



VISIBLE WELLBEING™
Professor Lea Waters AM PhD

Compassion and Self-Compassion in Schools

Suffering is a part of every student's life, whether it comes from big life events like the loss of a loved one or the smaller daily moments of stress and pain. Compassion is a vital response to easing suffering - our own and others - yet it is not often the first response provided. Evidence from the field of positive psychology shows that giving and receiving compassion leads to a host of psychological health and relationship benefits.

The fallout from COVID-19 is likely to see an increase in teachers and students experiencing suffering, at least in the short to mid-term, creating an important need for professional development on how to increase compassion in schools.

TOPICS INCLUDE;

- The three-step process to fostering compassion
- What happens when we experience compassion fatigue?
- How we can increase moments of compassion at school.
- Your own self-compassion score
- How to ease your own suffering



We were delighted to present Dr. Lea Waters to our community. The feedback received was positive. Both staff and parents thought that Lea's strategies were easy to implement and would improve their relationships with their students/children.

Gabriela Maiz ~ Eagle Parent University Director, American School Foundation of Monterrey

FORMAT

Workshop: 3 hour interactive workshop (live or webinar).

IDEAL AUDIENCE

Teachers, Principals, School Administrators, Teaching Assistants, School Counsellors, Psychologists, Schools Nurses, Mental Health Staff.

WHAT MAKES THIS PRESENTATION UNIQUE

Designed by world-renowned psychologist, Professor Lea Waters AM, PhD, this workshop helps teachers translate psychology and neuroscience research into actionable steps to help their students and create a resilient and harmonious classroom.

To book your session contact admin@leawaters.com