

# Hello Hybrid!

## Is it me you're working for?



### Decoding the neuroscience of peak-performance in a hybrid world

The era of toiling from 9-5, five days a week in the office is now a relic.

Hybrid working arrangements are here to stay. In fact, it's a paradigm-shifting moment in time. An opportunity to create ways of working that work with our brains and bodies (our neurobiology), to yield the benefits for both employees and organisations. *Yet most organisations are missing the opportunity.* They are too focused on 'flexible work'. They are more interested in who is online and who isn't. What they really need to focus on is 'productive work arrangements'.

This keynote will provide you with the blueprint to make hybrid work, work.

As your organisation redesigns every facet of how work gets done, this session will offer the guiding principles and practices that will unlock the potential of your people. It will show you how to create ways of working that work with our brains and bodies (our neurobiology), to yield the benefits for both employees *and* organisations.

In the *Hello Hybrid!* keynote Dr Kristy helps employees better manage their digital workload with brain-based, yet realistic strategies to ensure their productivity is optimised and wellbeing prioritised in a hybrid setting

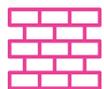
#### Dr Kristy will explore:



**Brain-based tactics** to optimise your **workday** (whether you're in the office or at home) based on their **biological blueprint**;



How to build a **fortress around your focus** to stop **digital distractions** from putting a **dent in your productivity**;



Why **peak-performance pit-stops** are vital for **productivity** and **wellbeing**; and



Why your hybrid team must establish your **digital guardrails** to optimise performance.

#### Session Overview

Delegates will get access to my *Chronotype Assessment & Report* and *Digital Burnout Barometer* prior to the presentation to provide powerful insights and enable Dr Kristy to tailor the session to your organisation's needs.

#### Delivery

This can be a stand alone keynote, virtual masterclass or part of a half or full day program.