Optimising Digital Wellbeing
Corporate Workshop

Promoting peak-performance in a digital world

We live in a vibrant digital age, with constant access to a dizzying array of digital devices designed to bolster our productivity at work and provide more margin in our personal lives. However, our digital behaviours at work and at home can undermine organisational productivity and impair employees’ physical health and mental wellbeing.

Dr Kristy translates research into realistic strategies and shares brain-based solutions to help employees and executives develop healthy & sustainable digital behaviours.

Session Overview: Through this compelling presentation Dr Kristy provides science-backed solutions so audiences can discover:

01. How common DIGITAL BEHAVIOURS impact our MENTAL WELLBEING and PHYSICAL HEALTH;

02. The SKILLS and HABITS that will protect their DIGITAL WELLBEING at work and home;

03. Why and how OPTIMISING DIGITAL WELLBEING is a smart FINANCIAL INVESTMENT for organisations; and

04. A range of PROVEN and PRACTICAL STRATEGIES for promoting DIGITAL WELLBEING habits that will also bolster productivity.

Delegates will be armed with a range of practical solutions to foster healthy digital behaviours that will enhance their productivity and wellbeing. DIGITAL WELLBEING can be delivered as a stand-alone conference keynote or an extended half- or full-day program in-person or delivered remotely via webinar.

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 McInally | EA to Director | Randstad

Contact Kristy’s team to enquire.