

Fast Forward - a 6-episode podcast series of near-future narratives.

Podcast | Season 2 - written and presented by Ghislaine Boddington.

This international series explores the transformative shifts that emerging technologies will bring to our bodies, minds, and behaviours.

Each episode features engaging conversations with global experts, delving into the past, capturing up-to-date knowledge, and unlocking future visions. From the exploration of digital realms and the power of avatars to the empowerment of women in gaming and the impact of technology on family dynamics, the series covers a wide range of fascinating topics. It also delves into personalised health data, the evolution of cyborg advancements, and the importance of diversity in the tech industry. Fast Forward Season 2 explores how emerging technologies will shape our lives and the world around us.

Episode 1 - The Metaverse Blend - hyper-enhancing our hybrid future - explore individualised avatars, digital fashion, and the power of collaborative groups in virtual worlds, shaping our identities and empowering unprecedented self-expression.

Episode 2 - Women in Gaming - empowerment leads to engagement - uncover the inspiring transformations in gender representation within the gaming industry, from under-representation to the inspiring tales of change that shape the landscape.

Episode 3 - Telegram to Telepresence - is the family being swept away on a digital tidal wave? - delve into data transmission concerns, haptic technologies, and evolving family dynamics in the digital age, highlighting the widening generation gap in social media understanding.

Episode 4 - Extended self - our future digital twins - navigate personalised health data, AI-led bio-digital twins, and bridging gaps in women's health innovation, unlocking the transformative power of apps, online medical support, and synthetic data collection.

Episode 5 - Cyborg Shifts – embedding technologies into our bodies - focus on prostheses, implants, and the convergence of technology with the human body, unravelling the evolution of extended selves and the intricate relationship of the body-mind interface and proprioception.

Episode 6 – STEM Women are changing the world - discover the impact of women in tech activism and networks, as inspiring stories of young women in STEM careers unfold, nurtured in their skills and fostered in their confidence by senior STEM women. Global distribution into all main podcast platforms.