

DR KRISTY

GOODWIN

## 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.

### KRISTY WILL EXPLORE:

- // 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.



WATCH MY SPEAKER'S REEL HERE



ENQUIRE NOW

“

“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 t 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

”