



Speaker's Kit



Dr Kristy
GOODWIN
DRKRISTYGOODWIN.COM



Dr Kristy Goodwin

“ My aim is to help parents and professionals ditch their techno-guilt and empower them to make informed choices about how young children, teens and adults can thrive in a digital world.

I arm parents and professionals with evidence-based information about how technology is impacting our health, learning wellbeing. I'm on a mission to empower people to be masters of the media and not a slave to their screen... without suggesting that we abstain from using technology.

I want to show parents and professionals how kids, teens and adults can thrive online and offline. ”

Dr Kristy Goodwin



If you're looking for an engaging speaker to share research-based knowledge, real parenting experience and practical advice (without having to ban the iPad or disconnect WiFi), look no further.

Dr Kristy is well known as one of Australia's leading authorities when it comes to parenting kids in the digital age and digital wellness. She's an exciting and dynamic speaker who captivates her audience with her humorous anecdotes, catchy phrases (like 'techno-guilt', 'techno-tantrums' and 'appcidents'), energy and genuine passion for sharing research-based information with parents, educators, health professionals and employees.

Dr Kristy Goodwin is a highly sought after speaker with an engaging, yet factual and relatable style. With over 14 years of experience in education ranging from her work as a teacher, academic, researcher and speaker, her talks are grounded in evidence-based information and are highly practical and digestible. She loves to share cutting-edge research about the positive and simple ways in which technology can be used with children and adolescents so that it won't derail their development. She also has the ability to easily explain how technology is hijacking adults' attention spans and compromising their health and productivity in the workplace.

Dr Kristy has the unique ability to connect, engage and inspire parents and professionals and subsequently alleviate their guilt and confusion. She empowers parents to make informed choices about how they'll navigate the digital terrain with their kids. Kristy provides parents with reassurance about what kids and teens (0-16 years) *really* need to thrive in a digital world.

As a researcher and speaker (and mum!), Dr Kristy's on a mission to help eradicate parents' techno guilt and confusion, by arming them with research-based information and simple strategies that work so screen-time doesn't end in scream-time.

She's passionate about arming parents with facts, not fears, about what digital kids really need to thrive.

Whether you want to empower your parent community to make informed choices about how to harness technology with young children, alert parents to potential health and wellbeing risks associated with excessive or inappropriate technology use, or equip parents with practical strategies to manage screen-time (without techno tantrums), Dr Kristy can help. She speaks both online and offline, with small groups of parents at preschools, schools, community and sporting groups, with thousands of people at major events, and everything in between.

Book Dr Kristy



To enquire about having Dr Kristy speak at your event, simply fill out the speaking form by clicking here.

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Areas of Expertise

Dr Kristy presents on a range of topics for parents and professionals (educators, health professionals and employees and executives) related to how to use technology in healthy and helpful ways and minimise any potential pitfalls.

Perfect Audiences:

- // Parents and carers of children aged 0-16 years
- // Educators of children aged 0-16 years
- // Medical and allied health professionals who work with children, adolescents and families
- // Employees and executives concerned about digital health and wellness

Dr Kristy's available for:

- // Parenting presentations
- // Lunch and learn seminars
- // Keynote addresses at conferences for parents, educators, health professionals and corporates
- // Teacher professional development sessions (2 hour stand-alone sessions to full days)
- // School packages where she delivers a combination of student, teacher and parent seminars

Where Dr Kristy speaks:

Kristy speaks throughout Australia and internationally at:

- // schools, pre-schools, long daycare and childcare centres to parents, educators and students;
- // parenting organisations (Parents & Friends groups, church groups, mothers' groups);
- // educational, children's media and medical conferences;
- // corporations (as part of their corporate wellness program she delivers 'Lunch and Learn' presentations); and
- // local councils and government organisations.

Dr Kristy's signature talks include:

Raising Your Child in a Digital World, Raising Boys in a Digital World, Raising Girls in a Digital World, Plugged-In Childhoods, Raising Screenagers, Teaching the iGen and Digital Health and Wellbeing

Other in-demand topics:

- // Digitalised Childhoods- Essential Information for Parents of Children Aged 0-8 Years
- // Technology & Testosterone: How Screens Are Impacting Our Boys
- // Selfies, Social Media, Screens & Sleep- Raising Girls in a Digital World
- // Healthy Digital Habits
- // Attention Management: THE Essential 21st Century Learning Skill
- // Pictures, Posts & Professionalism
- // Q & A With Dr K: Pick Dr Kristy's Brain About Your Digital Dilemmas



Here's what people say about Dr Kristy:

Kristy's previous seminar and workshop attendees attest that she strikes the perfect balance between her professional knowledge and practical tips. She provides a wealth of simple tricks and tools that she's acquired first-hand, as a parent and teacher and grounds them in the research to ensure that they're effective.

Thank you for an outstanding presentation for our parents last night. The feedback has been incredibly positive and the parents were very appreciative of your clear message and practical strategies.

Christopher Bradbury | Director of Teaching and Learning | The King's School, Parramatta

Dr Kristy Goodwin provided a rapt audience of our members (mostly parents of children from 0-5) with strategies for ensuring that popular technologies are used in developmentally appropriate and healthy ways with young children. Our Board, myself and our members who attended all learned several very practical tips that we can use in our day-to-day lives with our children to help them thrive in the digital world. The feedback from everyone who attended was very positive and they were engaged and found Kristy to be one of the most straight forward and helpful speakers in this area.

Karen Bevan | Chief Executive Officer | Playgroup NSW

It was great to hear you speak. Thank you for a superb presentation.

Phillip Heath | Head of Barker College, Hornsby

Dr Kristy Goodwin presented to a large parent audience at our school. Kristy was engaging and entertaining while presenting the content in an interactive and meaningful manner. Kristy's expertise and experience made the parent evening a huge success.

Ms Natasha Mitchell | Deputy Head Shore Preparatory School | Northbridge



Kristy is an inspirational speaker. She combines current research with practical ideas to help parents navigate their way around technology. Her interest in early brain development has fascinated parents and staff as she delivers her presentations in user-friendly language. Kristy is engaging, inspiring and brilliant!"

Mrs Melanie Minho | Head of Early Childhood | The Hills Grammar School

Thank you for your incredible, informational and inspiring workshop in Townsville. As a parent I feel more confident and empowered in my child's digital environment and how we can navigate the way forward with healthy habits now and in the future as he grows and develops. Your delivery of evidence-based information and your engaging way of helping me understand gave me what I needed to take positive action and create some change.

Kerry Spina | Parent and Creator of Kids in Harmony

I have had the privileged of working with Dr Kristy Goodwin through her workshop presentations for my company The Dynamic Learning Group. Kristy is a gifted presenter who is able to share her wealth of knowledge in a passionate and inspiring manner. The evaluations received from Kristy's workshops are always exceptional with delegates so appreciative of her meaningful and practical content. I have no hesitation in highly recommending Kristy as an outstanding educational speaker.

Mrs Suzanne Drew | Director | The Dynamic Learning Group

You are amazing at what you do. Parents loved it.

Margaret McArthur | Junior School and Middle School eLearning coordinator | The Geelong College

Thank you so much for coming to our school yesterday to talk with us all. It was really informative and brilliantly presented.

Mrs Jennie Clarke | Parent



You are one impressive lady and we feel fortunate to be working with you! You were so well received that we want to tour you again.

Fran Windon | Marketing Manager | Mirvac

The talk was absolutely fantastic and I have recommended it to everyone I know. She was engaging, made light of some very difficult topics for discussion, and everything was supported with clinical research, evidence, or experience. I feel very confident with implementing anything that was discussed because she is so well resourced and clinical.

Jackie | Parent | North Curl Curl Public School

There is a huge buzz around the great conversations you led and we are quite sure that these are going to lead to deeper reflections around the effective use of technology for our early learners.

Paviter Singh | Education Manager, South Asia | Apple

Kristy, your parent seminar was received really well by our community and we've been inundated with positive feedback from our families and staff.

Caroline Desmond | Acting Principal | Lindfield Public School



Want to know more?

Let's start the conversation.

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Recent Engagements

Here's a sample of the schools and professional organisations where Dr Kristy has previously spoken:





Audio-Visual Requirements

Kristy usually presents from her iPad or laptop (and will bring the relevant data projector attachments). Kristy needs to be able to access and view her presentation from where she presents. She requests a data projector, speakers be provided at the venue. She also requires a microphone (preferably a lapel microphone) if she's speaking to more than 100 people, or if she's speaking in a large room.

If a data projector or speakers cannot be provided, at the venue Kristy can make provisions to bring these along, so please let her team know what additional audio-visual requirements she may need by emailing them (enquiry@drkristygoodwin.com).

Social Media

FACEBOOK

INSTAGRAM

YOUTUBE

TWITTER

Professional Bios



Short Bio

Dr Kristy Goodwin is one of Australia's leading digital wellness and parenting educators (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, a speaker and digital wellness researcher, who doesn't suggest that we ban the iPhone. Kristy worked as a primary school and early childhood educator for fourteen years before becoming an academic. She has worked with clients including Apple, Nickelodeon Channel, the National Broadband Network, McDonalds, NSW Department of Education and Optus, she's spoken at national and international conferences and at childcare centres, schools and at medical conferences throughout Australia.

Kristy is regularly called upon by the media to translate the latest research about kids and screens into practical and relevant information for worried parents and professionals. Dr Kristy takes the guesswork and guilt out of



Dr Kristy Goodwin is a highly sought-after expert on the impact of technology on young children's, adolescents' and adults' health, learning and development (and also a mum who ensures her kids' techno-tantrums!). Kristy's a speaker, author, workshop facilitator, researcher and consultant who delivers evidence-based information about the impact of digital technologies on young children's health, wellbeing and development. She's passionate about sharing the latest research and insights into how "digitalised childhoods" are changing the ways that young children learn, play and develop (without telling parents they need to ban the iPad, or disconnect the Internet).

With over 14 years of experience in teaching and research, Kristy has a gift for cutting through media-hype, myths and misnomers about what young children

really need to thrive in a digital age. Dr Kristy is regularly called on by the media for her insight. With a gift for cutting through media-hype and conflicting research, Dr Kristy translates the latest research into practical and digestible information for today's bamboozled parents, to assist them with the enormous task of parenting in the digital age. She helps ease parents' techno guilt so that they can find healthy and helpful ways to use digital technologies with young children (without having to ban the iPad or disconnect in the Internet).

Dr Goodwin is often featured as a keynote speaker at Australian and International conferences on digital technologies and their impact on children's learning, health and wellbeing. Kristy regularly speaks at preschools, long day care centres, primary schools and secondary schools throughout Australia to parent and educator audiences. She has also delivered presentations to health professionals including doctors, dentists, nurses, speech pathologists, and occupational therapists. Kristy also frequently speaks to companies concerned about their employees' digital health

Kristy's on a mission to solve parents' digital dilemmas by arming them with facts (not fears) about raising kids in the digital age. She helps parents ditch the techno guilt and raise happy, healthy kids who thrive online and offline. Kristy takes the guesswork and guilt out of raising kids in the digital age by translating the latest research into practical and digestible information, tips, and tricks for parents so that they can feel confident and assured that they're raising healthy, happy and balanced kids in the digital age.

Dr Kristy's previous clients include Apple, Nickelodeon Junior Channel, McDonald's, Westfield, the National Broadband Network, NSW Department of Education and Communities and Optus. She's worked with various multimedia companies, guiding the development of appropriate and educational multimedia programs to support young children's learning and development.

Dr Kristy has been an expert spokesperson for several brands including Optus, the National Broadband Network (nbn), McDonald's Australia and Fertile Mind.

Along with being an Honorary Associate at Macquarie University at the Institute of Early Childhood, Kristy has worked as a primary school and early childhood teacher for thirteen years in a range of educational settings in Australia and Asia. In 2004 Kristy was awarded a NSW Quality Teaching Award and in 2007 was awarded an Australian Postgraduate Scholarship for her doctoral studies at Macquarie University, exploring the impact of digital technologies on young children's learning.

Kristy has written a book (2016 release with Finch Publishers) and has been a contributing author to two academic



Professional Headshots

The following images and logos can be used by your organisation to promote a speaking engagement after you've booked Kristy. Click below to download the images and logos.

[CLICK HERE](#)

What next?

To enquire about having Dr Kristy speak at your event, simply fill out the speaking form by clicking BELOW.

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// All presentations can be specifically tailored to fit an allocated time (typically most of her presentations are 2 hours in duration)

// Presentation content can be modified for specific audiences (Kristy speaks to parents, educators, health professionals and employees and executives concerned about digital wellness)

// Costs associated with booking Dr Kristy for your event will vary dependent on where the event is being held and the duration of the presentation required . Kristy is based in Sydney, so additional travel and accommodation costs are incurred if bookings are secured outside the Sydney-metroplitan region

// You can book Dr Kristy directly via her team by completing her quick enquiry form here

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