



VISIBLE WELLBEING™
Professor Lea Waters AM PhD

Fostering Gratitude in Families

When we practice gratitude, we are noticing and actively appreciating the good things in our life. We are improving our attention skills, boosting our own positive emotions and positive emotions of others. Gratitude is a powerful positive emotion that impacts wellbeing and we know that practicing gratitude in front of our child models appreciation in action for them. Giving and showing praise, shows our children how wonderful it is to receive expressions of gratitude.

When we build gratitude in families, we are building relationships and bonds and this impacts connection and understanding. Research has shown that gratitude is linked to our psychological health. The positive outcomes of expressing gratitude include; self-discipline, emotional warmth, altruism, positive mood, self-esteem and life satisfaction.

This presentation weaves together the science from positive psychology together with examples to provide the audience with an understanding of gratitude in families, why it is important, how parents can foster gratitude and what benefits they can expect when they do.

Audience members will learn;

- The benefits of gratitude in families
- Why gratitude is suppressed in families
- How to foster more gratitude in families



Lea Waters is a terrific speaker. As an educator and parent, she brings real-life experience to her presentations. As an experienced speaker, she knows how to connect with diverse audiences with warmth and humor. I always enjoy being in the audience when she is on stage.

James Pawleski, Executive Director, International Positive Psychology Association

FORMAT OPTIONS

Parent keynote: 45 to 60-minutes

IDEAL AUDIENCE

Families and school staff working with families.
Suitable for families with all aged children.

To book your session contact admin@leawaters.com