

# Healthy & Helpful Digital Habits



WITH  
*Dr Kristy*  
GOODWIN

Are your staff constantly tethered to their digital devices and finding it hard to sustain their attention? Are they suffering from 'infobesity', 'phantom vibration syndrome' or perhaps tech-neck, or eye-strain? Is their productivity being compromised because of their digital habits at night or constant multi-tasking?

Dr Kristy Goodwin delivers a practical seminar for companies wanting to maximise their employees' digital health and wellbeing. Empower your staff to be masters of technology, and not be a slave to the screen. Kristy arms attendees with simple (realistic) strategies to develop healthy habits at work and home so that your employees can thrive in the digital age.

## LUNCH & LEARN DETAILS

DURATION	Up to 90 minutes (this can be modified according to the time you have available. 45 minutes is minimum time to deliver this seminar)
SUITABLE FOR	Employees concerned about their technology habits and health
FEE	\$2500 + GST
BOOKING	Via <a href="mailto:enquiry@drkristygoodwin.com">enquiry@drkristygoodwin.com</a>

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