



VISIBLE WELLBEING™
Professor Lea Waters AM PhD

Positive Emotions in the Classroom

Learning is not only an academic endeavor but also an emotional one. Three decades of research shows that the emotional climate of the classroom and the emotional state of the student impacts the way their brain functions and thus, their ability to absorb new information, problem solve, integrate information and form memories.

Adopting a positive psychology approach, Professor Waters will show teachers a range of evidence-based easy to implement strategies that can boost positive emotions in class. Teachers will learn to integrate the ability to foster positive emotions into their pedagogy.

TOPICS INCLUDE;

- The role of emotions in learning
- The benefits of positive emotions
- Your positivity ratio
- Self-generating positive emotions
- Increasing positive emotions in your students



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