

# Thriving Digitally



## Decode the neurobiology of peak performance in a digital age

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.

### Dr 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**.

## Session Overview

Dr Kristy will 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.

## Delivery

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