

DR KRISTY
GOODWIN

DIGITAL WELLBEING

Borders & Behaviours That Support Peak-Performance in a Digital World

There's no denying that we're tethered to technology, for our professional and personal lives. This is having a profound impact on our physical health and mental wellbeing.

This presentation equips participants with science-backed solutions they can embed to optimise their performance in the digital landscape, without having to revert to a #digitaldetox, or ignoring your inbox.

KRISTY WILL EXPLORE:

- // Why we feel digitally overwhelmed and suffering from 'infobesity' from pings, alerts and notifications (our brains and bodies aren't biologically wired for information onslaught);
- // Why it's challenging to FOCUS in the digital world, that's constantly vying for our attention;
- // The impact of our constantly- connected lives on our MENTAL WELLBEING and micro-habits we can embed to protect it; and
- // The consequences of being tethered to technology on our PHYSICAL HEALTH (sleep, vision, hearing and musculoskeletal health); and
- // A menu of (brain-based) micro-habits that can be embedded into our professional and personal lives to support our MENTAL WELLBEING and PHYSICAL HEALTH.

This presentation can be delivered as stand-alone virtual masterclass, as part of a series of masterclasses, or as in-person workshop in your workplace, offsite or conference.

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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 you 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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