

Bio

Neuro-performance Scientist

Speaker, author, researcher and media commentator

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

DR KRISTY GOODWIN



Short Biography

Dr Kristy powers-up performance by decoding the neurobiology of peak-performance in the digitally-intense world we now work and live in. She empowers high-achievers to optimise and sustain their performance by ensuring their behaviours are congruent with their Human Operating System (hOS), which is their biological blueprint.

Dr Kristy provides the keys to lead, live and work more effectively for senior executives, business leaders, employees and entrepreneurs who are always switched on, but rarely powered-up.

Kristy shares practical, brain-based solutions to help high-achievers optimise their performance so they don't have to pay the 'success tax' where their success comes at the cost of their physical health, mental wellbeing and/or relationships. Kristy uses cutting-edge science and neurotechnology to power-up performers so people can live 'high res' lives at work and beyond.

Dr Kristy's peak-performance protocols play a critical role in the modern workplace to enhance efficiency, drive productivity and facilitate innovation, without having to sacrifice wellbeing.

Kristy is a certified speaker professional (CSP), arecipient of the Australian Professional Speakers Association Breakthrough Speaker of the Year Award in 2023 and the author of the award-winning book Dear Digital, We need to talk.

Power-up your audience and empower them to live a high-res life by connecting with Dr Kristy.

Download Headshots



IN-PERSON



VIRTUAL



WORKSHOPS





Long Biography

Australia's leading expert on peak performance in a digital world

A speaker used by large corporations on the topic of productivity in a digital world, Dr Kristy's keynote insights and inspiration are used by elite corporate clients in Australia and internationally. For senior executives, business leaders, human resources managers and staff who are always switched on, but rarely powered up, Dr Kristy provides the keys to lead, live and work more effectively.

She shares practical brain-based solutions to power up employees and leaders in the digitally-intense world they now operate in. Kristy arms audiences and clients with the latest evidence-based strategies to decode the neuroscience underpinning peak performance in the technological era.

Kristy's on a mission to leverage and decode the neuroscience of sustainable peak-performance so that employees, leaders and entrepreneurs can live a luminous life. She challenges the dominant paradigm that you need to pay an entrance fee to experience success: you don't need to burn yourself out, experience chronic stress, live in a perpetually exhausted state to be successful. Living a life of high-performance doesn't need to equate to being a low-res version of you. When you work with, rather than against your neurobiology, you can experience success without sacrifice. You can live a high-res life. Her tools for peak-performance in a digital age play a critical role in the modern workplace to to optimise efficiency, facilitate communication and collaboration and drive both productivity and wellbeing.

Dr Kristy is the author of the award-winning book *Dear Digital, We Need to Talk* and *Raising your Child in a Digital World*, and is a former educator in public and private schools. Dr Kristy also lectured at Macquarie University and University of Notre Dame, and she has a PhD on the impact of digital technologies.

Dr Kristy has conducted numerous evaluations and research studies for the New South Wales Department of Education and Communities, and is regularly called on by the media to translate the latest research about screens into practical and relevant information.

