



VISIBLE WELLBEING™
Professor Lea Waters AM PhD

Strengths at Work

The first step in becoming a strength-based workplace is to understand what strengths are. Most of us define strengths as the things we are good at it. If this is your understanding of strengths then are you are partly right...but that's not the full picture. Scientists have shown that for something to be a true strength it takes more than good performance. Strengths have three elements: high performance, high energy and high use.

In other words, strengths are things you do well, do often, and do with energy. Knowing about the three aspects of a strength prevents you from falling into the trap of appointing someone who happens to be good at the job but is not energized or motivated. In addition, knowing about the three aspects of a strength helps you, as a leader, to more accurately and consistently identify your employee strengths and to craft a role for them that taps into their skills, energy and motivation.

Audience members will learn;

- The benefits of strengths at work.
- What blocks us from seeing strengths.
- How to identify and amplify strengths.



Professor Lea Waters helped to bring two disparate investment teams together. Each had a proud and sometimes oppositional culture. Lea utilised many technical and personal talents to alleviate challenges and develop potential. Many of us looked forward to our periodic conversations where Lea held complete trust.

Ken Liow, Managing Director, Australian Equities Blackrock

FORMAT

Keynote: 45 to 60-minutes
OR
Half and full-day workshops for corporate or not-for-profits, schools, universities, hospitals, Entrepreneurs, start-ups and anyone interested in creating workplace culture that allows people to thrive.

IDEAL AUDIENCE

CEO's, Senior Leaders, Middle Level Management, Team Leaders, Human Resource Managers, Training and Development Experts, Organizational Consultants.

To book your session contact admin@leawaters.com