



VISIBLE WELLBEING™

Professor Lea Waters AM PhD

# Boosting Mental Health through a Strength-Based Approach

**We've all heard the expression 'play to your strengths'.**

How do you know what your strengths are and how do you build strengths into your role, whether it be educator, mental health or other health practitioner, parent, and so on? This keynote explores three decades of research conducted by psychologists who have identified a range of strengths that are measurable and able to be developed in youth and adults.

Professor Waters will introduce you to a strengths framework and highlight the research findings of taking a strength-based approach, including higher levels of resilience and wellbeing; more effective stress-appraisal processes and higher likelihood of growing through adversity. The strength-based approach has been shown to help adults be happier at work, children be happier at school and parents be happier at home.

## TOPICS INCLUDE;

- Key research findings linking strengths to wellbeing and resilience.
- Best practices for introducing strengths into educational settings.
- A two-step strength-based process model.



**To say that Lea Waters' presentations sparked a strengths movement in our school would be an understatement! Having Lea Waters here at our school was absolutely the boost we needed to move our school further ahead in the field of positive education.**

Kirsten Johnston, Associate Director of Guidance, Lakefield College School

## FORMAT

Keynote: 60 minutes

## IDEAL AUDIENCE

- General Public
- Educators
- Mental Health Providers
- Allied Health Providers
- Parents

## WHAT MAKES THIS PRESENTATION UNIQUE

Designed by world-renowned psychologist, Professor Lea Waters AM, PhD, this keynote helps translate psychology research into actionable steps to help people build their mental health. Her best-selling book 'The Strength Switch' has been translated into 10 languages.

**To book your session contact [admin@leawaters.com](mailto:admin@leawaters.com)**