

Topic One

THRIVING DIGITALLY

Simple Strategies to Boost Mental Wellbeing
and Peak Performance in a Digital World

We're spending more time than tethered to technology- for both work and leisure. It's imperative that we foster healthy and sustainable digital behaviours to ensure that our physical health and mental wellbeing are supported in a digital world that's constantly vying for our attention.

In this presentation, Kristy equips attendees with science-backed solutions so they can thrive online.

Session Overview:

Through this presentation Dr Kristy provides science-backed solutions so attendees can:

- Assess their **DIGITAL WELLBEING** according to the **FOUR PILLARS OF DIGITAL WELLBEING** to identify areas for improvement;
- Apply the **FOUR PILLARS** of **DIGITAL WELLBEING** to their work and personal lives;
- Explore a range of **MICRO-HABITS** they can implement to protect their **PHYSICAL HEALTH** and **MENTAL WELLBEING** - their sleep, vision, hearing and musculoskeletal health and ;
- Consider a variety of **MICRO-HABITS** they can utilise to ensure their **ProDUCTIVITY** is supported, not stifled through their **DIGITAL BEHAVIOURS**.

I'll share some of the common digital dilemmas facing high-performers in the digitalised workplace and arm delegates with a range of micro-habits so they can support their mental wellbeing, physical health and productivity in a digital landscape. This presentation can be a stand alone keynote, or part of a half or full day program.