

# Digital Distractions- Taming Technology Habits

WITH

*Dr Kristy*  
GOODWIN

Attention spans are *constantly* being hijacked by technology in workplaces (in the form of alerts, notifications and calls) and this is having a significant impact on both employees' and executives' productivity and wellbeing. We're seeing fractured attention spans due to persistent multi-tasking, the onslaught of digital distractions and the adoption of unhealthy and unsustainable technology habits (some studies have indicated 82% of people now sleep with their phone adjacent to the bed and 63% check it intermittently during the night). The cognitive, physical and psychological costs of multi-tasking are well-researched (for example, increased error rates, increased task time, poor memory retention, impaired sleep and increased rates of anxiety).

However, digital abstinence *isn't* a viable solution. Instead, employees and executives need to be armed with practical and realistic strategies to tame their technology habits, so they're not a slave to the screen. Dr Kristy Goodwin delivers practical seminars for companies wanting to maximise their employees' digital health and wellbeing, whilst also boosting their productivity. Empower your staff to be in control of technology and not let technology control *them!* Kristy arms attendees with easy-to-implement ideas to develop healthy technology habits at work and home.

## LUNCH & LEARN DETAILS

DURATION	45- 90 minutes
AUDIENCE	Employees & executives interested in developing healthy technology habits
BOOKING	<a href="mailto:enquiry@drkristygoodwin.com">enquiry@drkristygoodwin.com</a>



Dr Kristy Goodwin is a digital wellbeing expert, speaker and researcher. She helps professionals make informed choices about their digital habits, to ensure that their health, wellbeing and productivity aren't sabotaged by screens. Kristy translates the latest research into practical and digestible information for professionals. She delivers engaging seminars that empower employees and executives to be managers of media, and not a slave to the screen...without suggesting digital abstinence! Kristy's former clients include Apple, Mirvac, the National Broadband Network, Optus, McDonald's, Westfield and the NSW Department of Education.

