

Making Wellbeing Visible in Schools

Student wellbeing has become a focus of international education policy for global organizations such as the World Health Organization (WHO), the United Nations Children’s Fund (UNICEF), and the United Nations Educational, Scientific and Cultural Organization (UNESCO). The Organization for Economic Co-operation and Development’s (OECD) Center for Educational Research and Innovation reports that more than 70% of OECD countries have wellbeing as an explicit goal of their National Curriculums.

Schools are challenged to turn this global wellbeing policy into concrete school practice. To assist schools with this challenge, Lea Waters, PhD, a trained psychologist and positive psychology expert, shows schools how to combine the science of wellbeing with the science of learning to make wellbeing visible in all classes and across co-curricular.

This keynote will explore the factors that are shaping more and more schools to adopt intentional and strategic approaches that build student wellbeing. The application of positive psychology in schools will be presented and teachers will learn about the Visual Wellbeing SEARCH framework, developed by Dr. Waters from her published bibliometric analysis of over 18,000 journal articles. The keynote will show practical ideas for how the SEARCH framework has been adopted in schools across the world to better support the wellbeing of students, faculty, and staff across the whole school.

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 SEARCH framework

FORMAT: 60-minute keynote.

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

“Professor Lea Waters is a highly knowledgeable and very engaging presenter. I cannot speak highly enough of her depth of knowledge in the field of Positive Psychology and Positive Education. Her personal and professional commitment to student and wider community wellbeing is exemplary. A truly outstanding academic and presenter.”

— Marita Hayes-Brown, CEO at PESA - Positive Education Schools Association, Ltd.

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.

