

Dr Kristy Goodwin

Digital Wellbeing & Productivity Expert, Speaker, Author, Researcher & Media Commentator

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. Described by her clients as a 'pracademic' Kristy has a gift for translating complex neuroscience and research into practical strategies and realistic advice. Awarded the Breakthrough Speaker of the Year in 2023 by Professional Speakers Australia, Kristy uses humour and relatable anecdotes to engage her audience.



As one of Australia's digital wellbeing and productivity experts, she shares practical brain-based hacks to tame tech habits and the latest brain-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, ANZ, AMP, Deutsche Bank, the Reserve Bank of Australia, Cisco, HSBC, Bank of Queensland, Challenger, Westpac, DLA Piper, Westpac, McDonald's, Randstad & Sparke Helmore.

Kirsty Talks About:

Corporate

- Dear Digital, We need to talk. . .
- Beat Digital Burnout
- What's Your FQ?
- Optimise Your Workday
- Digital Wellbeing

Education

- Teaching the iGen
- Taming Digital Distractions
- Beat Digital Burnout

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