



*Dr Kristy's
Professional Bio*





Dr Kristy Goodwin is a highly sought-after digital wellbeing & productivity expert. Kristy's a speaker, author, researcher and consultant who delivers evidence-based information about the impact of digital technologies on children and teens' health, wellbeing & learning. She's passionate about sharing the latest research and insights into how "digitalised childhoods and adolescence" are changing the ways that students learn, play and develop (without telling parents or educators that 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 children & teens really need to thrive in a digital age (based on latest neuroscience and developmental science). 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 conducts and 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 children & teens (without having to ban the iPad or disconnect in the Internet).

Dr Kristy has conducted numerous evaluations and research studies for the New South Wales Department of Education and Communities, including studies examining the effectiveness of tablet technologies and games-based learning in classrooms. Dr Kristy is often featured as a keynote speaker at Australian and International conferences on digital technologies and their impact on young children's learning, health and wellbeing. Kristy regularly speaks at conferences and workplaces throughout Australia about digital wellbeing and productivity. She also speaks in preschools, long day care centres, primary schools and secondary schools throughout Australia to parent and educator audiences and to health professionals who are concerned about the impact of technology on students' wellbeing and development.

Dr Kristy's previous clients include Apple, Nickelodeon Junior Channel, McDonald's, the National Broadband Network, NSW Department of Education and Communities, Macquarie Bank, Bank of Queensland 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

Kristy was formerly a lecturer & Honorary Associate at Macquarie University at the Institute of Early Childhood and has lectured at Notre Dame University. She worked as a primary school and early childhood teacher for fourteen 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 where she completed a PhD on the impact of digital technologies on children's learning.

Kristy has written a book, *Raising Your Child in a Digital World*, with Finch Publishers and has been a contributing author to several academic books (Springer, 2013 and Routledge 2016, Hachett 2016), in addition to regular academic publications.

More information and videos about Kristy be found here: drkristygoodwin.com/about/





Short and Sweet Version

Dr Kristy Goodwin is one of Australia's leading digital health, wellbeing and productivity experts (and mum who also deals with her kids' techno-tantrums!) She's the author of *Raising Your Child in a Digital World*, a speaker, media commentator and digital wellbeing researcher, who doesn't suggest that we ban the iPhone (digital abstinence isn't the solution). Kristy worked as an educator for fourteen years before becoming an academic and speaker. She has worked with clients including Apple, Westfield, Bank of Queensland, Nickelodeon Channel, the National Broadband Network, McDonalds, NSW Department of Education and Optus, she's spoken at national and international conferences, at schools, workplaces and medical conferences throughout Australia. Kristy is regularly called upon by the media to translate the latest research about kids, teens, adults and screens into practical and relevant information for parents and professionals. She provides evidence-based information and realistic solutions about how technology is impacting the health, learning, wellbeing and development of kids and teens and also how our digital infatuation is shaping adults' health and productivity. Kristy's on a mission to empower people to tame their technology habits and not be a slave to the screen!

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.

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