

# LEA WATERS<sub>PhD</sub>

PSYCHOLOGIST | RESEARCHER | SPEAKER | AUTHOR

[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.

