

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 staff 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.** Realistic, research-based strategies to protect their **PHYSICAL HEALTH** as they spend increasing amounts of time working online. This will help them to protect their sleep, vision, hearing and posture (and that of their students).
- 02.** Simple **DIGITAL BEHAVIOURS** that will support their **MENTAL WELLBEING** during a crisis period.
- 03.** Neuro-hacks to optimise their **PRODUCTIVITY** and minimise **DIGITAL DISTRACTIONS** whilst working remotely (with kids, pets and/or partners in tow).
- 04.** Why **DIGITAL DISCONNECTION** is **VITAL** for **PRODUCTIVITY, PHYSICAL HEALTH & MENTAL WELLBEING** during periods of stress.

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. NSW teachers requiring registered PD need to submit a completed worksheet for registration.

Fee- \$700+GST

DR KRISTY
GOODWIN



Completing Healthy Digital Habits will contribute 1 hour and 15 minutes of NSW Education Standards Authority (NESA) Registered PD addressing standards 1.1.2 and 1.2.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

“ 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.