



VISIBLE WELLBEING™

Professor Lea Waters AM PhD

Strength-Based Teaching

Bringing out the best in students

Every teacher wants to bring out the best in their students, yet in the day-to-day rush of schools and with pressures to get through curriculum, strengths can get left behind which is demoralizing for teachers and students alike.

This keynote explores three decades of research showing the advantages of taking a strength-based approach for students, including greater levels of happiness at school, higher student engagement, smoother transitions from kindergarten to elementary school, more successful adjustment from elementary to middle school, and higher levels of academic achievement. Having helped schools to implement positive education in the United States, Australia, New Zealand, Denmark, Hong Kong, China, Canada, and the United Arab Emirates, Professor Waters weaves together her science with concrete school examples and best practices to help teachers make wellbeing more visible in their classrooms.

TOPICS INCLUDE;

- Key research findings linking strengths to wellbeing and academic achievement.
- Best practices for introducing strengths into the classroom.
- Practical methods for how to embed strengths into the staff room.



To say that Lea Waters' presentations sparked a strengths movement in our school would be an understatement! Having Lea Waters here at our school was absolutely the boost we needed to move our school further ahead in the field of positive education.

Kirsten Johnston, Associate Director of Guidance, Lakefield College School

FORMAT

Keynote: 60 minutes
(live or webinar).

IDEAL AUDIENCE

Teachers, Principals, School Administrators, Teaching Assistants, School Counsellors, Psychologists, School 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