

Strengths for Students

Lea Waters, PhD shares with students how they can take a preventative and strengths-based approach to dealing with the common stress of school. Students will discover how the school journey can be a positive one by taking a Growth Mindset to help grow life skills for the future; and that the point of school isn't just about growing their grand point average. Students will also learn to identify stress and understand their body's stress response to enable a proactive approach to the management of stress and normalize the often-felt feelings of overwhelm.

This presentation looks at how students can leverage their unique Character Strengths to assist with better studying, retention of information and maintaining wellbeing during this journey, in addition to looking at Gratitude in particular which has been shown to help buffer against stress.

After attending, students will be able to:

- Understand the Fight/Flight/Freeze Response and how to identify stress;
- Understand Growth Mindset;
- Know how to utilize Character Strengths to help with studying, wellbeing and buffering against stress.

FORMAT: 1-hour keynote or 2-3 hour workshop.

IDEAL AUDIENCE: Students from Grade 4 and up.

"It was our great pleasure to have Lea Waters as our opening speaker for our 'WWW What Works for Wellbeing' Event for our cluster of 50 schools in Auckland New Zealand. It was evident from Lea's presentation that she is a scientist practitioner who brings rigor, genuineness and humanity to the science of strengths and wellbeing. Lea 'walks the talk' with her strengths in action evident in her approach and presentation."

Roseanne Gibson, Registered Psychologist and Cluster Leader to 50 Schools in Auckland, New Zealand



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.

