

Visible Wellbeing: Making Wellbeing Visible in Schools

Schools have traditionally been judged on their ability to gain academic outcomes, but student wellbeing has become a growing focus of international education policy makers such as WHO, UNICEF, UNESCO, and the World Bank. The call for schools to purposefully focus on wellbeing arises as a result of the growing rates of youth mental illness and as a result of the latest research in psychology, education, medicine and neuroscience showing that wellbeing is a key resource for learning, physical health, happier relationships, and greater resilience. Yet, while educators understand that wellbeing is a key resource that can be developed in students, they also find it difficult to see this resource clearly. In other words, wellbeing is an important, yet invisible, resource.

How can teachers help to build something they cannot see? As a teacher, it may be hard to know the state of wellbeing of each of your students. Yet, given that wellbeing deeply affects your students' ability to engage and learn, it seems fruitful to find ways to take the invisible and make it more visible.

The good news is that there are some basic, easy to learn, techniques that help us get better at reading another person's state of wellbeing. Most teachers are already doing this at an intuitive level and this Visible Wellbeing module will introduce teachers to the 'See-Feel-Hear' practice that allows them to take the inner wellbeing landscape (of a student, a classroom, themselves) and make it more observable and tangible, thus allowing schools to work more purposefully and effectively to build student wellbeing.

Having helped schools to implement positive education in the United States, Australia, New Zealand, Denmark, Hong Kong, China, Canada, and the United Arab Emirates, Lea weaves together her science with concrete school examples and best practices to help teachers make wellbeing more visible in their classrooms.

CORE LEARNING OBJECTIVES:

- Latest statistics in youth mental health.
- Research showing how and why wellbeing is a key resource for students to build.
- Key research findings that clearly links wellbeing and academic achievement.
- Introduction to the Visible Wellbeing 'See-Feel-Hear' practice.
- Practical methods and examples for how to make wellbeing more visible in the classroom.

FORMAT: Half-day workshop. (Can also form part of the two-day Visible Wellbeing Course).

IDEAL AUDIENCES: Principals, School Administrators, Teachers, Teaching Assistants, School Counselors, Psychologists, Schools Nurses, and Mental Health Staff.

"Lea is simply a phenomenal speaker, academic, educator and communicator and her insights have had a disproportionately positive impact on my worldview as a leader and educator. Lea is brilliant at translating complex scientific findings into clear, actionable tasks, bridging the gap between theory and practice."

— Louka Parry, Director, Education Changemakers

ABOUT LEA:

[Lea Waters](#), PhD is a professor, published author, psychologist, internationally-celebrated speaker and one of the world's leading experts on Positive Education, Positive Organizations and Strength-Based Parenting and Teaching.

Professor Waters is the Founding Director and Inaugural Gerry Higgins Chair in Positive Psychology at the Centre for Positive Psychology, [University of Melbourne](#) where she has held an academic position for more than 23 years. Lea holds affiliate positions at Cambridge University and the University of Michigan and serves on the [Scientific Board at Berkeley University's](#) Greater Good Science Center. Lea is the 2017-2019 President of the International Positive Psychology Association, serves on the Council of Happiness and Education for the [World Happiness Council](#), is the Patron of Flourishing Education Japan and Ambassador for the Positive Education Schools Association.

As a researcher, she has published over 100 scientific articles and book chapters.

Her book, [The Strength Switch: How The New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish](#), was the top release on Amazon in the parenting category, was listed as one of the [top reads for 2017](#) by Berkeley University's Greater Good Center and was listed in the Top Five Books on Happiness for Children in the UK's Top Five site. It has been translated into Chinese, Japanese, Korean, Taiwanese, Hungarian, Arabic, Russian, French, and Spanish.

In 2015, Professor Waters was listed as one of Australia's [Top 100 Women of Influence](#) by the Financial Review and Westpac Bank. She has been listed in the Marques 'Who's Who in the World' since 2009 and was included in the 2017 edition of Who's Who of Australian Women.

Lea is committed to spreading the science of positive psychology as widely as possible and has been featured on *Morning Dose* (The CW, Dallas, TX, USA), *Revolution School* (ABC, Australia), *Matter of Fact* (ABC, Australia), *Destination Happiness* (Channel Nine, Australia), *Today Extra* (Channel Nine, Australia), *National Nightly News* (Channel Ten, Australia), *The Project* (TV3, New Zealand), *The Café* (NZTV, New Zealand), *Breakfast* (NZTV, New Zealand). Lea is also frequently featured in print media, including *The Wall Street Journal*, *TIME Magazine*, *The Washington Post*, *The Atlantic*, *The Globe* (Toronto), *The Guardian* (UK), and *The Age* (Australia). Lea's TEDx talk, [Warning: Being positive is not for the faint hearted!](#) explores how small positive steps can make a big impact on the wellbeing of ourselves and others, has been viewed more than 118,000 times.

Lea is the founder of [Visible Wellbeing](#), an initiative that brings the science of wellbeing and learning to schools. Visible Wellbeing is being used in schools across Australia, Asia, Canada, New Zealand and United Arab Emirates. Her newest program, [The Strengths Switch](#), offers parents and educators free resources, online courses, and facilitated courses to better build the strengths of families across the globe.

