

Attention Please

DR KRISTY
GOODWIN

A student workshop to arm students with research-based, yet realistic strategies to manage their attention in the digital world.



Many professionals working with students have reported a decline in their attention spans. In this practical keynote Dr Kristy outlines why attention management is THE most critical 21st Century learning skill.

Kristy will explore:

- // the three reasons why students are VULNERABLE to DIGITAL DISTRACTIONS (there's neuroscience to explain their digital infatuation);
- // the MULTI-TASKING MYTH and demonstrate what happens in students' brains when they multi-task;
- // the PHYSICAL, PSYCHOLOGICAL & COGNITIVE COSTS of distraction;
- // practical strategies to BOOST FOCUS & minimise DIGITAL DISTRACTIONS to improve learning and mental health.

AUDIENCE - Students in Years 5-12

DURATION - 45-60 minutes

DELIVERED - On-stage or online

ENQUIRY - info@drkristygoodwin.com



About Kristy

Dr Kristy Goodwin is one of Australia's leading digital wellbeing researchers, speakers, authors & media commentators. She's a former teacher and a mum who endures her kids' techno-tantrums. She provides brain-based solutions to help children and teens thrive in a digital age. Kristy arms parents, students and educators with science-backed, yet simple solutions to help their 'screenagers' develop healthy and sustainable digital behaviours. Kristy's former clients include the NSW Department of Education, the Reserve Bank of Australia, Westpac, Optus, Apple, Macquarie Bank and public and private schools across Australia.

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