

The real cost of digital distractions

WITH
Dr Kristy
GOODWIN

Dr Kristy Goodwin helps organisations understand why employee efficiency and wellbeing are being compromised by digital technologies (that were ironically designed to bolster workplace productivity and performance). She shares current research on the costs of digital distractions for both organisations and employees... and it's much more than simply waning productivity. Kristy outlines the productivity paradox and the digital superstorm facing modern workplaces. She translates the science behind employees' digital behaviours, helping to explain why we all find it challenging to stop the scroll and shut the laptop lid. Kristy draws on neuroscience and psychology to explain why we're psychologically vulnerable to digital distractions and dependence. She provides a digital efficiency and wellbeing framework based on current research and arms delegates with realistic strategies to optimise efficiency and wellbeing in a digital age, without suggesting digital detoxes.

KEYNOTE ADDRESS

DURATION	60-90 minutes
AUDIENCE	Employees & executives interested in developing healthy technology habits
BOOKING	enquiry@drkristygoodwin.com



Dr Kristy Goodwin is one of Australia's leading digital wellbeing experts, speakers and researchers. She helps professionals make informed choices about their digital habits, to ensure that their health, wellbeing and productivity aren't sabotaged by technology. Kristy translates the latest research from neuroscience and psychology into practical and digestible information for professionals. She delivers engaging keynotes and seminars that empower employees and executives to tame their technology behaviours so they're not a slave to the screen...without suggesting digital abstinence! Kristy's former clients include:

