

# Tame Your Tech Habits

*Boost employee productivity & wellbeing*

WITH

*Dr Kristy*  
GOODWIN

Employees are now working and living in an age of digital distraction and dependence. Many of us feel like we're a servant to our screens and tethered to technology 24/7. Emerging research confirms that our brains haven't evolved to cope with the constant digital bombardment we face, resulting in impaired productivity and compromised health and wellbeing. It's critical that employees develop healthy and sustainable digital behaviours so they can thrive in the digital age.

In this highly practical Lunch and Learn seminar Dr Kristy Goodwin equips employees and executives with science-backed solutions to bolster their productivity and preserve their wellbeing, without prescribing digital detoxes, or phone bans. Dr Kristy translates the neuroscience and psychology behind why we find it hard to digitally disconnect, into essential information and tips so we can leverage the benefits technologies offer us and minimise the pitfalls. She addresses how common digital behaviours can hijack our efficiency at work and potentially sabotage our sleep, physical health and mental wellbeing. Kristy arms participants with realistic, research-based strategies so they can flourish in a digital age.

## LUNCH & LEARN DETAILS

**DURATION** 45- 60 minutes

**AUDIENCE** Employees & executives interested in science-based strategies to optimise productivity & wellbeing

**BOOKING** [enquiry@drkristygoodwin.com](mailto: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:



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