



VISIBLE WELLBEING™
Professor Lea Waters AM PhD

Building Employee Resilience

The pressures after COVID-19, the adjustment to rapid change, and dealing with ongoing uncertainty has caused spikes in stress and anxiety. At the same time, many people have found positive changes in their life as a result of the disruption. This presentation will provide a range of simple techniques for managing lingering distress so that we can then capitalise and make the most of the silver linings that came from COVID-19.

Adopting a strength-based approach, Professor Waters will show you how to build your resilience and grow through the adversity so you come out stronger from your experiences from COVID-19.

TOPICS INCLUDE:

- Coping with rapid change
- Stress reduction
- Anxiety management
- Using COVID-19 as a time to build our strengths
- Resilience
- Benefit finding



Lea's ability to communicate her expertise in the area of positive family psychology was pivotal to the very successful launch of our online events program.

Caz Copic, Manager, Events & Programming, Geelong Regional Library Corporation

FORMAT OPTIONS

Webinar/Keynote: 75 minutes
(includes 15 minutes of Q&A).

OR

Virtual Workshop: 3 hour
interactive workshop, with self-
reflection exercises included.

Come out with a new mental
health toolkit.

WHAT MAKES THIS PRESENTATION UNIQUE

Designed by world-renowned
psychologist, Professor Lea
Waters AM, PhD, this workshop
help employers and employees
translate psychology and
neuroscience research into
actionable steps to help
organisations perform and be at
their best.

To book your session contact admin@leawaters.com