

DR KRISTY

GOODWIN

## FLOURISHING REMOTELY

*Neuro-Productivity Tactics to  
Optimise Your Remote Workday*

Working remotely poses potential pitfalls if we're not working in alignment with our brain and biology- digital burnout, constant digital distractions and an 'always on' culture can put a dent in productivity and derail employees' wellbeing.

In the *Flourishing Remotely* presentation I help employees thrive whilst working remotely. I share brain-based strategies to ensure their productivity is optimised and wellbeing prioritised while working at home.

### KRISTY WILL EXPLORE:

- // 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;
- // How to BUILD A FORTRESS AROUND their FOCUS to minimise unnecessary DIGITAL DISTRACTIONS; and
- // Recognise the importance of DIGITAL DISCONNECTION for peak performance.

In this 60 minute virtual masterclass delegates will be armed with a menu of micro-habits so they can work remotely *without* sacrificing their productivity, mental wellbeing and/or physical health. Help your employees to thrive online at home.

[▶ WATCH MY SPEAKER'S REEL HERE](#)

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“Kristy kept the audience engaged the entire time. Her information is backed by data and research, and she is able to give practical, day to day tips to help navigate parenting in this digital age.”

– SENIOR HEALTH AND WELLBEING CONSULTANT | RESERVE BANK OF AUSTRALIA

“A brilliant session! I wouldn't hesitate to recommend Kristy to any organisation that is looking for a knowledgeable, engaging presenter.”

– HR OPERATIONS MANAGER | CUSCAL

“I loved that your shared practical strategies based on the brain and science.”

– HR | APPLE

“Feedback has been great & I think the content & approach resonated with those attending, professionally and personally.”

– PARTNER | DLA PIPER

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