



D8.10: COUCH Workshop

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- University of Twente – Centre for Monitoring and Coaching (CMC)
- Roessingh Research and Development (RRD)
- Danish Board of Technology Foundation (DBT)
- Sorbonne University (SU)
- University of Dundee (UDun)
- Universitat Politècnica de València, Grupa SABIEN (UPV)
- Innovation Sprint (iSPRINT)

Abstract

This deliverable describes the final project workshop with the title “Council of Coaches Workshop” held on the 8th July 2020 online.

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Symbols, abbreviations and acronyms

CMC	Centre for Monitoring and Coaching
COUCH	Council of Coaches
D	Deliverable
DBT	Danish Board of Technology Foundation
EC	European Commission
HCI	Human Computer Interaction
ISPRINT	Innovation Sprint
M	Month
MDR	Medical Device Regulation
MS	Milestone
RRD	Roessingh Research and Development
SU	Sorbonne University
UDun	University of Dundee
UPV	Universitat Politècnica de València
UT	University of Twente
WP	Work Package

1 Introduction

This deliverable D8.10 describes the Final Project workshop with the title “*Council of Coaches Workshop*” that was held on the 8th of July 2020 online and featured interactive presentations and discussions involving the project consortium, three additional Horizon 2020 projects, industrialists, researchers and academics.

The workshop was hosted by our partner Innovation Sprint in collaboration with the Danish Board of Technology, who kindly provided their online meeting software, and attained a total of 65 attendees, from Europe, US and even Australia. In the three sessions of the workshop, there were a series of excellent presentations and some good interactions between talks at the end in the closing remarks.

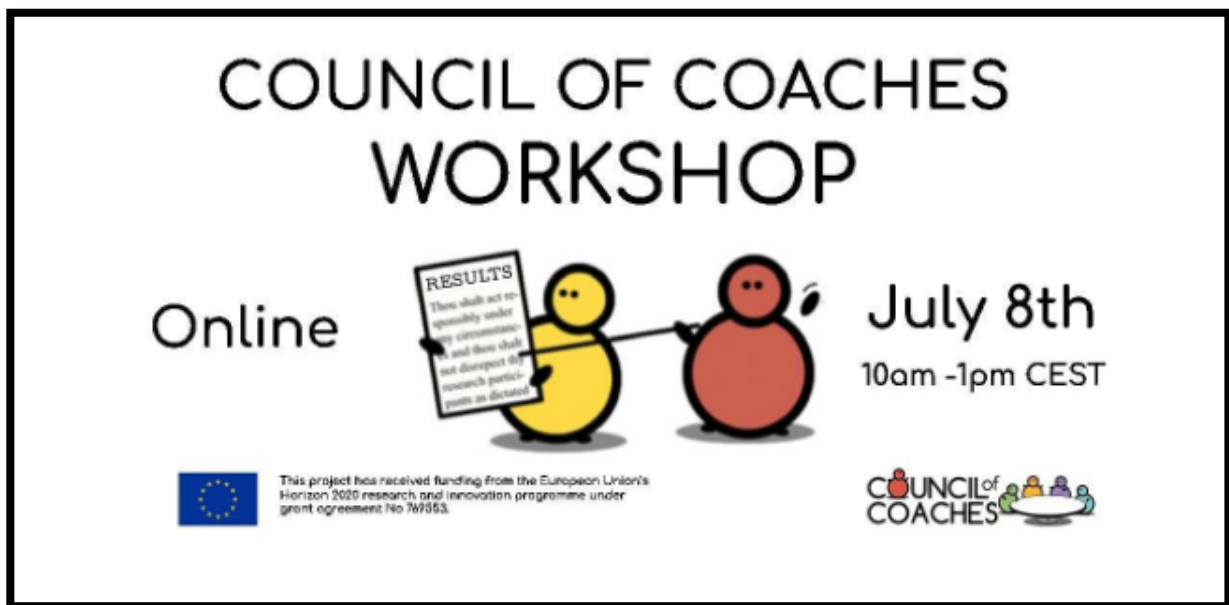


Figure 1: Council of Coaches Workshop banner, used to advertise the online event.

2 Summary of Workshop

This workshop was intended to happen in Brussels and make it a more public event inviting industrialists (i.e. *medical professionals*) and other parties that offer coaching services in the field of health and wellbeing. However, due to the global COVID-19 pandemic we were (like all similar events) forced to move to an online platform. We used the ZOOM platform with which we had good experience in organizing the final RRI Workshops in the months leading up to this COUCH Workshop, and the Danish Board of Technology kindly provided access to their service. Additionally, ZOOM provides an integrated possibility of recording the presentation sessions, as due to the vacation season that had started, we had received requests from people unable to participate and wished to see the presentations online at a different time.

The workshop was held on the 8th of July hosted by our partner Innovation Sprint and invitations were sent out with a free registration through the platform Eventbrite. We got 83 tickets “sold” and the attendance during the workshop was maintained at 65 attendees from three continents Europe, US and Australia.

The workshop was structured in three sessions, there were a series of excellent presentations that we have uploaded and linked in the following workshop results.

2.1 Agenda

The final agenda of the COUCH Workshop can be found below in Table 1.

Table 1: Final agenda of the COUCH Workshop.

Time	Agenda Item
10:00 – 10:55	Session 1 – Council of Coaches Project Overview & Achievements
15 min	Welcome notes & Project Outcomes Presentation by Harm op den Akker, PhD, Senior Researcher (Roessingh Research and Development)
20 min	Functional Demonstrator - Couch as a Product by Marian Hurmuz (Roessingh Research and Development) & Dominic de Franco (University of Dundee)
20 min	Agents United Alliance by Alvaro Fides Valero (Polytechnic University of Valencia) & Daniel Davison (University of Twente)
10:55 – 11:00	Brief Coffee Break
11:00 – 12:00	Session 2 – Related H2020 Cluster Projects
20 min	Coadapt Project - Conversational Agent by Prof. Giuseppe Ricardi, (Director of the Signals and Interactive Systems Lab, Department of Computer Science and Engineering, University of Trento)
20 min	Captain Project by Evdokimos Konstantinides, Leader of the Assistive Technologies and Silver Science Research Group, Lab Medical Physics, Aristotle University of Thessaloniki
20 min	vCARE Project by Ass.Prof. Sofoklis Kyriazakos, (Business Development and Technology Department, Aarhus University, Denmark)
12:00 – 12:40	Session 3 - Commercial approaches for Virtual Coaching & Digital Therapeutics
20 min	Sociable by Stelios Pantelopoulos, Head of European Projects Department, Singular Logic

20 min	Virtual Agents by Prof. Timothy W. Bickmore, Ph.D, Professor & Associate Dean (Khoury College of Computer Sciences, Northeastern University)
12:40 – 13:00	Q & A and Endnotes by Prof. Hermie Hermens, Department of Biomedical Signals and Systems (BSS), Telemedicine Cluster, University of Twente

2.2 Results

On the morning of July 8th, 2020, we've opened our online ZOOM session and eagerly waited for our audience to start joining the call (see Figure 2). As stated earlier, there were 85 virtual tickets "sold", but from experience there could be a big difference between this number and the actual number of participants.



Figure 2: ZOOM platform welcoming slide, while participants were slowly joining the call.

However, attendance was excellent, and we had over 50 participants by the time we started (the peak number of concurrent participants was 65 a little later). ZOOM doesn't allow that many video cameras on one screen, but we managed to snap a nice picture (with consent of the participants – see Figure 3).

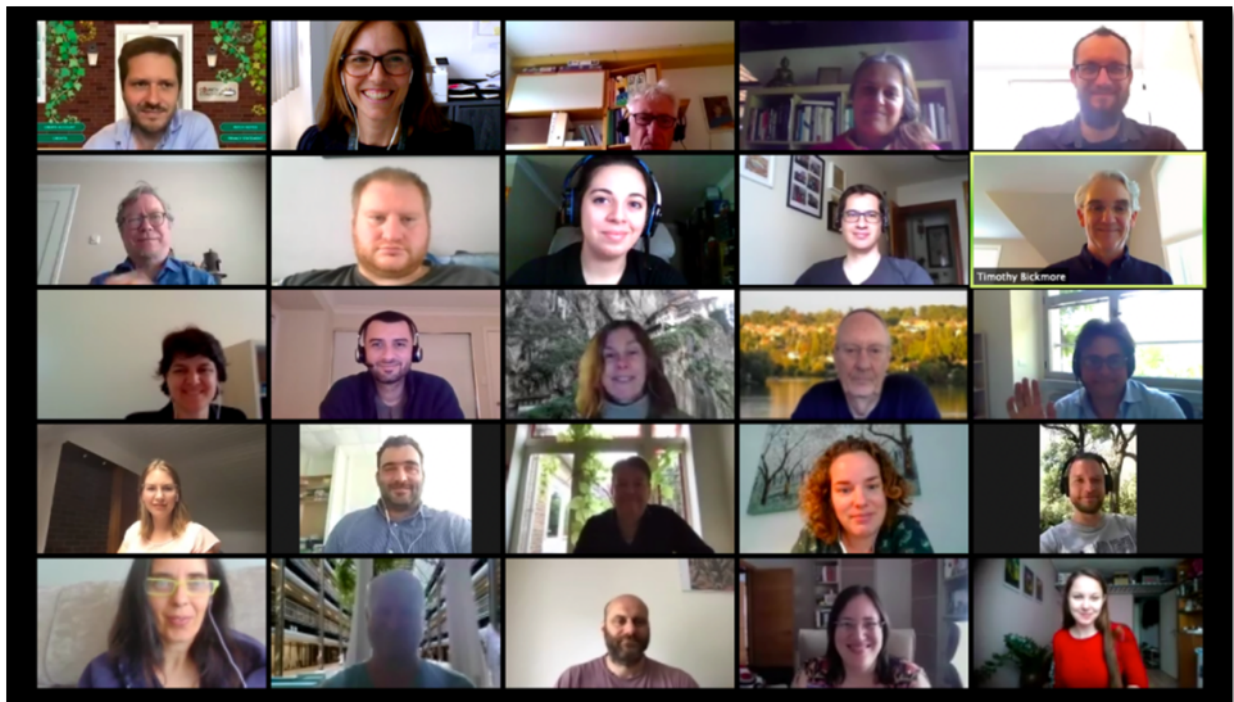


Figure 3: Mandatory participation screenshot from Zoom.

In Session 1 we presented the Project overview & results that due to the incredible dedication of the project team, we had a whole lot of awesome results to present. A special THANK YOU to the consortium's representatives' for doing such a great job at presenting them. Harm op den Akker, the Project's Technical Coordinator, presented the Project Overview, Marian Hurmuz (RRD) & Dominic de Franco (UDun), presented the final evaluations of the Council of Coaches Application and Alvaro Fides Valero (UPV) & Daniel Davison (UT) who did such a great job with the Agent United Alliance and platform!

In Session 2 we invited three related H2020 Cluster Projects as the aim of the workshop was also to bring together researchers and discuss the progress in the field of virtual assistance and coaching and give us also an update on the progress of their research work.

The Coadapt Project - Conversations, Interactions & Personal Healthcare Assistants was presented by Prof. Giuseppe Ricardi, Director of the Signals and Interactive Systems Lab at the Department of Computer Science and Engineering at University of Trento, Italy. The Captain Project eCare and eCoaching by Evdokimos Konstantinides, Leader of the Assistive Technologies and Silver Science Research Group, Lab Medical Physics, Aristotle University of Thessaloniki in Greece. The vCARE Project virtual Coaching for rehabilitation by Ass. Prof. Sofoklis Kyriazakos at the Business Development and Technology Department of Aarhus University in Denmark

In the last Session 3, we wanted to give a feeling of the industry and see examples of virtual coaching use in behavioral change. We invited a successful spinoff from a European project that offers cognitive assistance and coaching and an influential researcher in the field of embodied virtual agents that is working in Studies inviting people to achieve behavioral change through the mobile interface.

The Sociable by Stelios Pantelopoulos, Head of European Projects Department by Singularlogic. The Virtual Agents by Prof. Timothy W. Bickmore, PhD, Professor & Associate Dean at the Khoury College of Computer Sciences from the Northeastern University.



Figure 4: Professor Timothy W. Bickmore from Northeastern University on our Final Workshop, talking about the future of Embodied Virtual Agents.

Closing statements were done by Prof. Hermie Hermens from the University of Twente that gave a great overview of the challenges in the project but also the importance of such services for the future of personalized and preventive healthcare. An interesting conversation between the attendees started and rhetorical questions about the humanity of embodied agents arise. Food for thought for all researchers in the field.

2.3 Conclusions

As far as the Council of Coaches project team is concerned, we are very happy with the outcome of this workshop as it has raised awareness of the project's outcomes. It was a great opportunity to inform the launch of the Agent's United Alliance and platform and we invited participants to join this effort to move the research of embodied virtual agents and their use for coaching further.

An unforeseen benefit of hosting the meeting online (besides the good live attendance) is that we have managed to create video content from all the presentations so we can reach an even larger audience. All videos have been posted (with permission from the speakers) on the public Council of Coaches YouTube Channel (see Figure 5), with the following links:

- Council of Coaches YouTube Channel:
<https://www.youtube.com/channel/UC8zfyTRCqMsXmGJGLUcrjIQ>
- COUCH Workshop Playlist:
<https://www.youtube.com/watch?v=Z92l1e36Ndq&list=PLopHrPYJewMjwAPwTjQQIWPaCp0xp5Ux3>



Figure 5: Screenshot of the COUCH Workshop playlist on the Council of Coaches YouTube channel.

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