

DR KRISTY

GOODWIN

## FORTIFY YOUR FOCUS

*Stop Digital Distractions Denting  
Your Productivity*

As knowledge workers, the technologies that are integral for our work, have also been designed to hijack and hold our attention. We're now living in an attention economy. To achieve peak-performance in the digital landscape, the most critical skill we can cultivate is focus. Focus amongst the alerts and notifications and pings and dings that put a dent in our productivity.

This presentation has been designed to help employees and executives better understand the impact of digital distractions on their productivity and wellbeing. Attendees will develop a repertoire of strategies and micro-habits they can easily apply to their workday and personal lives to ensure their digital behaviours support peak performance.

### KRISTY WILL EXPLORE:

- // Why ATTENTION MANAGEMENT is the super skill of the 21st Century;
- // The three reasons why TECHNOLOGY HIJACKS their attention;
- // The significant ways that DIGITAL DISTRACTIONS dent their PRODUCTIVITY & WELLBEING;
- // How to map their WORKDAY to their CHRONOTYPE to maximise their PRODUCTIVITY; and
- // A range of strategies and micro-habits to OPTIMISE their FOCUS.

Participants will be armed with a menu of strategies and micro-habits they can use to turbocharge their productivity and wellbeing. This can be a stand alone keynote, or part of a half or full day program. I'll share simple solutions to some of the common tech troubles facing high-performers in the digitalised workplace.



WATCH MY SPEAKER'S REEL HERE



ENQUIRE NOW

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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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