



CONSULTANT & SPEAKER PROFILE

Dr Joanne Orlando

DIGITAL LIFESTYLE SPECIALIST

PHD, M.ED, B.ED

Award Winning Digital Lifestyle Researcher

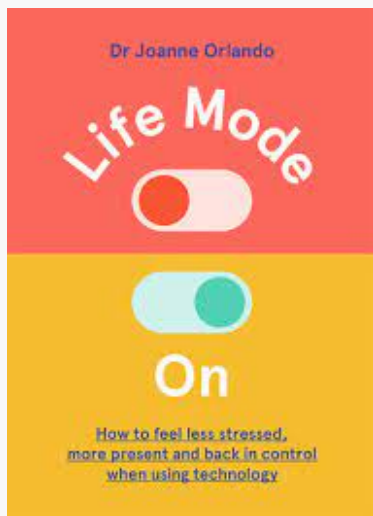
Best Selling International Author

15 years + Leadership and Educator

Award winning Digital Education Programs

International Speaker and Media Commentator

BESTSELLING AUTHOR



AWARDS



2019 NSW Government/University
Finalist



Outstanding Public Impact Award

FEATURED IN



TESTIMONIALS

"Jo was a dynamic and engaging keynote speaker who brought fantastic energy to our conference last month. Jo's presentation for educational leaders tackled many of the key challenges being faced by education leadership in the Middle East when it comes to technology adoption and implementation. Jo combined theory and practice to fully engage the delegates and I loved the way that she included accessible tools and tips which could be taken back and applied across many educational settings in the MEA region. Jo was an absolute delight to work with from beginning to end and I hope we can work together again in the future"

**Content Producer - Bett
Middle East and Africa**



"It was a huge honour to have Joanne as our opening speaker for the Western Australia Education Summit. Her powerful and engaging keynote focussed on uses of artificial intelligence in the classroom and revealed implications associated with their use. Exploring the relationship between AI and language, and what that means for education was not only fascinating but very relevant to our audience, and perfectly set the scene for the rest of the day's events. The feedback on the day was incredible and we have had many schools seek further information on Jo's work since the event".

**Marketing Manager/
Conference Convenor**



"Dr. Orlando's insights on children's technology use and family well-being are crucial to driving industry awareness of the need to create healthy relationships with digital media and devices. This is highly meaningful and important work to ensure our industry maintains focus on audience needs and the evolving technology behaviours of children."

**Head of Family & Learning
Partnerships, YouTube
Asia Pacific, Asia**



"Dr Joanne Orlando's keynote on 'Ethical approaches to supporting young people's technology use' at the Centre for Educational Enterprise's conference, Learning for Tomorrow: The Digital Imperative, was incredibly insightful. With recent bans on mobile phones across Australian schools, Joanne's talk reminded us to take a balanced approach, educate and communicate with our kids instead of buying spyware or banning technology. Empowering our young people will develop skills they will need for the future. Bans will only do this generation of digital natives a disservice. Joanne delivered an engaging presentation, and highly recommend Joanne's expertise to parents and educators."

**Centre for Educational
Enterprise, Melbourne Girls
Grammar**



Relatable Media Commentator



Interactive Brand Ambassador



Inspiring Keynotes

ABOUT DR JOANNE ORLANDO



Dr Joanne Orlando (PhD, M.Ed, B.Ed) has spent over 15 years studying our relationship with technology and how to make it less stressful, happier and more fulfilling. She provides practical insight and solutions to today's most pressing digital lifestyle issues through keynotes, articles, TV presentations and podcasts worldwide, and she is the creator of digital literacy program TechClever.

Joanne publishes evidenced based research in scientific journals, and has developed terms such as 'sharenting' and 'zombie scrolling' which have now entered everyday lexicon. Her insights come from her own cutting-edge research with children and adults, evidence from science, social science and health, lessons from popular culture, and her own everyday observations and experiences that explore how we can make our digital lives better.

Dr Jo is committed to and works regularly with industry to inform policy and practice regarding our digital lifestyle. She works closely with key multi-national technology industry including Apple, YouTube, Google and Norton.

You will regularly see Dr Jo presenting on TV as an expert, including on The Morning Show, The Today Show, The Project, Daily Edition, 7:30 Report, the news, and regular radio and podcast segments. She is an op-ed columnist for The Sydney Morning Herald, and has published a long list of articles globally.

Joanne is the author of the internationally acclaimed "Life Mode On", revolutionary approach to living a better life with technology. These are no quick fixes; these are real, practical solutions for less stress and more long-term fulfilment using technology in our increasingly digital world.

She was formerly a writer for ABC PlaySchool. When away from her own screen, you'll find Joanne hiking up and down mountains, travelling, and hanging out with her kids and dog Koda.



CONSULTANT AND SPEAKER SERVICES

Dr Joanne helps clients identify blind spots and sound strategies to navigate and resolve professional and personal digital lifestyle issues.

Areas of expertise:

Transforming problematic digital culture
Policy and practice change
Resolving digital stressors
Cutting edge evidenced-based solutions

CONSULTANT AND SPEAKER THEMES

MASTERING BLENDED WORKPLACES

After long periods of working from home, encouraging work teams to establish healthy relationships with technology and giving them the tools to do so is vital. Develop a toolkit of effective science-based strategies to reduce digital distraction, elevate productivity, and thrive in blended (in person + remote) workplace environments.

DIGITAL WELLNESS

If used well, technology can enhance. However, when not used well, it can cause damage that exacerbate the pressures and insecurities of our life, and have damaging impacts on our career, relationships and sense of worth. Learn strategies to resolve the emotional and mental tension that technology is causing across key aspects of our personal and professional lives.

UNDERSTANDING DIGITAL CHILDREN

Dr Jo's cutting edge research on the true extent of technology issues for children - social media, videogames, disinformation, notifications and safety. How this impacts children emotionally, mentally, physically and cognitively. Out of date and damaging thinking about children's technology use, and best evidenced-based strategies to manage issues, and guide children to use technology in empowering and productive ways.

RESOLVING ADDICTIVE SCREENS

Understand the mindset essentials behind the intellectual and emotional reliance we have on technology and why we reach for it when we do. Forget 'quick-fix' digital detoxes because they don't work. Instead develop a toolkit of evidenced-based practical strategies to reduce addictive types of screen behaviours and achieve genuine, long-lasting change that will improve all areas of our life - for good.

RESOLVING DIGITAL STRESS

Our major stressors with technology relate to loss of control. This affects every aspect of our life - work, health, family, relationships. We may not be able to control all aspects of our technology life, but we do get to control our impulses and our skills, and this is incredibly powerful. Identify the key technology uses that cause us the most stress and evidenced-based effective solutions to resolve them short and long term.

DIGITAL FAMILY LIFE

Parents with a 'confidence gap' guiding children's technology use are less likely to feel in control and effectively manage children's technology use. Gain evidence-based strategies to enhance parent-child communication, tackle ongoing 'digital' frustrations, have a more confident understanding of children's technology use, and effectively create a respectful and in-control family technology culture.

SOCIAL MEDIA LINKS

[Linkedin](#)

[Instagram](#)

[Twitter](#)

[Facebook](#)

Read Dr Jo's [Sydney Morning Herald Articles](#)

View Dr Jo's [TV Appearances](#)

View Dr Jo's recent book [Life Mode On](#)

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