

Topic Three

FLOURISHING REMOTELY

Neuro-Productivity Tactics to Optimise Your Workday

Thanks to advances in neuroscience and psychology we know more than ever about the brain and how we can achieve peak-performance. However, we need to map this knowledge to our workdays, especially in a digital context, with distributed teams.

In the Flourishing Remotely presentation I help employees manage their workload with research-based, yet realistic strategies to ensure their productivity is optimised and wellbeing prioritised,

Session Overview:

Through this highly practical presentation Dr Kristy provides brain-based solutions so attendees can:

- Apply a four-step system to **PLAN** their **WORKDAY** as they work from home, or in a hybrid approach;
- Use key **BIOLOGICAL MARKERS** to maximise their **FOCUS** and **OUTPUT** at prime times of the day;
- **BUILD A FORTRESS AROUND** their **FOCUS** to minimise unnecessary **DIGITAL DISTRACTIONS**; and
- Recognise the importance of **DIGITAL DISCONNECTION** for peak performance.

Delegates will be armed with a range of pragmatic solutions and a menu of micro-habits so they can work remotely without sacrificing their productivity, mental wellbeing or physical health. This can be a stand alone keynote, or part of a half or full day program.