



DR KRISTY
GOODWIN

BIO

*Speaker, author,
researcher
and media
commentator*

HELPING TO DECODE THE
NEUROBIOLOGY OF PEAK-
PERFORMANCE IN THE
DIGITAL AGE

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Short Biography

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Having personally experienced how our always-on digital culture is compromising people's wellbeing and is counter to optimal and sustainable performance, award-winning researcher and speaker Dr Kristy Goodwin is on a mission to promote employee wellbeing and bolster workplace productivity in an always-on digital world.

Dr Kristy, author of *Dear Digital, We need to talk* shares realistic, research-based micro-habits that people can apply to tame their digital habits and thrive in the digital world.

As one of Australia's digital wellbeing and productivity experts, she shares practical brain-based hacks to tame tech habits and the latest evidence-based strategies to decode

the neurobiology of peak performance in the technological era.

Senior business leaders and HR executives from the country's top organisations engage Dr Kristy to help them promote employee digital wellbeing and performance.

Her roster of clients includes Apple, Macquarie Bank, Deutsche Bank, Bank of Queensland, Challenger, Westpac, DLA Piper, Westpac, McDonald's, Westfield, Randstad, the Reserve Bank of Australia, Cuscal, State Street, National Broadband Network and Foxtel.

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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, adolescents' and adults' 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 the human brain and body really needs 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. Dr Kristy conducts and translates the latest research into practical and digestible information for today's bamboozled parents and professionals to help them to thrive in the digital world. 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), empowers educators and health professionals to better understand how digitalised childhoods and adolescence are shaping today's students and helps corporations understand the costs of digital distractions on employees' and leaders' productivity and wellbeing.

Dr Kristy 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 learning, health and wellbeing. Kristy regularly speaks at conferences and workplaces throughout Australia about digital wellbeing and productivity. She also speaks to health professionals, parents and educators who are concerned about the impact of technology on students' wellbeing and development.

Dr Kristy's previous clients include Apple, McDonald's, the National Broadband Network, NSW Department of Education and Communities, Westpac, 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 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 and brains. 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, Hachette 2016), in addition to regular academic publications.