



VISIBLE WELLBEING™  
Professor Lea Waters AM PhD

## Growing through Adversity

Adversity is a part of life. Be it 'everyday adversity' like study pressures through to extreme adversities like living through a natural disaster or a global pandemic. Schools are dealing with increasing numbers of students (and staff) who are experiencing adversity. Adversarial growth occurs when a person is transformed by the hardship in ways that make them stronger: emotionally, psychologically and socially.

Research shows three clear psychological trajectories that occur following adversity:

- 1) a downward trajectory (i.e., student spirals into mental distress)
- 2) a slight dip and then return to normal functioning (i.e., student demonstrates resilience)
- 3) an upward trajectory (i.e., student shows higher psychological functioning than before the adversity)

Topics in this presentation include:

- The continuum of adversarial growth
- The five key outcomes of adversarial growth
- Research evidence of adversarial growth in students during and post pandemic
- How to introduce and message the idea that adversity can 'make us' (not break us)
- Adversarial growth strategies and practices for the classroom



**The research by Professor Lea Waters on the human potential for growth through adversity is hugely meaningful and inspiring for so many - not only on a professional level - but also on a personal level.**

Johanna Leitch, CEO Positive Education Schools Association

### WHAT YOU WILL TAKE AWAY

This workshop focuses on how schools can increase the chances of our students, staff and families experiencing the upward trajectory. 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.

### WHAT MAKES THIS PRESENTATION UNIQUE

Designed by world-renowned psychologist, Professor Lea Waters AM, PhD, this workshop uses research evidence to give teachers an understanding of the different trajectories that their students are displaying due to adversity and simple classroom practices that can be used to increase their students likelihood of growth.

**Keynote or half-day workshops available.**  
**To book your session contact [admin@leawaters.com](mailto:admin@leawaters.com)**