

Healthy Digital Habits

Teacher Virtual Masterclass

Arm teachers with research-based information and practical strategies to protect their physical health and mental wellbeing while working online and equip them with the skills and knowledge to support students' digital wellbeing.

Many educators & school support staff have been thrust into working from home (WFH) arrangements because of the global health crisis. Help your educators adopt healthy digital habits with research-based yet realistic strategies to ensure their physical health and mental wellbeing are supported as they spend more time online.

Session Overview: Through this highly practical virtual masterclass educators will learn:

- 01.** A four-step system to PLAN their WORKDAY based on their BIOLOGICAL MARKERS to maximise their FOCUS and OUTPUT at prime times of the day.
- 02.** How to BUILD A FORTRESS AROUND their FOCUS to minimise unnecessary DIGITAL DISTRACTIONS.
- 03.** Why and how to develop HEALTHY DIGITAL BEHAVIOURS that are vital for their WELLBEING and PERFORMANCE (so their sleep, vision, hearing, posture, mental wellbeing and focus are supported during a crisis period). This will enable them to support student digital wellbeing too.
- 04.** Why DIGITAL DISCONNECTION is VITAL for PRODUCTIVITY & MENTAL WELLBEING during periods of stress.
- 05.** How to realistically WFH with kids, teens, partners and pets and keep your SANITY & PRODUCTIVITY intact.

A link to the video is provided to your school/organisation. The fee includes a site-licence to share the video on your school platform with all staff in your school and a PDF summary sheet. Kristy is an accredited professional learning provider with NESAs.

DR KRISTY
GOODWIN



“ What a fabulous presentation to over 300 teachers. Thank you for your insights and practical tips.

Anne Dixon | Schools Partnership Coordinator | Killara High School

“ Thank you once again for your wonderful presentation on Monday evening. We have had lots of positive feedback from attendees.

Sarah Johnstone | Head of Student Wellbeing K-6 | SCEGGS

“ It was a terrific presentation with so much good seed planted. You are very generous with your links.

Belinda Barter | Deputy Head Students & Community | The King's School

Contact Kristy's team to enquire.