

# Balancing Calls, Calendars & Kids Virtual Masterclass

Help working parents manage their time & wellbeing as they work from home.

The Coronavirus crisis has seen parents struggling to work from home, whilst simultaneously trying to manage their kids' and teens' remote learning and fretting about their increased screen time.

*Session Overview:* Through this highly practical webinar Dr Kristy provides realistic, research-based solutions so parents can discover:

01. The five most critical BOUNDARIES they need to establish to protect their children's or teen's digital wellbeing so they can stop fretting about their SCREEN TIME.
02. Simple strategies to help their kids LEARN & stay SAFE ONLINE.
03. How to MAXIMISE their (fractured) work schedule, with NEURO-HACKS and tips to avoid DIGITAL DISTRACTIONS during work sprints.
04. The FOUR PILLARS of DIGITAL WELLBEING for kids and adults to protect physical health, promote mental wellbeing and focus during the crisis and beyond.

Delegates will be armed with a comprehensive range of simple solutions so they can work at home with their kids, teens, pets and partners and keep their sanity and stress intact.

DR KRISTY  
GOODWIN



Watch My  
Speaker's Reel [Here](#)

“ Kristy was engaging and the content was informative. Dr Kristy is a wealth of knowledge which was incredibly valuable for our parents and carers.

*Lori Harrington | Vice President - Legal Risk Management | Macquarie Bank*

“ There is a huge buzz around the great conversations you led and we are quite sure that these are going to lead to deeper reflections around the effective use of technology.

*Paviter Singh | Education Development South-East Asia | Apple*

“ Kristy's session was fabulous and very well received by the group at the Randstad conference. She addressed their work/life balance and the pressures of their roles placed on them to be constantly available online.

*Simone McNally | EA to Director | Randstad*