In this highly practical Lunch and Learn seminar Dr Kristy Goodwin, one of Australia’s leading digital wellbeing experts and speakers, equips employees and executives with practical (research-based) strategies to protect and preserve their digital wellbeing, so that their time online doesn’t compromise their health and wellbeing. Dr Kristy addresses how unhealthy digital habits can compromise employees’ physical and emotional health. Kristy tackles topics such as how screen habits sabotage sleep and productivity, deteriorating vision and hearing due to tech habits and the myth of multi-tasking.

Dr Kristy Goodwin delivers practical seminars for companies wanting to maximise their employees’ digital health and wellbeing, whilst also boosting their productivity. Empower your staff to be in control of technology and not let technology control them! Kristy arms attendees with simple (realistic) strategies to develop healthy habits at work and home so that your employees can thrive in the digital age.

Dr Kristy Goodwin is a digital wellbeing expert, speaker and researcher. She helps professionals make informed choices about their digital habits, to ensure that their health, wellbeing and productivity aren’t sabotaged by screens. Kristy translates the latest research into practical and digestible information for professionals. She delivers engaging seminars that empower employees and executives to be managers of media, and not a slave to the screen...without suggesting digital abstinence! Kristy’s former clients include Apple, Mirvac, the National Broadband Network, Optus, McDonald’s, Westfield and the NSW Department of Education.