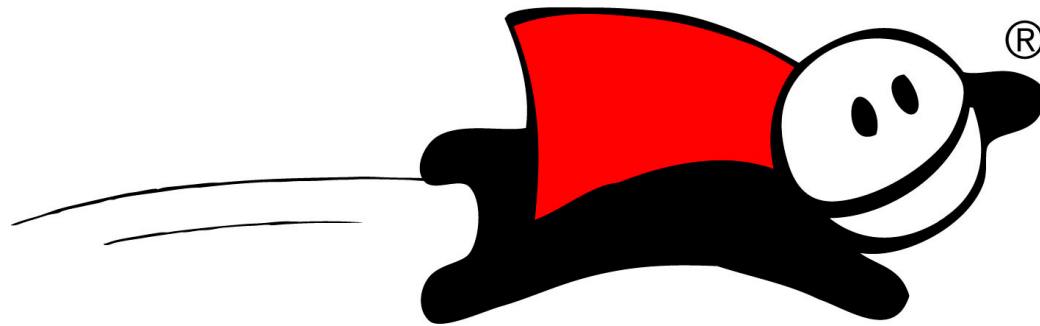


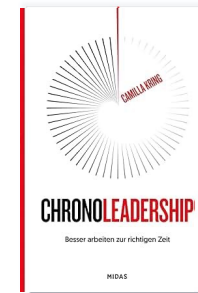
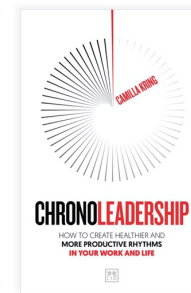
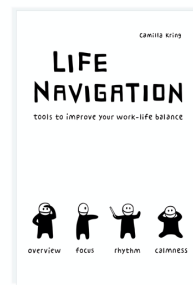
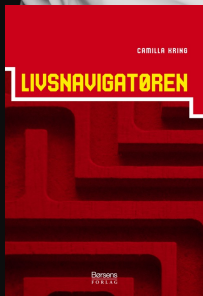


Camilla Kring, PhD

Founder, Super Navigators
ck@supernavigators.com

CAMILLA KRING

- Founder, Super Navigators
- M.Sc. in Engineering
- PhD in Work-Life Balance
- Clients in 17 countries; EU, China, Latin America & Middle East
- TEDx speaker & author of 6 books



Thinkers50 Radar 2026

Drawing on nominations submitted from all corners of the world, including members of the Thinkers50 Community, the Radar Class of 2026 features a variety of themes, diversity of ideas, and range of perspectives that are likely to influence management and leadership in the coming years.

"As a leading global resource for connecting organisations with influential leaders and experts, the London Speaker Bureau is proud to partner with Thinkers50 on the Radar 2026 list," adds Katie Lo, Group Managing Director, [London Speaker Bureau](#). "This partnership reflects our shared commitment to amplify bold ideas and actionable insights that will shape the future of both business and government."

The Thinkers50 Radar Class of 2026 are (in alphabetical order):



RADAR

CLASS OF 2026

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BUREAU**



2003

> [Sleep](#). 2003 Jun 15;26(4):413-5. doi: 10.1093/sleep/26.4.413.

A length polymorphism in the circadian clock gene *Per3* is linked to delayed sleep phase syndrome and extreme diurnal preference

Simon N Archer ¹, Donna L Robilliard, Debra J Skene, Marcel Smits, Adrian Williams, Josephine Arendt, Malcolm von Schantz

Affiliations + expand

PMID: 12841365 DOI: [10.1093/sleep/26.4.413](#)

[Free article](#)

Abstract

Study objectives: To investigate the link between extreme diurnal preference, delayed sleep phase syndrome, and a length polymorphism in *Per3*.

Design: Subjects were genotyped using polymerase chain reaction.

Patients or participants: Subjects with defined diurnal preference as determined by the Horne-Ostberg questionnaire and patients with delayed sleep phase syndrome.

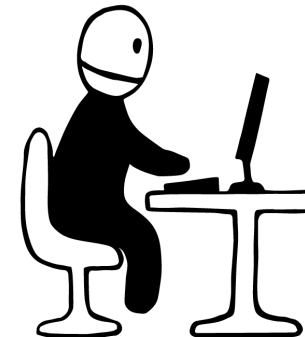
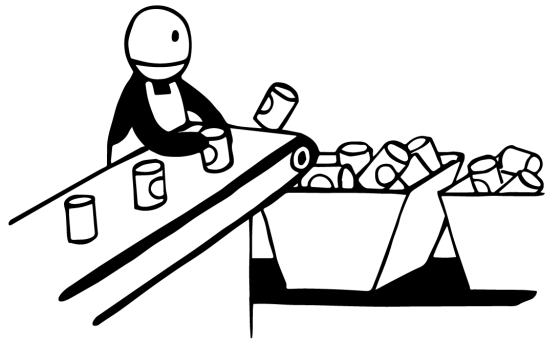
Measurements and results: The *Per3* polymorphism correlated significantly with extreme diurnal preference, the longer allele associating with morningness and the shorter allele with eveningness. The shorter allele was strongly associated with the delayed sleep phase syndrome patients, 75% of whom were homozygous.

Conclusion: The length of the *Per3* repeat region identifies a potential genetic marker for extreme diurnal preference.

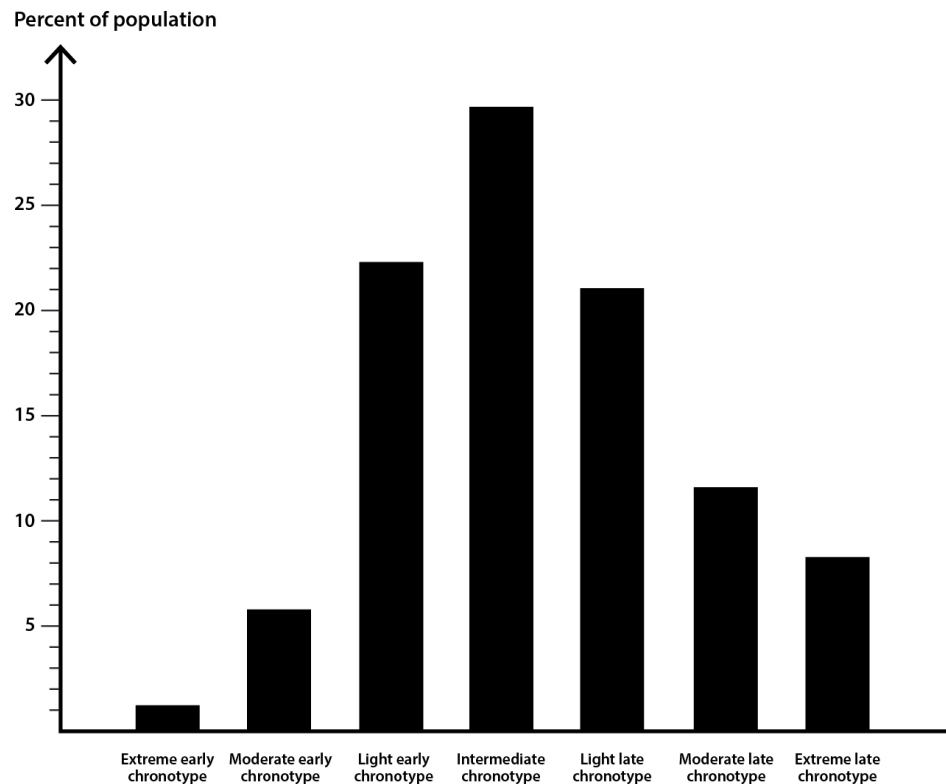


We designed time for machines. Now we must redesign it for minds.

- 80% of a company's value is tangible.
- Collective work design.
- People adapt to the industrial time system.
- 90% of a company's value is intangible.
- Individual life design.
- Adapting time rhythms and structures to people.



7 chronotypes

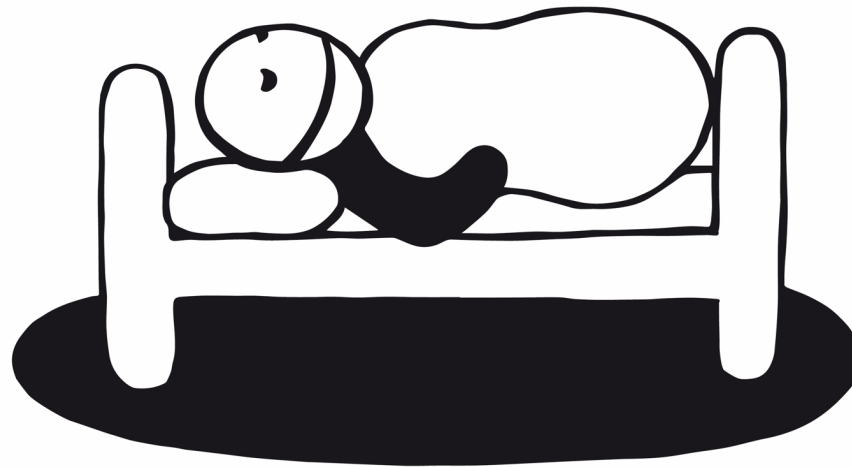


Extremely early: 1.2%
Moderately early: 5.9%
Slightly early: 22.2%
Intermediate: 29.8%
Slightly late: 21.0%
Moderately late: 11.7%
Extremely late: 8.2%

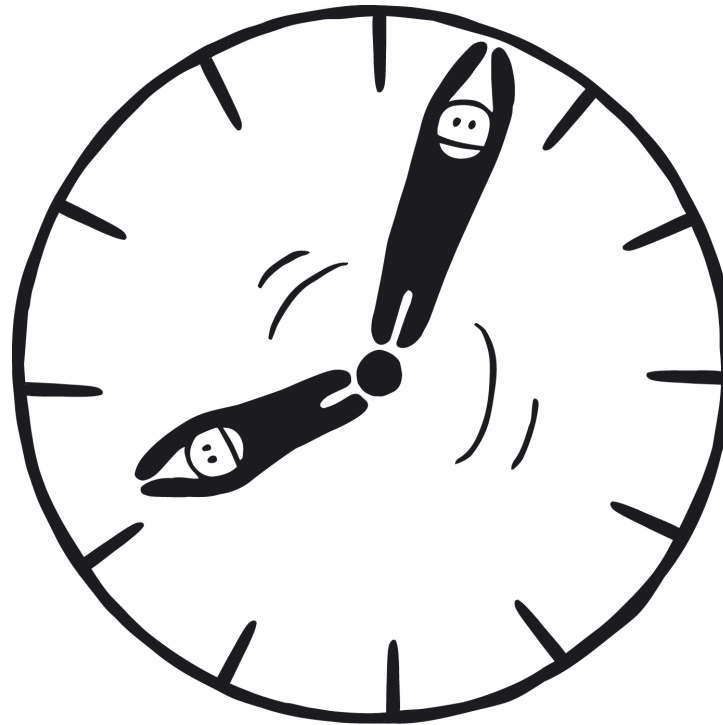
MCTQ database 2017. N=290,000

Are you living in alignment with your biology — or against it?

80% of the population needs an alarm clock to wake up



Why are so many people living out of sync with their biology?



The Clock and the Industrial Time System

- The story of how we became disciples of clock time and learned to adapt to one time system.





**Morning bells
are ringing!
Ding
Dang
Dong**

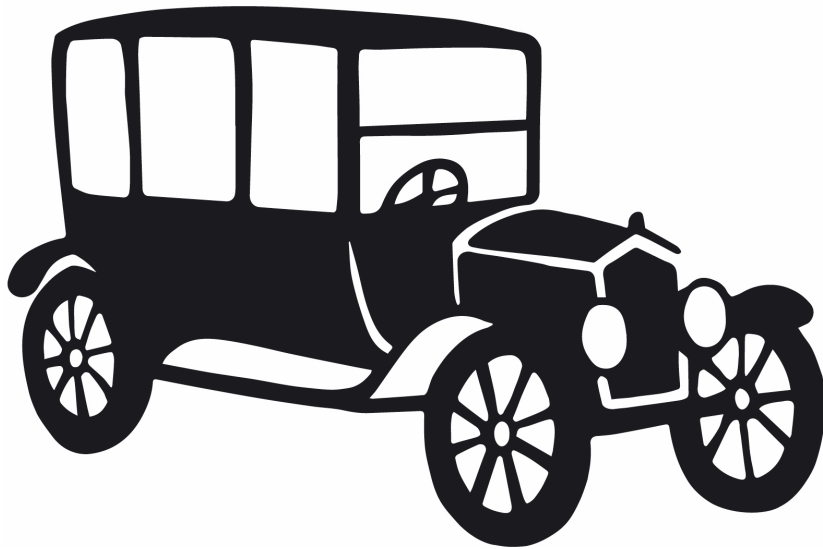
Cologne, 1374-1398

"In one generation, people in Cologne went from never quite knowing what time it was, to a clock dictating, when they were supposed to work, how much time they could spend on eating lunch, and when they were supposed to go home every evening. The clock time won over the natural time."

(Honoré, 2006)

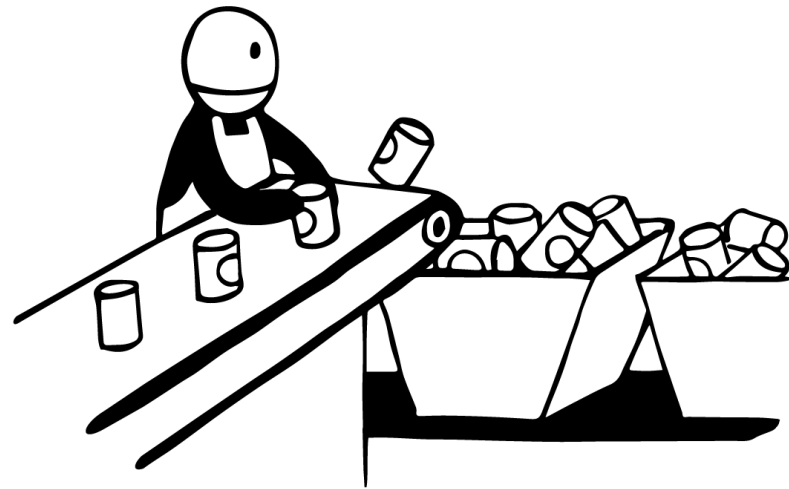
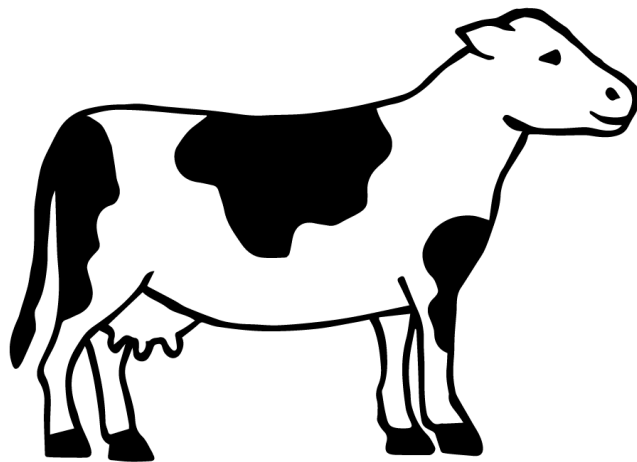
The industrial time system

the time taken to assemble a ford t before
and after implementing scientific management
1913: 12,5 hours 1914: 93 minutes

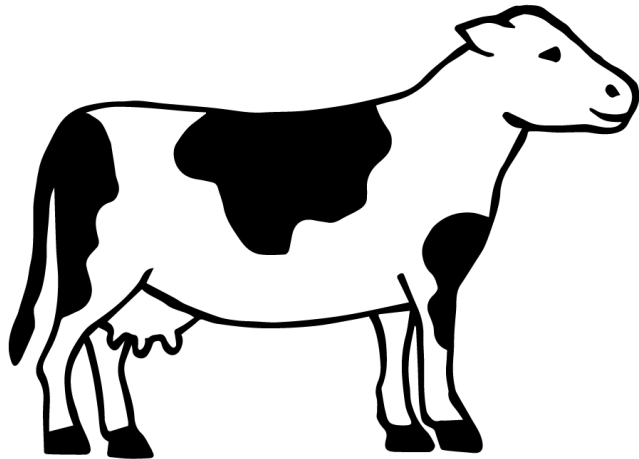


- Frederick W. Taylor «The Principles of Scientific Management» (1911)
- “In the past the man has been first; in the future the system must be first.”
- Techniques for streamlining mass production.

Unlearning the cultures, norms and values of the past



The agrarian Society



Morgenstund hat Gold im Mund
The early bird catches the worm
À qui se lève matin, Dieu aide et prête la main
Chi dorme non piglia pesci
A quien madruga Dios le ayuda
早起的鳥兒有蟲吃

**The good person is one who gets up
early and gets something out of the day.**

Be aware of early-riser propaganda

Meetings are set for 8 a.m.

Successful leaders are praised for waking at 5 a.m.

The best time for focus is assumed to be the morning.

THE #1 BESTSELLING AUTHOR OF THE MONK WHO SOLD HIS FERRARI
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OWN YOUR MORNING
ELEVATE YOUR LIFE

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lead great lives' —PAULO COELHO

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The Not-So-Obvious Secret Guaranteed to
Transform Your Life (Before 8AM)

HAL ELROD

FOREWORD BY ROBERT KIOSAKI

**THE
EARLY
TO RISE
EXPERIENCE**
LEARN TO RISE EARLY IN 30 DAYS



ANDY TRAUB

'Andy Traub has taken one concept and brilliantly broadened its scope into a
life-changing book. I am proud to call him a friend!' — ANDY ANDREWS,
author of *How Do You Kill 11 Million People?*, *The Natter*, & *The Traveler's Gift*

THE BOOK ABOUT HOW TO WAKE UP EARLY

**HOW TO
WAKE EARLY**



PROVEN METHODS TO RISING EARLY &
ACCOMPLISHING YOUR GOALS

RICHARD SOSA



super navigators

The Chronoleadership Toolkit

- Five tools you can use immediately.

1. Know your chronotype
2. Draw your energy animal
3. Design your workday in sync with your circadian rhythm
4. Map the team's rhythms
5. Audit early-riser bias in the organization



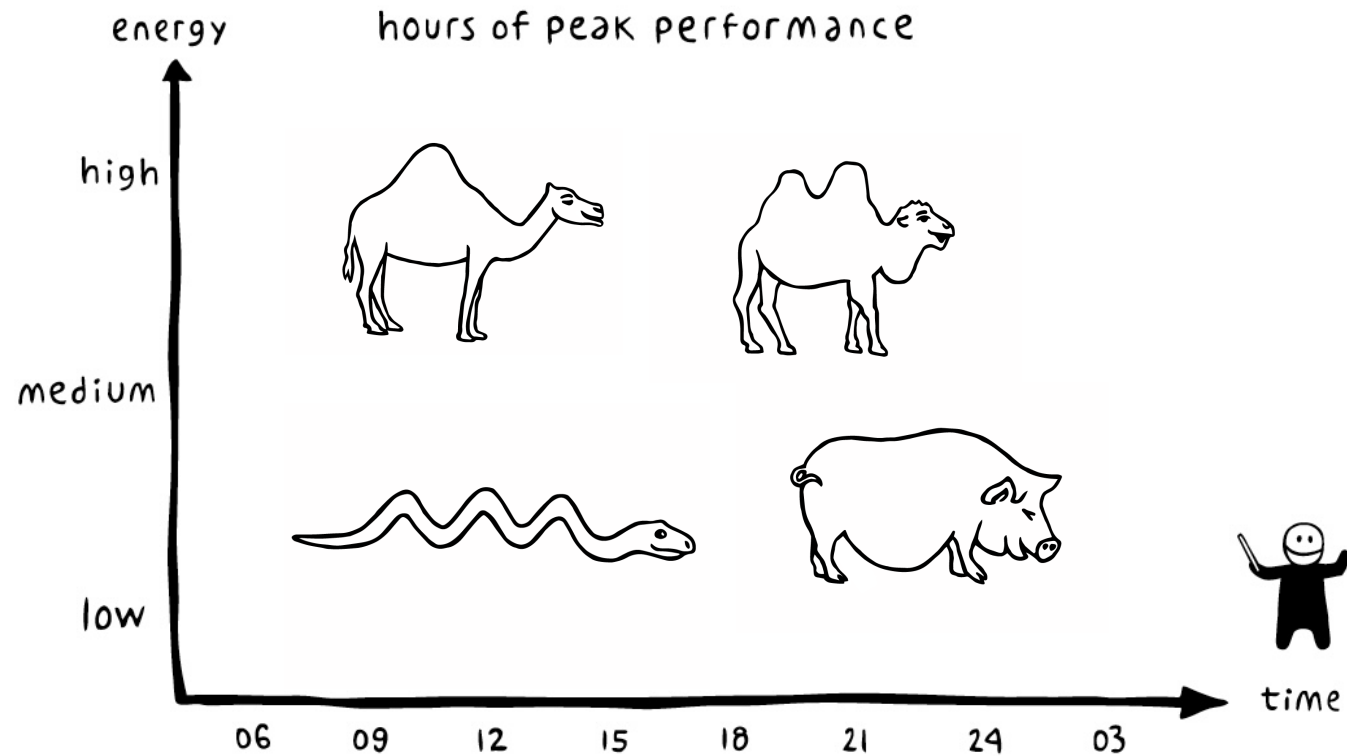
Test Your Chronotype



<https://www.appliedchronobiology.com/test>



DRAW YOUR ENERGY ANIMAL



When do you have access to your best energy, focus and creativity?

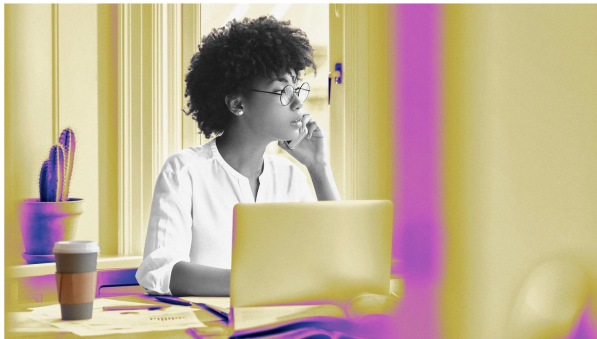
03-21-2026 | WORK LIFE

The hidden trap of being a morning person

Three strategies for protecting yourself from burnout.

SHARE

ADD ON GOOGLE



[Photo: wayhomestudio/FreePik]

BY CAMILLA KRING

- Do complex work, make decisions and do deep focus work in morning
- Calm evening

NEWS TECH DESIGN LEADERSHIP WORK LIFE MOST INNOVATIVE COMPANIES GAMES PODCA

03-13-2026 | YOUR MOST PRODUCTIVE SELF

How to design your ideal workday when you're a night owl

The early bird can't catch the worm if they're too sleepy to function.

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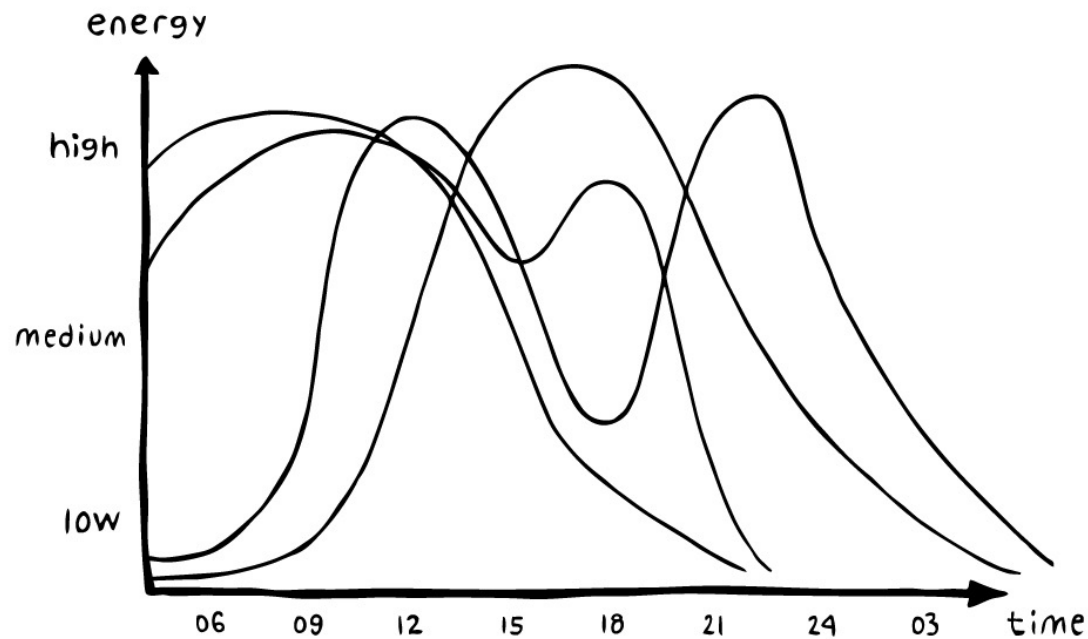


[Photo: Ruhul/Adobe Stock]

BY CAMILLA KRING

- Calm morning
- Do complex work, decisions and deep focus in the afternoon or evening

Map the team's rhythms



Place important meetings and collaboration in shared rhythm windows.

Audit early-riser bias in the Organization

1. Meetings

Are key meetings always scheduled early?

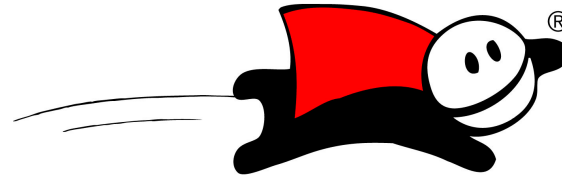
2. Performance

Is early visibility read as commitment?

3. Culture

Which rhythms are rewarded — and which are quietly punished?





<https://www.supernavigators.com/>



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