

Biography & Images

Dr Kristy Goodwin is one of Australia's leading digital wellbeing and performance experts (and mum who also deals with her kids' techno-tantrums!) She's a researcher, author, speaker and media commentator who provides science-backed solutions to optimise wellbeing and productivity in a digital world. Kristy draws on cutting-edge neuroscience and research to explain the profound impacts technology has on our performance and health, without prescribing digital detoxes and going #laptopless.

Kristy worked as an educator before becoming an academic and speaker. She's worked with clients including Apple, Westfield, Bank of Queensland, Macquarie Bank, Foxtel, the National Broadband Network, JP Morgan, McDonalds, NSW Department of Education and Optus. She's spoken at national and international conferences, schools, workplaces and medical conferences throughout Australia. Kristy's on a mission to empower people to foster healthy and realistic digital behaviours that support peak performance and wellbeing.



Headshots and Logos

Kristy's headshots, logo and images that you're welcome to use to promote the event are saved here:

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