

# Digital Disconnection



## 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.

In this presentation I've distilled the latest neuroscience, psychology and technology research into bite-sized, science-backed strategies. In this presentation I've distilled the latest neuroscience, psychology and technology research into bite-sized, science-backed strategies.

### Dr 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 science tells us are the **6 elements** of effective **rest** and **recovery**; and



The **3 types of breaks** that every high-performer needs to schedule in their calendar (before Zoom meetings).

### Session Overview

Participants will be armed with a menu of strategies and micro-habits they can use to turbocharge their productivity and wellbeing.

### Delivery

This is typically delivered as a virtual masterclass. I'll share simple solutions to some of the common tech troubles facing high-performers in the digitalised workplace.