Dr Kristy Goodwin is a former teacher, digital wellness expert, speaker and researcher (and a mum who understands that digital abstinence isn’t a solution). She helps students make informed choices about their digital habits, to ensure that their learning, health and wellbeing aren’t compromised by technology. She delivers practical student workshops that explicitly detail how digital devices can be used in healthy & helpful ways...equipping kids with essential ideas and strategies to ensure that they develop lifelong, healthy technology habits.