



VISIBLE WELLBEING™
Professor Lea Waters AM PhD

Strength-Based Parenting

Small shifts making a positive difference

Parenting is simultaneously the most joyous and stressful role. It is overwhelming not only due to the pressure we face juggling work and family but also due to the burdens our children face – intense academic pressures, social media, cyberbullying, self-harm trends, alcohol, teen suicide and so on. The temptation is to pull our kids close to protect them...maybe even over-protect them. We can't always protect our kids from the outside world, but we can build them up from the inside and make them psychologically strong.

My published research has shown that Strength-Based Parenting is linked to: higher levels of life satisfaction, self-efficacy, and positive emotions; lower levels of depression and anxiety; better ability to cope with friendship issues and homework challenges; and better grades. This keynote weaves together science and stories to provide the audience with an understanding of taking a strength-based approach to parenting

TOPICS INCLUDE:

- The three elements that make up a true strength
- How to deal with weakness and problem-behavior in more constructive ways
- How to more easily and consistently spot strengths in your children



Lea's authenticity, honesty, humor and humility, complemented by her unquestionable leading expertise in this field, enables her to skillfully connect to parents, truly making her a beacon of hope and meaningful change.

Laura Allison, Director of Wellbeing, Registered Psychologist, PLC School, Perth, Australia

FORMAT

Keynote: 60 minutes
(live or webinar).

IDEAL AUDIENCE

Parents with children of all ages,
community groups

WHAT MAKES THIS PRESENTATION UNIQUE

Designed by world-renowned psychologist, Professor Lea Waters, AM, PhD, this presentation helps translate psychology and neuroscience research into actionable steps to help you create positive and strength-based families.

To book your session contact admin@leawaters.com