

Dr Kristy
GOODWIN

*Interested in Dr Kristy Goodwin Speaking
at Your Workplace or Conference?*



WWW.DRKIRSTYGOODWIN.COM



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Modern workplaces are currently undergoing two simultaneous, radical changes which are having a significant impact on employee health and wellbeing:



They're teaming with technology, with everything from smartphones, laptops, desktop computers, tablets, TVs constantly pinging and vying for employees' and executives' attention and causing digital distractions. This incessant digital bombardment, whilst designed to bolster productivity, is often hampering employee output, efficiency and hampering their health and wellbeing in the process.



The physical settings are undergoing significant transformation too- with more open-plan, flexible spaces being adopted.

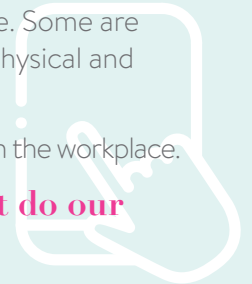
Whilst many organisations attempt to implement employee wellbeing programs (with everything from subsidised gym memberships, to anxiety, resilience and sleep workshops), many of these programs are falling short. Why? They disregard the profound impact and changes digital technologies are thrusting on employees and executives.

Digital distractions (from emails, alerts and notifications), interruption-prone workspaces and compromised health and wellbeing because of our technology infatuation (at work and home) is resulting in modern employees' feeling frustrated, stressed and unproductive and is also derailing their physical health and wellbeing... which in turn diminishes organisations' profitability. Working parents also are increasingly worried (let's be frank, they're tearing their hair out) about their kids' screen habits.

Many employees' and executives' admit that their digital habits are unhealthy and unsustainable. Some are at the point now where they literally can not switch off. It's taking a massive toll on both their physical and psychological health and wellbeing and compromising their productivity.

Yet 70% of employees believe that training could help them minimise distractions and achieve focus in the workplace.

So what are we supposed to do? Without devices, most of us simply can't do our jobs. Digital abstinence isn't the solution!



Dr Kristy Goodwin can help your employees manage their tech habits



Dr Kristy Goodwin is one of Australia's leading digital health, wellbeing and productivity experts. She is regularly called upon by national media outlets for her opinion and invited to speak to a diverse range of organisations around the country, from tech companies to law firms and the finance sector. Dr Kristy is a confident, compelling and highly relatable presenter who provides practical and realistic solutions to deal with digital dilemmas in your workplace.





You can now invite Dr Kristy to deliver her signature corporate seminars at your workplace or conference, or access her online digital health and wellbeing and/or digital parenting programs to roll out across your organisation.

Kristy can deliver an in-person tailored Lunch and Learn seminar in your workplace, or at your conference or convention. These sessions have also been delivered as breakfast and brunches. Her signature seminar and conference topics include:

Digital Wellbeing

(LUNCH AND LEARN SEMINAR)

Digital Distractions

(LUNCH AND LEARN SEMINAR)

Digital Parenting

(LUNCH AND LEARN SEMINAR)

Digital Wellbeing & Productivity

(CONFERENCE OR CONVENTION KEYNOTE)

Kristy also offers digital programs that you can offer your staff to enable them to learn new skills and ideas whenever they'd like.

The Switched on Parent's Portal

[FIND OUT MORE](#)

Taming Your Tech Habits for Better Health & Productivity Online Course

[FIND OUT MORE](#)

Book Dr Kristy



To enquire about Dr Kristy speaking at your workplace or conference, complete this form and Kristy's team will be in touch by the next business day to see how Kristy can support your employees and executives to thrive in the digital world.

[ENQUIRE](#)



DR KRISTY HAS WORKED WITH SOME OF THE BIGGEST CORPORATIONS IN AUSTRALIA INCLUDING:



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