



# VISIBLE WELLBEING™

Professor Lea Waters AM PhD

## Making Wellbeing Visible at School

Post-Covid, the need to provide wellbeing strategies and skill-sets in students, staff and families is paramount. However, in order to build wellbeing, we first need to be able to see it. In other words, we need to know how to make wellbeing visible across all areas of the school. Making wellbeing visible allows schools to identify areas of need and, on the flip side, see more clearly the students and year levels where wellbeing is high.

Following the research in visible thinking and visible learning, these sessions will show schools how to make wellbeing visible, concrete and actionable. The importance of using an evidence-based framework to create a whole-school approach will also be discussed and research evidence on how to boost wellbeing literacy in students and staff will be presented.

Topics in this presentation include:

- The link between wellbeing and learning
- Neuroscience of wellbeing
- The whole-school SEARCH framework
- What is wellbeing literacy and how to increase it
- Visible Wellbeing strategies and practices for the classroom



**The Visible Wellbeing approach brings together the science of wellbeing and education with sustainable whole school practices to achieve genuine culture change. It is the missing piece in positive education, not a program, rather an approach that supports both student and staff wellbeing, providing a solid foundation for optimal student learning.**

Laura Allison PhD, Chief Psychologist, Catholic Education Western Australia

### DELIVERY OPTIONS

**1 hr keynote** where staff will connect with speaker, have time to ask questions as well as receive practical strategies they will be able to use in the class.

**3 hr interactive workshop** where staff have the opportunity to engage with the speaker and begin to build a strategic resource bank with their colleagues.

### WHAT MAKES THIS PRESENTATION UNIQUE

Designed by world-renowned psychologist, Professor Lea Waters AM, PhD, this workshop draws upon the research evidence of her published studies on the topic of wellbeing and translates this research into real-world strategies to support the wellbeing of school communities.

To make a booking, contact [admin@leawaters.com](mailto:admin@leawaters.com)