

## Visible Wellbeing: Managing Emotions to Enhance Learning

According to neuroscientist Jill Bolte Taylor, “Although many of us think of ourselves as thinking creatures that feel, biologically we are feeling creatures that think.” Indeed, the latest findings from neuroscience debunk the old idea of cognition and emotion being located in separate areas of the brain and, instead, show that academic learning is a deeply emotional process and calls on areas of the brain that intertwine cognition and emotions, most especially the pre-frontal cortex.

According to the principles of brain-based learning, emotions affect a student’s ability to absorb, process and store information. Add to that the latest research from the field of positive psychology which shows that positive emotions enrich a student’s cognitive functioning in areas such as brainstorming, memory, creativity and lateral thinking, and we now have a convincing reason to teach with emotions in mind.

The role that emotions play in complex learning encourages teachers to think more clearly about the emotional climate needed in class to ensure productive learning. This workshop will look at how emotions effect learning and will take teachers through the circumplex model of emotions. Teachers will assess the emotional climate of their own classrooms and will be given strategies to manage negative emotions and enhance positive emotions.

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:

- Key research findings that links emotions to cognition.
- An audit of the emotional climate of your classroom.
- Practical methods for how to manage negative emotions and enhance positive emotions.

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

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

*“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.**

*“To say that Lea Waters presentations sparked a strengths movement in our school would be an understatement! Having Lea Waters here at our school was absolutely the boost we needed to move our school further ahead in the field of positive education.”*

— **Kirsten Johnston, Associate Director of Guidance, Lakefield College School**

## 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.

