

*Dr. Tracy Bennett*

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## 2021 Corporate Speaker Fee Schedule

**Corporate Keynote/Webinar fee:** \$4000/\$2000 + \$750 travel fees as applicable (Price includes two 45-minute planning sessions and an additional same-day live presentation or webinar. Additional planning sessions can be scheduled at \$200/hr.)

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### Audiences

Employees, mental health professionals, educators, parents, tweens, & teens from:  
Schools  
PTAs & parenting groups  
Religious/spiritual groups  
Community organizations  
Corporations & nonprofit organizations  
Wellness & Self-Help Summits  
Conferences



**With rapidly changing office and remote workspace environments, employees need more support than ever!**

- 2021 data indicates that 52% of U.S. workers are experiencing burnout
- Millennials are the most impacted population, reporting burnout levels at 59% (with Gen-Z close behind at 58%)
- 80% of employees report that COVID-19 has impacted burnout rates
- Social media posts reflect strained mental health & can lead to workplace disciplinary action
- 79% of HR professionals surveyed in 2020 reported they had disqualified a job candidate due to social media content
- Repetitive stress injuries (like those caused by poorly managed screen time) result in costs estimated at \$19 billion a year
- Family stressors are at an all-time high due to epidemic mental health illness rates

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## Corporate Presentation

### HOW TO ACHIEVE BEST PRODUCTIVITY & BALANCE IN THE DIGITAL WORKPLACE

Dr. Bennett's 25+ years of experience as a clinical psychologist and screen safety expert offers insightful and immediately applicable strategies to help de-stress family life and help your employees practice burnout-fighting wellness tools!

**Screen Challenges in the Workplace:** Since the COVID-19 Stay-at-Home Order, most U.S. corporations have committed to the remote workspace. Although convenient, it can be challenging for employees to achieve a healthy balance between productivity, family time, and physical and mental health.

**Objective for the Presentation/Webinar:** Dr. Bennett will offer expert information about the sources of digital injury, what the science says about specific work habits, and powerful psychological wellness strategies that Dr. B has tested in her practice to optimize the work/home life balance. The perfect presentation for corporate wellness!

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## GKIS Presentations for Parents

### READY FOR SCREEN SANITY?

**Parenting Challenges:** Too often, parents don't know the risks of digital injury until it's too late. Dr. B sees families in crisis, she knows what most parents don't.

**Objective for the Presentation/Webinar:** Dr. Bennett will offer expert parenting strategies for helping kids and teens negotiate the digital world successfully. They think they know it all, but they lack the life experience for informed insight. They still need us to guide and facilitate. This presentation is designed to help parents feel empowered by offering sound and simple strategies with long-term payoff.

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## **GKIS Presentations for Parents of Tween & Teens**

### **MAKING YOUR DIGITAL FOOTPRINT WORK FOR YOU**

**Screen Challenges Typical of High School:** Developmentally, teens this age are starting to focus on gaining independence, college-readiness, and career development. They are on-loading complex abstract thought and tackling morality issues that impact their community. Parents often struggle to support their new-found independence while staying influential and connected.

**Objective for the Webinar:** Dr. Bennett will offer expert education to students and parents about avoiding digital injury while creating a digital footprint that works for them for college and career.

### **DEPRESSION & ANXIETY DISORDERS AMONG TWEENS & TEENS: PSYCHOLOGICAL WELLNESS PRACTICES FOR OPTIMUM MENTAL HEALTH**

**Mental Health Challenges Among Teens:** 20% of teens will experience depression before they reach adulthood. Teen suicide is the third leading cause of death among young people aged 10 to 24. Most clinicians agree that screen issues are a commonly contributing factor.

**Objective for the Webinar:** Offer expert information about how our virtual lives impact mental health and contribute to digital injury. Dr. B offers her teen-tested psychological wellness strategies that she's tested over 25 years of clinical practice.

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## Ask Dr. Bennett

Have screens hijacked our brains? Are we screen addicted? How can we achieve efficacy and screen sanity?

What are your top three concerns about screen risk? Top three benefits?

How are xGens different from iGens in the workplace?

Kids come unglued when parents take their screens away. Is screen management, safety, and a peaceful, happy home possible?

When is it OK for kids to play educational games? Do you have age guidelines for healthy screen use?

Now that kids must have screens for homework, how can parents get ahead of that?

Do screens help us learn better or are they a distraction? If parents don't allow screen use, are they harming their child's learning potential?

The terms of agreement for social media platforms is 13 years old, yet 4/5 tweens are on social media before the age of 12. Is it a big deal?

Millennials are sexting and freaking out their parents. Is this the new sexual norm?

We are reported to be the loneliest population despite being highly connected online. What drives the need for online "likes"? What are the risks and benefits of virtual connection?

*"Our employees were crying out for help during pandemic work from home requirements, so we engaged Dr. Bennett for our Legal Department Lunch and Learn program at Juniper Networks. She was interactive and highly engaging. Our employees were extremely appreciative and rated Dr. Bennett's presentation as outstanding! I highly recommend Dr. Bennett and GetKidsInternetSafe as a resource to enhance the wellness offerings to Corporations who take employee wellness and quality of life seriously."*

Brad Minnis, CPP  
Vice President, Safety & Security  
Juniper Networks, Inc.