

Thrive Online

Student Virtual Masterclass

Support students' physical health and mental wellbeing as they spend more time online with this 30-minute pre-recorded virtual masterclass.

Dr Kristy will help young people develop healthy digital behaviours. Kristy will share practical and realistic ways that young people can use technology so that it supports, not stifles their physical health, mental wellbeing and capacity to focus and learn.

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

01. Simple strategies and tips to ensure their time online supports their **PHYSICAL HEALTH**-focusing on their vision, hearing, posture and sleep;
02. Realistic ideas to ensure their **MENTAL WELLBEING** is prioritised during the Coronavirus period (positive social media behaviours, and realistic phone and gaming habits); and
03. Why **UNPLUGGED, DISCONNECTED TIME** is vital for their health and wellbeing.

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 students in your school.

Suitable for: Mid-upper primary and secondary students.

Contact Kristy's team to enquire.

DR KRISTY
GOODWIN



Previous clients...



Education



KNOX GRAMMAR SCHOOL



ABBOTTSLEIGH-KAMBALA



Newington College



CRANBROOK SCHOOL



SHORE

Roseville College