

# Want Dr Kristy Goodwin to speak at your workplace?

One of Australia's leading digital parenting and wellness educators



With the demands of modern workplaces many employees struggle to attend parenting seminars in the evening. For working parents there are kids' schedules to juggle and baby-sitters to organise and if we're totally honest, many of us just too tired to attend a parent seminar outside of work hours.

That's why Dr Kristy's *Lunch and Learn* seminars are perfect for corporations wanting to ensure they meet the needs of their working parents, employees and executives *without* encroaching on their time outside of work.

No rushing out of the office to get home in time for an evening event, no disruptions to the work day, no additional time after work involved. *Lunch and Learn* seminars are a great way to engage and support your employees, especially working parents who often struggle to get to evening events.

That's why Dr Kristy delivers *Lunch and Learn* seminars to companies throughout Australia. She speaks to:

// **working parents** about the impact of technology on our kids and teens and how parents can navigate their child's digital world without the guilt and guesswork; and

// **employees and executives** about digital health and wellbeing, exploring how productivity and personal health are being compromised by our digital habits.

Dr Kristy's *Lunch and Learn* seminars can be delivered live in-person (and web-streamed to interstate or even international offices) in your workplace and tailored to suit the needs of your staff. Kristy can also offer lunchtime webinars to allow staff to receive online access to seminars.

If you're interested in hiring Dr Kristy to speak at your workplace or event, contact Kristy's team via [enquiry@drkristygoodwin.com](mailto:enquiry@drkristygoodwin.com)



## Kristy's Lunch and Learn Seminars

Kristy delivers three signature *Lunch and Learn* seminars that can be delivered on-site for between 45-90 minutes:

// *Raising Digital Kids: Guilt-Free Advice for Confused & Concerned Parents*- this seminar is designed for parents of children and teens aged 3-16 years (this seminar can be tailored for a specific age range or a broader age range if suitable) to navigate their child's digital world, *without* the guilt and guesswork. Parents will learn how to keep their children safe online, how to establish healthy technology habits at home (without having to ban the iPad or gaming console), how to prevent the dreaded techno-tantrum and how to

// *Digital Wellbeing*- this seminar is designed for employees and executives to understand how technology habits impact their physical and emotional health, wellbeing and productivity (without suggesting 'digital abstinence'). Participants will be equipped with a wealth of simple strategies to empower them to implement healthy, sustainable technology habits.

// *Digital Distractions: Taming Your Technology Habits*- this seminar is designed for employees and executives to better understand how technology is captivating and diverting their attention spans and the subsequent impacts on their productivity, performance, and physical and emotional health. The perils of constant multi-tasking and the costs of digital distractions (in terms of productivity and employee wellbeing) are established. Participants are provided with a repertoire of simple strategies to tame their technology habits both at work and home.

Contact Kristy's team today to enquire about hosting a Lunch and Learn seminar in your workplace, via [enquiry@drkristygoodwin.com](mailto:enquiry@drkristygoodwin.com).

## What others are saying about Dr Kristy



"Thanks again for coming in yesterday and presenting to the company, it was a great presentation."

Robyn Ross | Bank of Queensland Specialist

"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."



Paviter Singh | Apple



"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 | Mirvac

"I have received very good feedback from all who attended the Lunch and Learn session."



Johanna Callan | State Street



"Your session was absolutely fantastic. The more education we can get out there on this topic, the better. It's such an important topic."

Kirri Steiko | Parents at Work

"Kristy is fantastic talent. Authentic, insightful and genuine in her commentary."



Dan Chamberlain | National Broadband Network

## Previous Clients



STATE STREET

nick jr.

OPTUS



Education  
Public Schools



SCENTRE GROUP  
Westfield

Leo Burnett