

# Thriving in the Digital Age

## Keynote

*Brain-based solutions for peak-performance & productivity in a digital world*

Dr Kristy Goodwin helps organisations understand why employee efficiency and wellbeing are being compromised by digital technologies (that were ironically designed to bolster workplace productivity and performance). She shares current research on the costs of digital distractions for both organisations and employees... and it's much more than simply waning productivity.

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

01. The PRODUCTIVITY PARADOX and DIGITAL SUPERSTORM facing organisations as they embed digital technologies;
02. The science behind their personal DIGITAL BEHAVIOURS & HABITS (helping to explain why we struggle to shut the laptop lid and stop the scroll);
03. The productivity & wellbeing costs of DIGITAL DISTRACTIONS (why focus is the most essential skill of the 21st Century); and
04. A 4-STEP SIGNATURE SYSTEM using NEUROHACKS to bolster PRODUCTIVITY and minimise DISTRACTIONS using simple strategies.

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



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

# Digital Distraction

DR KRISTY  
GOODWIN



“ 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*

Contact Kristy's team to enquire.