In this highly practical Corporate Workshop 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 digital dependence (explaining the neuroscience behind why we find it hard to put down our phones and why we succumb so easily to digital distractions), some of the common digital dilemmas facing employees (such as the ‘digital pull’, managing attention spans in a buzzing world, curating their digital DNA and the importance of switching off technology) and digital health (healthy tech behaviours to preserve employee’s physical health such as sleep, vision, hearing and posture).

Dr Kristy Goodwin delivers practical seminars for companies wanting to maximise their employees’ digital health and wellbeing and also bolster productivity. Empower your staff to develop sustainable and healthy digital behaviours. Kristy arms attendees with simple science-backed strategies to develop healthy habits at work and home so they can thrive in the digital age.

CORPORATE WORKSHOP DETAILS

DURATION 45-90 minutes
AUDIENCE Employees & executives interested in high performance & productivity
BOOKING info@drkristygoodwin.com

Dr Kristy Goodwin is one of Australia’s leading digital wellbeing experts, speakers and researchers. She helps high-performing professionals boost their productivity and performance through sustainable and healthy digital behaviours. Kristy translates the latest research from neuroscience and psychology into practical and digestible information for professionals. She delivers engaging keynotes and seminars that empower employees and executives to tame their technology behaviours so they’re not a slave to the screen...without suggesting digital abstinence! Kristy’s former clients include: