

DR KRISTY GOODWIN'S

Virtual Keynotes & Masterclasses

DR KRISTY
GOODWIN



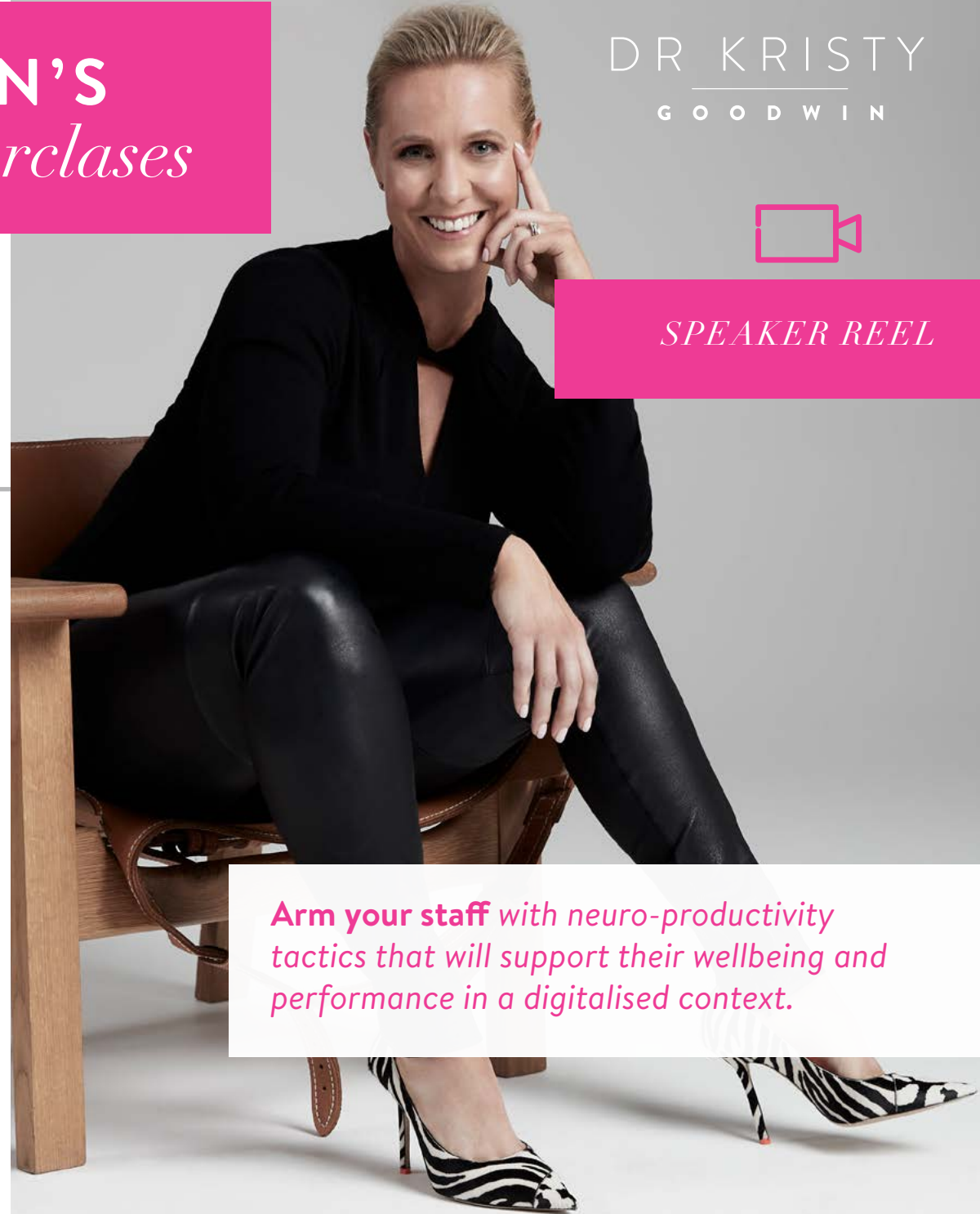
SPEAKER REEL

BRAIN-BASED STRATEGIES FOR PEAK-PERFORMANCE & WELLBEING IN A DIGITAL AGE.

Dr Kristy Goodwin is a digital wellbeing and peak performance speaker, author, researcher and media commentator. She works with organisations, both big and small, to optimise employees' digital wellbeing and productivity as they navigate hybrid work arrangements.

Kristy's virtual keynotes or masterclass series provides simple, yet science-backed solutions to support employees' mental wellbeing, physical health and productivity in a digitalised, remote and/or hybrid context. Kristy shares a menu of micro-habits for employees to integrate into their days to ensure their health and performance is bolstered in a digital age. She helps teams to leverage the benefits that technology offers, whilst also mitigating the potential pitfalls.

Arm your staff with neuro-productivity tactics that will support their wellbeing and performance in a digitalised context.



I HELP TO DECODE THE NEUROBIOLOGY OF PEAK PERFORMANCE IN A DIGITAL AGE

OVERVIEW

HOW THE VIRTUAL MASTER CLASS SERIES WORKS:



Offered as stand-alone keynotes, virtual masterclasses (webinars) or delivered as a package of two, three or four virtual masterclasses delivered over a 4-8 week period.



45-60 minutes plus Q and A.



Option for Dr Kristy's team to set up and host the webinar on Zoom, or professionally recorded in a local studio (or for your team to organise via your preferred platform or studio).



Attendees have the option of anonymously pre-submitting questions, or 'digital dilemmas' prior to the keynote or webinar to enable the presentation to be tailored to their specific needs.



Attendees receive a PDF summary with micro-habits listed (to help with 'digital dementia' we now experience).



Replay access available for upto 6 months after the presentation via Dr Kristy's website.



PREVIOUS CLIENTS

KRISTY HAS FIVE YEARS OF EXPERIENCE DELIVERING VIRTUAL KEYNOTES & MASTERCLASSES (ALSO KNOWN AS WEBINARS, VIRTUAL EVENTS, OR ONLINE TRAINING).

BENEFITS

HOW VIRTUAL MASTER CLASSES SUPPORT YOU & YOUR ORGANISATION



TAILORED CONTENT

Your staff can pre-submit their questions *before* the event, allowing Kristy to create a tailored presentation, based on your employees' or clients' current needs (or 'digital dilemmas' as she refers to them).



BROAD AUDIENCE

Invite employees or clients from anywhere in the world. Your events are no longer confined to a physical location. Kristy recently hosted a live virtual event for 1800 delegates, that would have previously been a 200-delegate, in-person event.



VIDEO REPLAY

You receive or have access to a recording of the event which you can share internally for upto 6 months months, post-event. This allows your colleagues and/or clients who can't attend live to access the same information. Kristy can also provide a hosting option for the replay & resources behind a password protected site.



AUDIENCE INTERACTION

Kristy uses a range of tech tools to make the virtual masterclasses interactive and engaging (polls, quizzes, word clouds, voting tools, breakout rooms just to name a few).



HIGHER ATTENDANCE RATES

Offering virtual events means that there's no required travel time for attendees and minimal calendar co-ordination. This has resulted in exceptional attendance rates over the past few months.



EASE OF ORGANISATION

Kristy's tech-team can create a unique registration page for your event, so all you need to do is email your colleagues with the link and they can read about and register for the virtual event.

Kristy was engaging and the content was informative. Dr Kristy is a wealth of knowledge which was incredibly valuable for our parents and carers.

VP Legal Risk Management | Macquarie Bank

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

Education Development South-East Asia | Apple

Kristy's session was fabulous and very well received by the group at the Randstad conference. She addressed their work/life balance and the pressures of their roles placed on them to be constantly available online.

EA to Director | Randstad

Topic One

THRIVING DIGITALLY

Decode the neurobiology of peak performance in a digital age

Topic Three

DIGITAL WELLBEING

Borders & behaviours that support peak-performance in a digital age

Topic Five

FORTIFY YOUR FOCUS

Stop digital distractions denting your productivity

Topic Seven

KIDS, TEENS & SCREENS

Helping parents to navigate the digital world with their kids & 'screenagers'

Kristy kept the audience engaged the entire time. Her information is backed by data and research, and she is able to give practical, day to day tips to help navigate parenting in this digital age.

Senior Health and Wellbeing Consultant | Reserve Bank of Australia

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

Education Development, South-East Asia | Apple

Topic Two

FLOURISHING REMOTELY

Neuro-productivity tactics to optimise your workday

Topic Four

YOUR BRAIN ONLINE

Neuro-productivity tactics that will help you to boost productivity

Topic Six

DIGITAL DISCONNECTION

The science behind rest and re-charging in an always-on digital world

A brilliant session! I wouldn't hesitate to recommend Kristy to any organisation that is looking for a knowledgeable, engaging presenter.

HR Operations Manager | Cuscal

Feedback has been great & I think the content and approach resonated with those attending, professionally and personally.

Partner | DLA Piper

The feedback from your seminar has been excellent. Such an engaging and interesting presentation.

Events Adviser | Cooper Grace Ward Lawyers

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Topic One

THRIVING DIGITALLY

Decode the neurobiology of peak performance in a digital age

We're spending more time than tethered to technology- for both work and leisure. It's imperative that we foster healthy and sustainable digital behaviours to ensure that our physical health and mental wellbeing are supported in a digital world that's constantly vying for our attention. Stop digital burnout and help your employees to thrive online.

In this presentation, Kristy equips attendees with simple solutions so they can thrive online (and offline), without suggesting that they on a #digitaldetox, or give up email.

Session Overview:

Through this presentation Dr Kristy provides science-backed solutions so attendees can:

- Better understand the **DIGITAL PULL** and costs of **DIGITAL DISTRACTIONS**;
- Assess their **DIGITAL WELLBEING** according to the **FOUR PILLARS OF PEAK-PERFORMANCE IN A DIGITAL AGE** to identify areas for improvement;
- Understand the **SCIENCE** of **PRODUCTIVITY** and **WELLBEING** in a digital landscape;
- Explore a range of **MICRO-HABITS** they can implement to protect their **PHYSICAL HEALTH** and **MENTAL WELLBEING** and ;
- Consider a variety of **MICRO-HABITS** they can utilise to ensure their **ProDUCTIVITY** is supported, not stifled through their **DIGITAL BEHAVIOURS**.

Dr Kristy will share some of the common digital dilemmas facing high-performers in the digitalised workplace and arm delegates with a range of micro-habits so they can support their mental wellbeing, physical health and productivity in a digital landscape. This presentation can be a stand alone keynote, or part of a half or full day program, or delivered as a virtual masterclass.

Topic Two

FLOURISHING REMOTELY

Neuro-Productivity Tactics to Optimise Your Workday

Thanks to advances in neuroscience and psychology we know more than ever about the brain and how we can achieve peak-performance. However, we need to map this knowledge to our workdays, especially in a digital context, with distributed teams.

In the *Flourishing Remotely* presentation I help employees manage their workload with research-based, yet realistic strategies to ensure their productivity is optimised and wellbeing prioritised. I equip individuals, leaders and teams with science-backed solutions to establish productive work arrangements whilst working remotely or with a hybrid model, where performance and wellbeing are supported.

Session Overview:

Through this highly practical presentation Dr Kristy provides brain-based solutions so attendees can:

- Apply a four-step, brain-based system to **PLAN** their **WORKDAY** as they work from home, or in a hybrid approach;
- Use key **BIOLOGICAL MARKERS** to maximise their **FOCUS** and **OUTPUT** at prime times of the day;
- **BUILD A FORTRESS AROUND** their **FOCUS** to minimise unnecessary **DIGITAL DISTRACTIONS**; and
- Recognise the importance of **DIGITAL DISCONNECTION** for peak performance.

Delegates will be armed with a range of pragmatic solutions and a menu of micro-habits so they can work remotely without sacrificing their productivity, mental wellbeing or physical health. This can be a stand alone keynote, virtual masterclass or part of a half or full day program.

Topic Three

DIGITAL WELLBEING

Borders & behaviours that support peak-performance in a digital age

There's no denying that we're tethered to technology, for our professional and personal lives. This is having a profound impact on our physical health and mental wellbeing.

This presentation equips participants with science-backed solutions they can embed to optimise their performance in the digital landscape, without having to revert to a #digitaldetox, or ignoring your inbox.

Session Overview:

Through this webinar parents and caregivers will learn:

- Why we feel digitally overwhelmed and suffering from 'infobesity' from pings, alerts and notifications (our brains and bodies aren't biologically wired for information onslaught);
- Why it's challenging to **FOCUS** in the digital world, that's constantly vying for our attention;
- The impact of our constantly- connected lives on our **MENTAL WELLBEING** and micro-habits we can embed to protect it; and
- The consequences of being tethered to technology on our **PHYSICAL HEALTH** (understand how we can support our sleep, vision, hearing and musculoskeletal health in a digital world); and
- A menu of (brain-based) **MICRO HABITS** that can be embedded into our professional and personal lives.

Delegates will be armed with a range of simple, brain-based solutions and a menu of micro-habits so they can work online *without* sacrificing their mental wellbeing or physical health. This can be a stand alone keynote, virtual masterclass or part of a half or full day program.

Topic Four

YOUR BRAIN ONLINE

*Neuro-productivity tactics that will help you to boost productivity
in a digital world*

This presentation shares the science of productivity in a distracting, digital world. It empowers employees, leaders and teams to achieve peak-performance in a time when our calendars are punctuated with video-meetings and our days dominated by communication tools and bulging inboxes.

Help put an end to digital burnout and overload with realistic, research-based strategies.

Session Overview:

Through this highly practical presentation Dr Kristy provides brain-based solutions so attendees can:

- How you can work with your brain and body's **BIOLOGICAL RHYTHMS** to easily boost your **FOCUS** and **PRODUCTIVITY**;
- What **DIGITAL OVERLOAD** and **DISTRACTIONS** are doing to our brains & simple, science-backed solutions to work in alignment with our biology;
- The myth of **MULTITASKING** and what science tells us you should do instead; and
- Why your **BRAIN** and **BODY** requires 'good breaks' and the six elements of quality breaks for optimal performance.

Delegates will be armed with a range of pragmatic solutions and a menu of micro-habits so they can work remotely without sacrificing their productivity, mental wellbeing or physical health. This can be a stand alone keynote, or part of a half or full day program, or delivered as a virtual masterclass.

Topic Five

FORTIFY YOUR FOCUS

Stop Digital Distractions Denting Your Productivity

As knowledge workers, the technologies that are integral for our work, have also been designed to hijack and hold our attention. We're now living in an attention economy. To achieve peak-performance in the digital landscape, the most critical skill we can cultivate is focus. Focus amongst the alerts and notifications and pings and dings that put a dent in our productivity.

This presentation has been designed to help employees and executives better understand the impact of digital distractions on their productivity and wellbeing. Attendees will develop a repertoire of strategies and micro-habits they can easily apply to their workday and personal lives to ensure their digital behaviours support peak performance.

Session Overview:

In this presentation I've distilled the latest neuroscience, psychology and technology research into bite-sized, science-backed strategies. Through this highly practical presentation attendees will learn:

- Why **ATTENTION MANAGEMENT** is the super skill of the 21st Century;
- The three reasons why **TECHNOLOGY HIJACKS** their attention;
- The significant ways that **DIGITAL DISTRACTIONS** dent their **PRODUCTIVITY & WELLBEING**;
- How to map their **WORKDAY** to their **CHRONOTYPE** to maximise their **PRODUCTIVITY**; and
- A range of strategies and micro-habits to **OPTIMISE** their **FOCUS**.

Participants will be armed with a menu of strategies and micro-habits they can use to turbocharge their productivity and wellbeing. This can be a stand alone keynote, or part of a half or full day program, or delivered as a virtual masterclass. Dr Kristy will share simple solutions to some of the common tech troubles facing high-performers in the digitalised workplace.

Topic Six

DIGITAL DISCONNECTION

The science behind rest and re-charging in an always-on digital world

This presentation explains the biological constraints of the human brain and body, operating in a constantly-connected, busy digital world. Organisations, teams and individuals looking to achieve peak-performance in a digital environment must work and recover in ways that are congruent with your biological needs. We simply cannot outperform our biology.

In this presentation I've distilled the latest neuroscience, psychology and technology research into bite-sized, science-backed strategies.

Session Overview:

In this presentation I've distilled the latest neuroscience, psychology and technology research into bite-sized, science-backed strategies. Through this highly practical presentation attendees will learn:

- Why **UNPLUGGED, DISCONNECTED TIME** is vital for our physical health, mental wellbeing and creativity;
- Why leaders and organisations need to stop using '**BUSY**' AS A PROXY FOR PRODUCTIVITY and what to focus on instead;
- What science tells us are the **6 ELEMENTS** of effective **REST** and **RECOVERY**; and
- The **3 TYPES OF BREAKS** that every high-performer needs to schedule in their calendar (before Zoom meetings).

Participants will be armed with a menu of strategies and micro-habits they can use to turbocharge their productivity and wellbeing. This is typically delivered as a virtual masterclass. I'll share simple solutions to some of the common tech troubles facing high-performers in the digitalised workplace.

Topic Seven

KIDS, TEENS & SCREENS

Helping parents to navigate the digital world with their kids & 'screenagers'

In this presentation I help confused and concerned parents feel confident about how they can best support their children's and teens' physical health, mental wellbeing and learning online, without proposing 'digital amputation', banning the gaming console or iPad. Understand why kids (& teens) throw techno-tantrums, be better informed about the current online risks and realistic (research-based) advice about screentime.

Ditch the guilt, grief and guesswork about screentime and make empowered, educated decisions to navigate the digital world.

Session Overview:

In this presentation I help parents and caregiver to understand:

- Why children and teens are susceptible to **POTENTIAL PITFALLS ONLINE** given their **BRAIN DEVELOPMENT**;
- Why children and adolescents throw '**TECHNO-TANTRUMS**' (there's science to explain their digital infatuation);
- A simple & realistic **FORMULA TO CALCULATE SCREEN TIME LIMITS** for children and teens;
- The **5 ESSENTIAL DIGITAL BOUNDARIES** parents must establish to ensure their children and teens develop healthy digital behaviours (there's so much more to focus on than simply **HOW MUCH** time they spend online);
- The current **RISKS** facing kids and teens in the online world and **SIMPLE SOLUTIONS** to mitigate these; and
- Why **BOREDOM** is critical for your child's **PHYSICAL HEALTH** and **MENTAL WELLBEING**.

Participants will be armed with a mum-tested strategies that are grounded in science. I'll help to ease the techno-guilt and put an end to screentime *always* ending in 'scream time'. This is delivered as a virtual masterclass.