

DR KRISTY

GOODWIN

DIGITALLY DISCONNECTED

The science behind rest and re-
charging in an always-on digital
world

This presentation explains the biological constraints of the human brain and body, operating in a constantly-connected, busy digital world. Organisations, teams and individuals looking to achieve peak-performance in a digital environment must work and recover in ways that are congruent with your biological needs. We simply cannot outperform our biology.

KRISTY WILL EXPLORE:

- // Why unplugged, disconnected time is vital for our physical health, mental wellbeing and creativity;
- // Why leaders and organisations need to stop using 'busy' as a proxy for productivity and what to focus on instead;
- // What neuroscience tells us are the 6 principles for effective rest and recovery based; and
- // The three types of breaks that every high-performer needs to schedule in their calendar (before Zoom meetings).

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.



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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