

Dr. Tracy Bennett

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2021 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 \$180/hr.)

Private School & Nonprofits Keynote/Webinar fee: \$800 (Price includes one 45-minute planning session. Additional planning sessions can be scheduled at \$180/hr.) (\$500 for an additional webinar or same-day live presentation - example one for parents and one for students)

Public School Keynote/Webinar fee: \$600 (includes one 45-minute planning session. Additional planning sessions can be scheduled at \$180/hr.) (\$500 for an additional webinar or same-day live presentation - example one for parents and one for students)

Audiences

Employees, mental health professionals, educators, parents, tweens, & teens

from:

Schools

PTAs & parenting groups

Religious/spiritual groups

Community organizations

Corporations & nonprofit organization

Wellness & Self-Help Summits

Conferences

Corporate Presentation

“Tricks of the Trade for Best Productivity & Balance in the Digital Workplace”

Screen Challenges in the Remote Workspace: Since the COVID-19 Stay-at-Home Order, a majority of 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 Webinar: Offer expert information about the sources of digital injury, what the science says about particular work habits, and sound strategies to optimize the work/home life balance. The perfect webinar for corporate wellness!

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 Webinar: 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.

GKIS Presentation for Parents & Kids

“The Screen-Safe Connected Family”

Screen Challenges Typical of Elementary School: Developmentally, young children are onboarding socioemotional skills and the academic basics with the warm and encouraging support of parents, caregivers, and teachers. Older elementary-school kids are building on those basics and gradually gaining independence. Screen time helps them with these critical developmental tasks, but they must be protected and monitored to avoid inappropriate content and unhealthy screen use.

Screen Challenges Typical of Middle School: Developmentally, teens this age are turning on to finding their tribe and creating identity. They start to move away from parent-defined behavior and toward peer-defined behavior. Screen time helps them with these critical developmental tasks, often to the point of distraction. Yet parents have a hard time keeping up, staying consistent, and knowing where the dangers are.

Objective for the Webinar: Offer expert education to students and parents about the types of digital injury and how to prevent them with sensible, developmentally-sound strategies.

GKIS Presentations for Tweens, Teens, & Parents

“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: 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.

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?

Millenials 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?

"I was worried I'd feel guilty and scared by Dr. Bennett's presentation, because honestly we haven't been great with screen rules at our house. Instead, I left feeling more knowledgeable and EMPOWERED. We've already implemented some of her screen-safe strategies! Plus, we feel more cooperative as a family. So happy we came!! Thank you."

~ Debra H., Mother of 3