

# Digital Wellbeing

WITH

*Dr Kristy*  
GOODWIN

In this highly practical Lunch and Learn seminar Dr Kristy Goodwin, one of Australia's leading digital wellness experts and speakers, equips employees and executives with practical (research-based) strategies to protect and preserve their digital wellbeing (so that their time online *doesn't* compromise their health and wellbeing). Dr Kristy addresses digital dependence (explaining the neuroscience behind why we find it hard to put down our phones and why we succumb so easily to digital distractions), some of the common digital dilemmas facing employees (such as the 'digital pull', managing attention spans in a buzzing world, curating their digital DNA and the importance of switching off technology) and digital health (healthy tech habits to preserve employee's physical health such as sleep, vision, hearing and posture).

Dr Kristy Goodwin delivers practical seminars for companies wanting to maximise their employees' digital health and wellbeing and also boosting productivity. Empower your staff to be in control of technology and not let technology control *them*! 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	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.



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