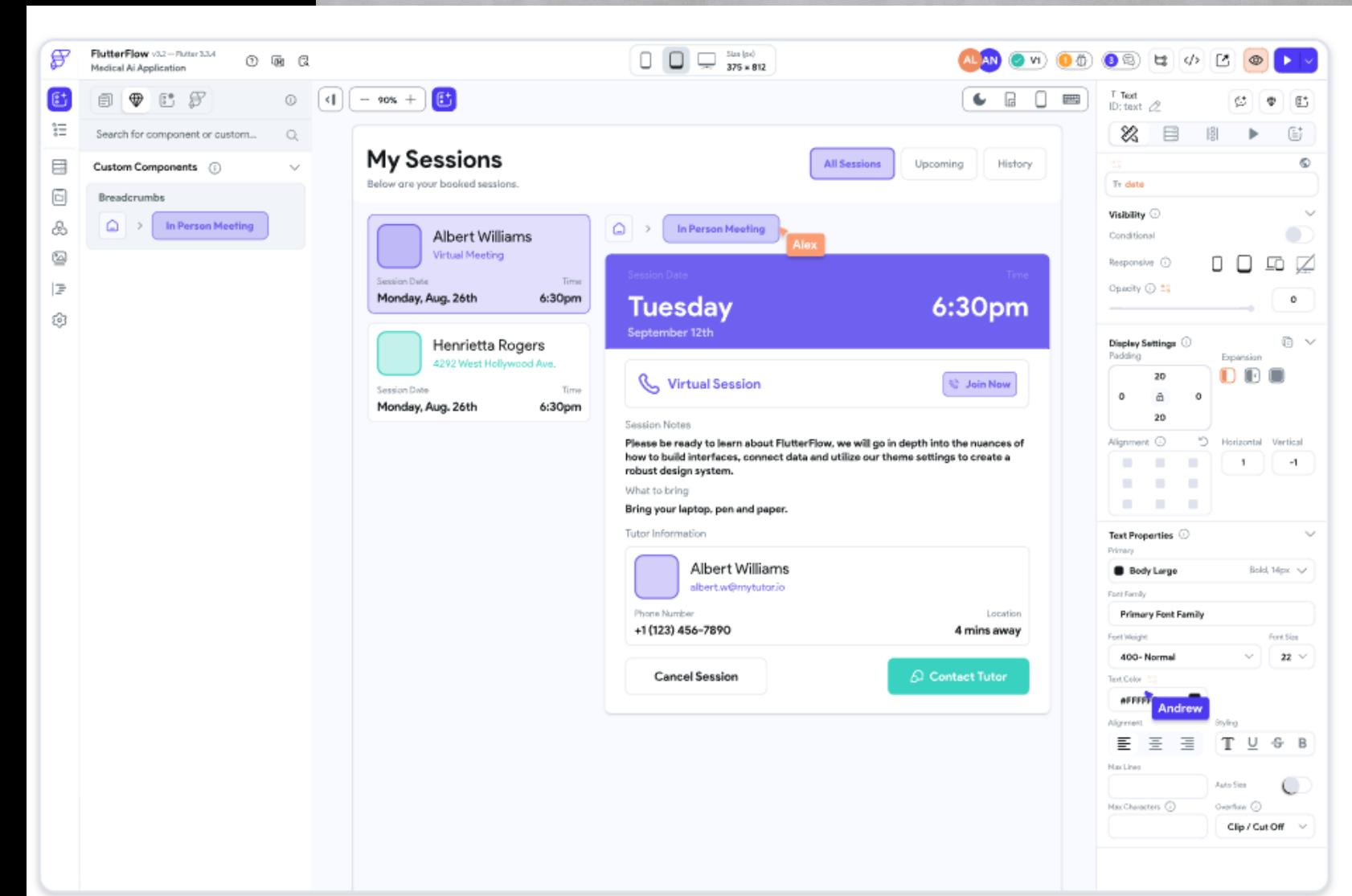
Build Applications Faster than Ever

No code ease, procode power

* Build beautiful apps

* Integrate with your data science functionality

* Build once, deploy everywhere



www.flutterflow.io



Built by you - backed by Google.

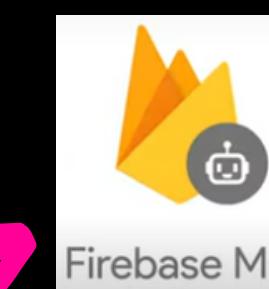
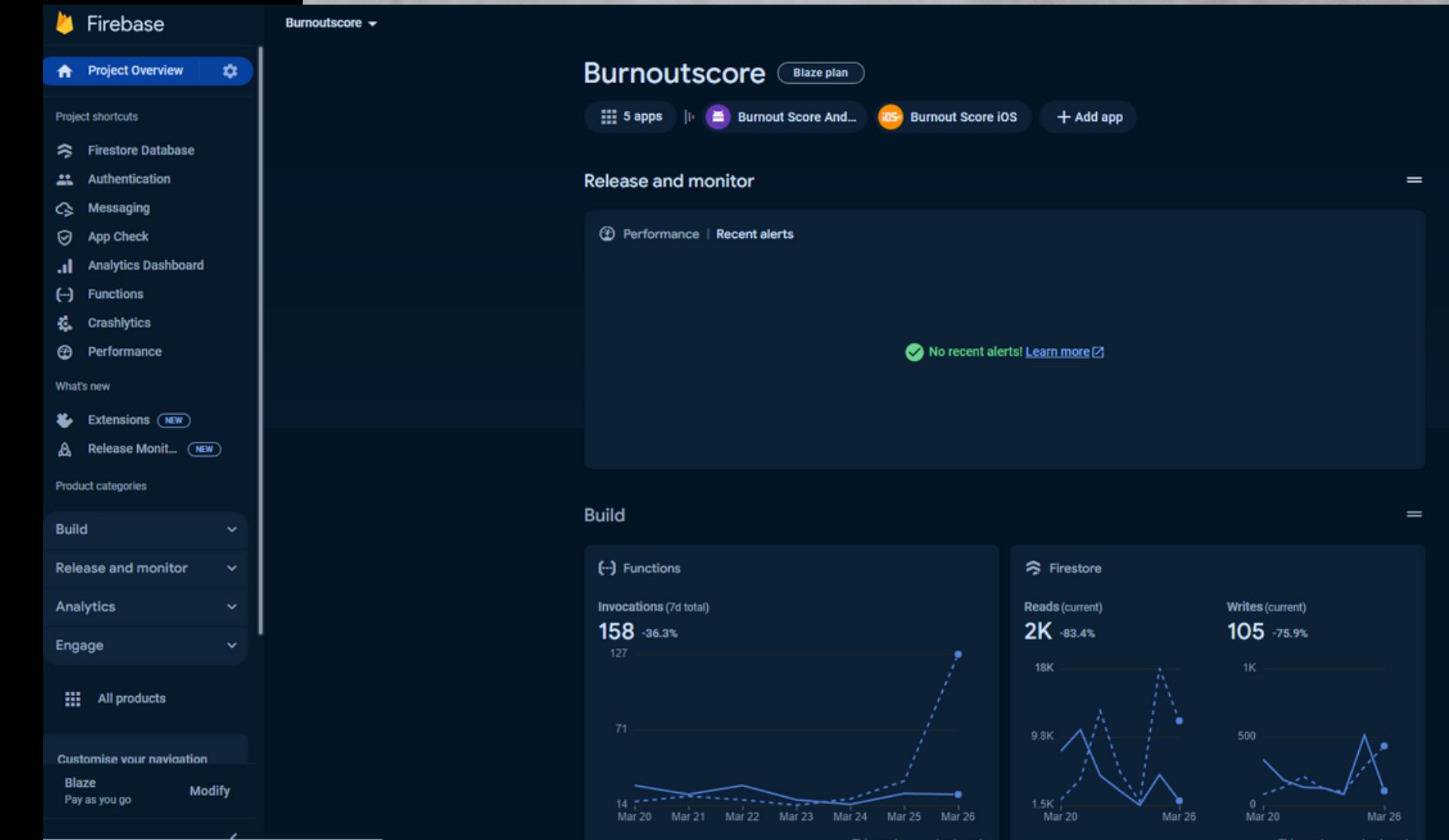
* Fully Managed Backend Infrastructure on Google

* Secure Sign-in

* Real-Time NoSQL Database

* PUSH Notifications

* Cloud Functions for APIs & Data Jobs (Serverless)



firebase.google.com/

How I scratched my itch

My itch Burnout

May his soul rest in peace.

<https://lnkd.in/df578BV6>



Young McKinsey consultant commits suicide due to 'work pressure'

consultancy.in • 2 min read



48

9 comments • 7 repos

by burdy_burd

Data Scientist / ML am I burning out?

Career

Hi all,

this is a bit atypical in this sub, but I am really wondering how people are dealing with it. I started getting into machine learning because I was absolutely fascinated by some of its applications: prediction of stuff, image recognition, self driving, image generation... I mean there are tons of applications out there.

I managed to land a job where my time is split between building models for marketing like sales leads and churn models. After a few years I feel like my curiosity has been going down more and more.

I still enjoy coding, but I am not really excited anymore about the problem at hand. It always more of the same in slightly different clothes.

I realized that there is little that cannot be done with just XGBoost and some common sense when defining your dataset. If that doesn't work it's probably not worth it my time anyway



David Seidman · Follow

Former Security Engineering Manager at Google (company) (2016–2020) · 5y

In my 13 year career, I've known perhaps 5 people who burned out so badly that just stopped doing any work. I've seen dozens who reached temporary burnout take a long vacation, reduce their workload or step into a different role. Typically from a bad manager or team, a project that went wrong, or an ambitious individual on too much work. I think most people get burned out enough to take a break from their career, but few burn all the way out of the industry.

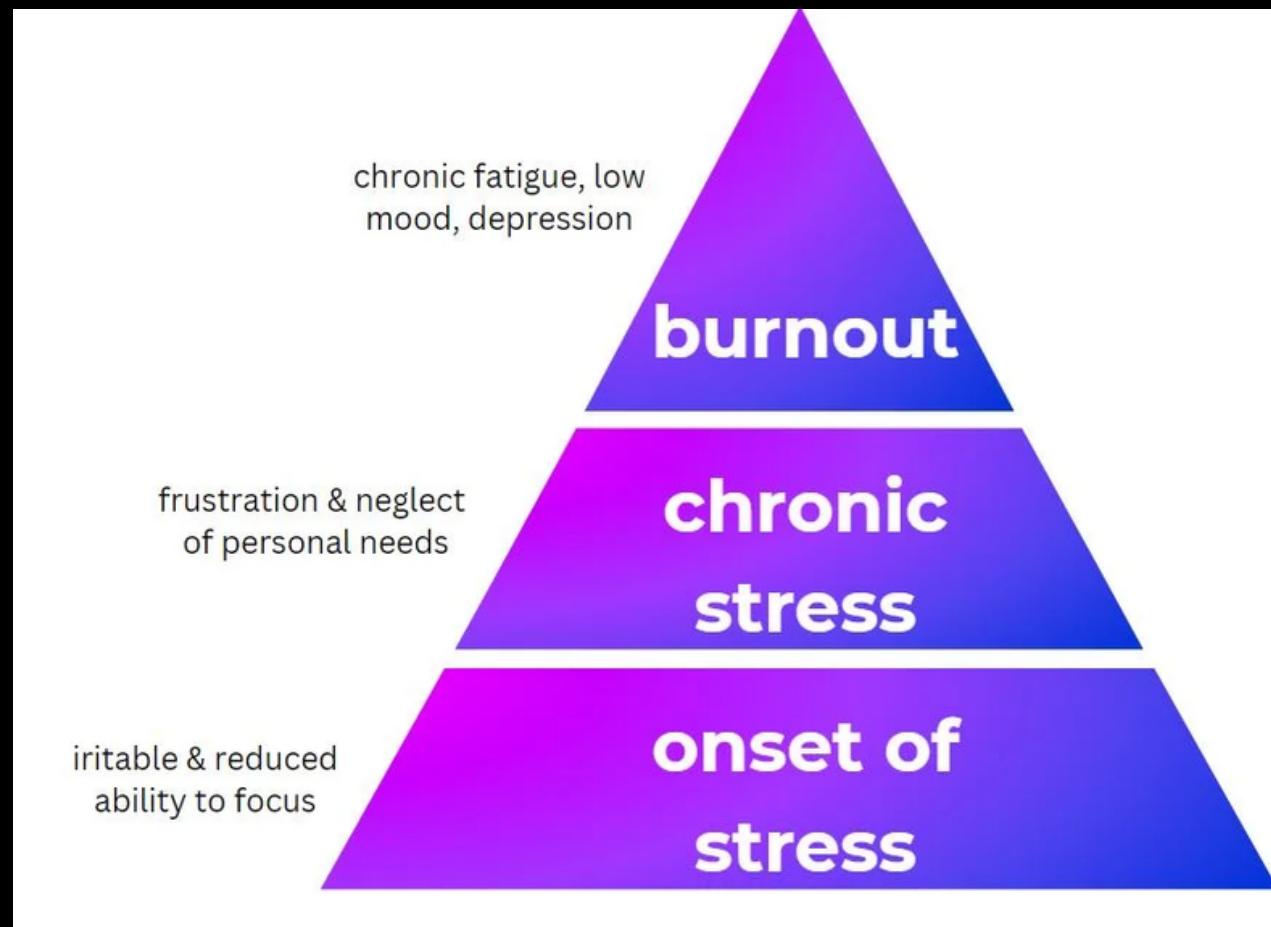
109.5K views · View 1,113 upvotes · View 5 shares · Answer requested by Kayee Tong



The Problem

The trouble is that burnout is hard to avoid because it's happening to everybody over an extended period of time. It might not be very noticeable. "It creeps up" - Eric ([Solvable with data](#))

*Eric needs to be empowered. He needs to [see the burnout creep up](#). He needs to know when he can **push**, when he needs to [rest](#). He wants to do his best work and have energy for hobbies, friends and loved ones.*



Important Chronic stress is known to be a risk factor contributing to the major diseases that affect all working people

including heart disease, obesity, metabolic syndrome, arthritis, anxiety, depression, digestive problems, headaches and muscle tension & pain (MAYO).

Large Burnout effects 67% of all working people at least once in their career (APA).



The Solution

Burnout Score by hppypeople

SP Stefan Pagacik
4 reviews ⚙ US

A day ago

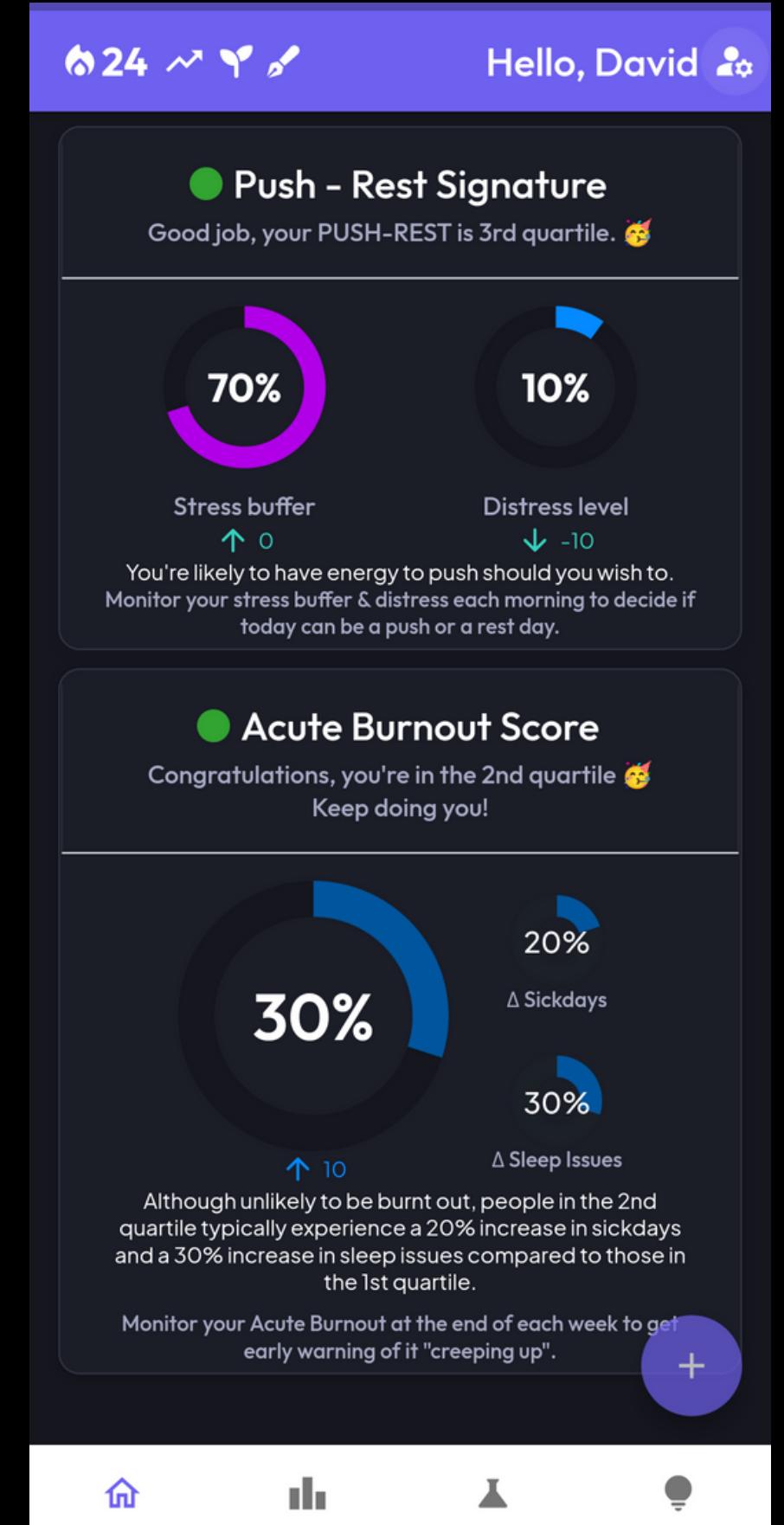
★★★★★

A one-of-a-kind app for stress and burnout tracking

I met David through a colleague from Standup2Startup in the UK. David was kind enough to include me in a special group testing his new app. I immediately came to rely on the app to guide and inform me as to my feelings and mindset at the beginning of each day. I regard this app as my trusted companion in helping me to better understand both situational factors and emotions when I am approaching burnout. His science-based approach is like no other app that I have seen on the market for zeroing in on what contributes to stress and burnout. David has made some impressive strides in continuing to build the app that enables me to understand how my health can be impacted by the confluence of factors both physical and emotional. I can't wait for the final release as I will continue to use it to increase my mental and physical well-being. Thank you, David!!!

See Burnout
“Creeping Up”

Know when to
PUSH & when
to **REST**



FlutterFlow

Built with
Firebase

python™





The Solution

Burnout Score by hppypeople

Powered by **Affect labelling**

Matching words to feelings not only benchmarks, but reduces negative emotional experiences.

* It's 60 seconds quick, yet with meditation like benefits.

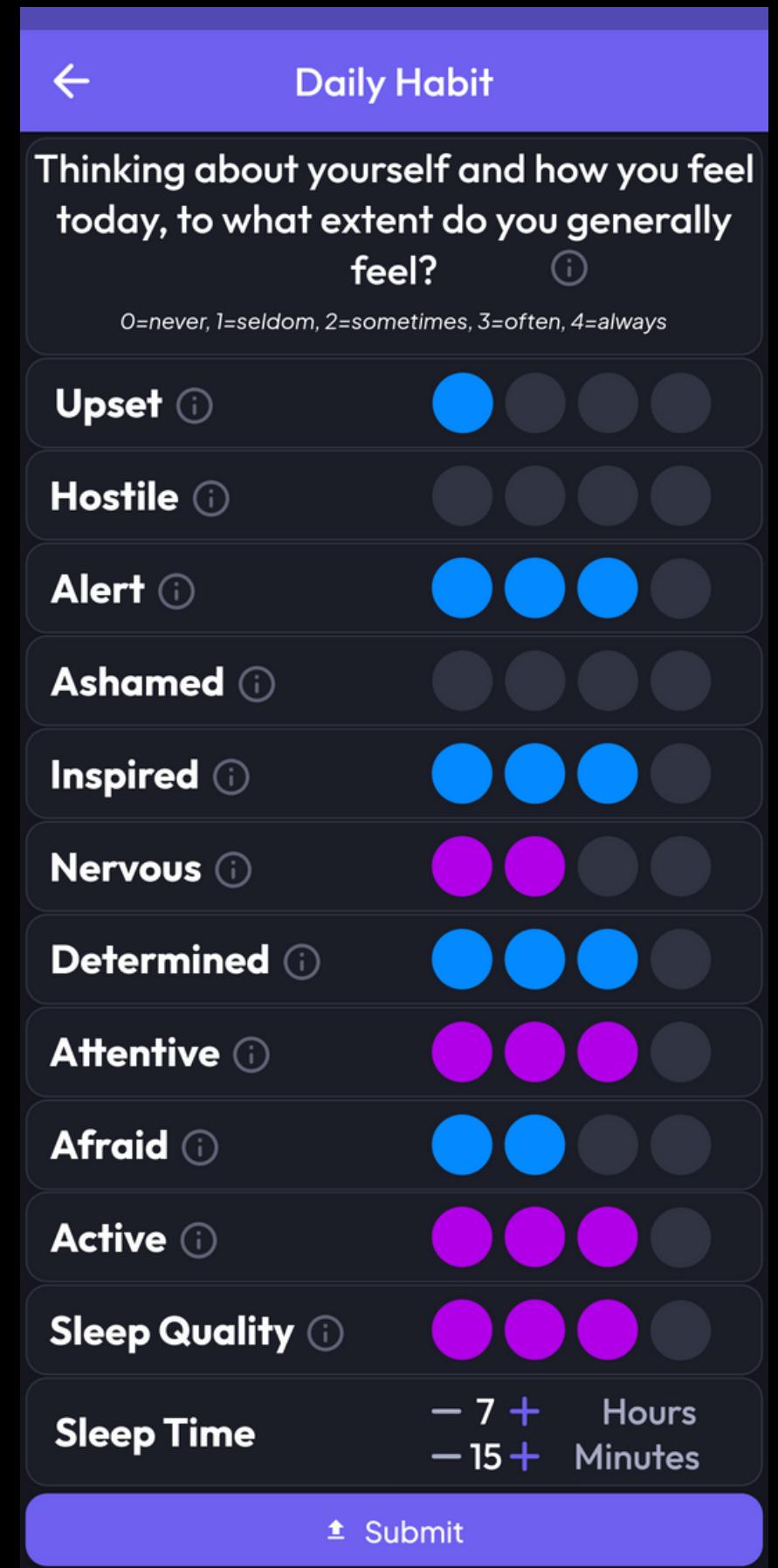
* It reduces negative feelings & physical symptoms of stress, as well as decreasing overwhelm.

(Constantinou et al. 2014, Torre et al. 2018)

12 simple questions

60-seconds per day

Helps dissolve stress





"I beg you to save me from where I am."

“I’m hopeful that tools like the Burnout Score by hppypeople.com can not only help us when we’re down but also **empower us to do our best work and return home with energy for hobbies and loved ones**” 

How you can get started?

How to start?

1. What **itch** or **painpoint** are you struggling to scratch?
2. Make a proposition - **what are you going to do?**
3. Show the proposition to people
 - a. Do they **understand** it?
 - b. Are they **excited** by it?
 - c. **Get commitment**
 - i. Pay for it
 - ii. Donate time to test it
 - iii. Introduce investors

Where to find out more?

Resource Page

FlutterFlow

<https://docs.flutterflow.io/>

Firebase

<https://firebase.google.com/docs>

Deploying on Android

<https://docs.flutter.dev/deployment/android>

Deploying on iOS

<https://docs.flutter.dev/deployment/ios>

LeanStart Up

<https://hbr.org/2013/05/why-the-lean-start-up-changes-everything>

Building Product Market Fit

<https://www.systm.co/post/how-do-you-achieve-product-market-fit>

to get in
touch.

Linked-in

<https://www.linkedin.com/in/dsgreenwood/>

Email

hello@happypeople.com

Web

www.happypeople.com