

Press photos

https://www.dropbox.com/sh/pvdwrkbd2mne06t/AAAN2ybLI_nytlSCD0IV0XYSa?dl=0

Bio

Jaakko Halmetoja
Nutrition & wellness expert, biohacker

Jaakko Halmetoja is a nutrition & wellness expert, author, entrepreneur and public speaker with a pace of around 100 lectures per year. Halmetoja has a passion for making health & wellness cool – by popularizing the disruptive force of new health technologies and abundant opportunities around us. For a past decade, Jaakko has been traveling the world in search of the most interesting food ingredients and health technologies available – working as an advisor for multiple healthcare companies in Finland and abroad.

For the host / M.C.

Random facts // Jaakko Halmetoja

CEO, J. Halmetoja Consulting
BDM & Partner, Rawmance Oy
Orator & Advisor, Biohacker Center Finland BHC Oy

- Lives in Tampere, Finland
- Professional speaker (aprx. 100 keynotes per year)
- Travels over 200 days a year, usually + 20 different countries
- Serial-entrepreneur since 20 years old (founder / co-founder of + 10 different companies)
- Author of several best-selling books (Biohacker's Handbook, Biohacking Stress, Chaga)
- Hobbies: Stand-up comedy, gardening, martial arts, yoga, bouldering
- Served in special forces as a paratrooper, Finnish champion in submission wrestling
- Loves Lapland, hiking and fly fishing



Tech

- I primarily use headset -type microphone
- I primarily run presentation from my own laptop (MacBook Air, Keynote, HDMI- & VGA -inputs)
- I bring necessary adapters (HDMI, VGA) and pointer (+ 30 m reach) with myself
- Aspect ratio 16:9
- Presentations usually include audio
- When asked, I'll send a Dropbox-link from where you can download presentation in different formats (PowerPoint, Keynote, PDF), all the used font languages included
- I'll also bring presentation files on a USB-stick as a backup
- Testing of presentation tech will be done before the event

Documenting

- Digital documentation of the presentation (audio, video) must be discussed before the event
- Initially, documenting the presentation is allowed at all events
- Duplicating, copying, publishing or distributing recorded material without agreement is not allowed
- Images and presentation slides may be used freely for non-commercial use
- Interviews at the venue for customer use: in principle, without a separate agreement

FAQ

- Q&A: I leave time for questions at the end of the presentation by default
- Extra services that can be synced with presentation to add value for your audience: biohacker's lab (tech gadgets & quantification tools demo / stand), special catering (raw chocolate & natural wine -tasting, smoothie & elixir bar) etc.

