



VISIBLE WELLBEING™
Professor Lea Waters AM PhD

Understanding and Managing Student Trauma and Distress

Schools are faced with rising rates of student trauma. The ongoing fallout from COVID makes the need for professional development on this topic paramount. More and more, teachers are looking for ways to help students cope with distress and reach their full learning potential while also allowing a harmonious classroom dynamic.

Adopting a strength-based approach, this workshop will show teachers a range of evidence-based strategies to implement in the classroom to help reduce distress, process emotions and promote growth. The strategies are effective for students who are presenting with trauma and can be used as whole-class strategies to help settle the full class and build collective resilience.

Topics in this presentation include:

- The six main types of trauma
- The way trauma presents itself in a classroom
- The biology and neuropsychology behind trauma symptoms
- Stress reduction and anxiety management strategies for the classroom

This professional learning really spoke to the heart of each teacher. We all see and hear barriers to learning, and Lea helped us identify, understand and deal with the trauma in a classroom context but also build resilience in our students.

Neil Gould, Cranbourne East Secondary College

WHAT YOU WILL TAKE AWAY

Teachers will leave with an understanding of what's happening inside a students' brain when they are in a trauma-state and the simple classroom practices that can be used to de-escalate students emotional and behavioural responses.

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.

**Keynote or half-day workshops available.
To book your session contact admin@leawaters.com**