

Digital Wellbeing



Borders & behaviours that support peak-performance in a digital age

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.

Dr 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**.

Session Overview

Delegates will be armed with a range of simple, brain-based solutions and a menu of micro-habits so they can work online without sacrificing their mental wellbeing or physical health.

Delivery

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.