

Dr Kristy Goodwin is a Neuro-Performance Scientist. She simplifies the science of what it takes to amplify performance in the digital world.

Kristy's the author of Dear Digital, We need to talk and Raising Your Child in a Digital World. Described by her clients as a 'pracademic' Kristy translates cutting-edge research into realistic strategies to bolster productivity and enhance wellbeing in the 'always-on' digitally-demanding world.

Kristy has worked with large and small organisations to help employees, leaders and teams ignite peak-performance in their professional and personal lives.

Dr Kristy is a researcher and is frequently called on by the media for her expert opinion on how technology is shaping our productivity and wellbeing and is an executive coach who uses wearable technology and biometric data to amplify women's performance. Having presented to global audiences, Kristy wants to help you to power up your performance, without telling you to do a digital detox or cancel your Netflix subscription.

