

# LEA WATERS<sup>PhD</sup>

PSYCHOLOGIST | RESEARCHER | SPEAKER | AUTHOR

## BULLETS

### Lea Waters, PhD

- University researcher who turns her science into strength-based strategies to help people thrive.
  - One of the world's leading experts on Positive Education, Positive Organizations and Strength-Based Parenting and Teaching.
  - Psychologist, researcher and [TEDx speaker](#).
  - President of the [International Positive Psychology Association](#) (IPPA).
  - Professor and Founding Director of the [Centre for Positive Psychology](#) at the University of Melbourne.
  - Serves on the World Happiness Council's Council of Happiness & Education.
  - Author of [The Strength Switch](#) which was named one of the [top reads for 2017](#) by *Greater Good Magazine*—one of the [top five best books on happiness for children](#) by *Five Books*, and was the top new release in the parenting category on Amazon. *The Strength Switch* has been translated into Chinese, Korean, Taiwanese, Japanese, Hungarian, Arabic, Russian, Spanish and French.
  - Has published more than 100 scientific journal articles.
  - Holds affiliate positions at Cambridge University's [Well-being Institute](#) and the University of Michigan's [Center for Positive Organizations](#). Lea also holds a position on the Science Board of the University of California, Berkeley's [Greater Good Science Center](#).
  - Co-director of [Positive Detective](#) and [Visible Wellbeing](#) programs which help educators foster positive education in their schools.
  - Ambassador for the [Positive Education Schools Association](#) (PESA).
  - Patron of [Flourishing Education Japan](#).
  - Featured in the ABC TV documentary *Revolution School*, *The Atlantic*, *The Washington Post*, *TIME*, *The Wall Street Journal*, *The Guardian* and *Success Magazine*.
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## 50 WORD COUNT

### Lea Waters, PhD

Lea is one of the world's leading experts on Positive Education, Positive Organizations and Strength-Based Parenting and Teaching. Lea is the president of the [International Positive Psychology Association](#), and founding director of the [Centre for Positive Psychology](#) at the University of Melbourne. Lea turns her science into strength-based strategies to help people thrive.

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## 100 WORD COUNT

### Lea Waters, PhD

Lea is a psychologist, researcher, speaker and author. She's one of the world's leading experts on Positive Education, Positive Organizations, and Strength-Based Parenting and Teaching. As a University researcher, Lea turns her science into strength-based strategies to help organizations, educators and parents around the world build resilience in their employees and children, helping them to thrive. Lea is the president of the [International Positive Psychology Association](#), and founding director of the [Centre for Positive Psychology](#) at the University of Melbourne. She is the author of [The Strength Switch](#). Lea's work has been featured in the *Wall Street Journal*, *The Guardian*, and more.

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## BIO - 300 WORD COUNT

### Lea Waters, PhD

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Lea is the President of the [International Positive Psychology Association](#), serves on the World Happiness Council's Council of Happiness & Education, and is the founding Director of the [Centre for Positive Psychology](#) at the University of Melbourne, where she's worked for more than 20 years.

Lea helps parents, educators and organizations make a small switch that makes a big difference in overall wellbeing.

As humans, we're wired to focus on the negative and zoom in on what's "off." Lea proposes a better way for doing things. She says we can short-circuit our negative defaults by making a mental switch that flicks to shift our attention from weaknesses to strengths, and from negative to positive.

In her book, [The Strength Switch](#), Lea says that the strength-based approach gives us the power to live the good life by drawing on our most abundant inner resources (our strengths!) *The Strength Switch* was named one of the [top reads for 2017](#) by *Greater Good Magazine*, one of the [top five best books on happiness for children](#) by *Five Books*, the top new release in the parenting category on Amazon, and has been translated into Chinese, Korean, Taiwanese, Japanese, Hungarian, Arabic, Russian, Spanish and French.

Lea is passionate about helping people all over the world make the Strength Switch. Her [Positive Detective](#) and [Visible Wellbeing](#) programs are being used by schools worldwide.

Lea has been featured in *The Atlantic*, *The Wall Street Journal*, *The Guardian*, and more. As a researcher, she's published more than 100 scientific journal articles.

Lea's top strengths include: humor, curiosity and kindness.

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## FULL BIO - FOR PITCHING

### Lea Waters, PhD

Lea is one of the world's leading experts on Positive Education, Positive Organizations and Strength-Based Parenting and Teaching. As a University researcher, Lea turns her science into strength-based strategies to help organizations, educators and parents around the world build resilience in their employees and children, helping them to thrive.

Lea is the President of the [International Positive Psychology Association](#), serves on the World Happiness Council's Council of Happiness & Education, and is the founding Director of the [Centre for Positive Psychology](#) at the University of Melbourne, where she's worked for more than 20 years.

Lea helps parents, educators and organizations make a small switch that makes a big difference in overall wellbeing.

As humans, we're wired to focus on the negative and zoom in on what's "off" — which can be hugely helpful when your life's at stake, but for most of us, it's a survival mechanism that's outdated, and doing more harm than good. Lea proposes a better way for doing things. She says we can short-circuit our negative defaults by making a mental switch that flicks to shift our attention from weaknesses to strengths, and from the negative to positive news around us.

In her TEDx talk, [Warning: Being Positive Is Not For The Faint Hearted](#), Lea explores how we can spread positive messages in an effort to override the dominant message of fear and scarcity and make a collective difference in the world by spreading hope and happiness.

In her book, [The Strength Switch](#), Lea says that the strength-based approach gives us the power to live the good life by drawing on our most abundant inner resources (our strengths!) When we use the strength-based approach with children, they internalize the idea that they have strengths, and they learn to use them to take charge of their life.

Three decades of research clearly show the advantages of taking a strength-based approach for children and adults alike, including: great levels of happiness and engagement, better work performance, increased levels of self-esteem, and enhanced ability to cope with stress and adversity.

Lea is passionate about helping people all over the world make the Strength Switch.

Lea has worked with the Chinese International School in Hong Kong, Ridley College in Canada, and Columbia Grammar and Preparatory School in the U.S., as well as hundreds of schools in Australia. She holds affiliate positions at Cambridge University's [Well-being Institute](#) and the University of Michigan's [Center for Positive Organizations](#). Lea also holds a position on the Science Board of The University of California, Berkeley's [Greater Good Science Center](#); and has spoken at the European Positive Psychology Conference, the Mexican Conference on Happiness and the International Positive Education's World Congress, to name few. Lea is also the Patron of [Flourishing Education Japan](#).

Her [Positive Detective](#) and [Visible Wellbeing](#) programs are being used by schools in the U.S., U.K., Canada, Finland, Mexico, China, Hong Kong, Singapore, Indonesia, Ghana, New Zealand and Australia.

Lea's book *The Strength Switch* has been translated into Chinese, Korean, Taiwanese, Japanese, Hungarian, Arabic, Russian, Spanish and French. It was also named one of the [top reads for 2017](#) by *Greater Good Magazine*, one of the [top five best books on happiness for children](#) by *Five Books*, and was the top new release in the parenting category on Amazon.

Lea was featured in the *ABC TV* documentary *Revolution School*, and has been featured in *The Atlantic*, *The Washington Post*, *TIME*, *The Wall Street Journal*, *The Guardian* and *Success Magazine*. As a researcher, she's published more than 100 scientific journal articles.

In 2015, Lea was listed as one of Australia's Top 100 Women of Influence by the *Australian Financial Review* and Westpac.

Lea's top strengths include: humor, curiosity and kindness. She lives with her husband and two children in Melbourne, Australia.

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## FULL BIO – CREDENTIALS

### Lea Waters, PhD

[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.

## POSITIVE PSYCHOLOGY EXPERT AND EDUCATOR

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. She is a registered psychologist (AHPRA) and a full member of the Australian Psychological Society.

## RESEARCHER AND AUTHOR

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.

## AWARDS AND HONORS

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.

## SPEAKER & MEDIA EXPERT

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.

## PROGRAMS AND PROJECTS

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.

