As COVID-19 continues families are facing new challenges, ongoing disruptions and rising levels of anxiety and fatigue.

Professor Lea Waters AM, PhD, psychologist and world leading expert in parenting and positive psychology, has put together this talk to help families build resilience and find positive growth through a host of tips and practices that can be woven into daily life.

“Parents left the COVID webinar with valuable tips, strategies, and resources to help support them through these challenging times…We highly recommend this learning experience to other school communities!”

~ Anne Wenstrom, Employee Wellness Coordinator. Singapore American School

TOPICS INCLUDE:
- Why COVID-19 has made us all so tired.
- How to help manage anxiety in our kids and teenagers.
- Using COVID-19 as a time to build the resilience of our children.
- Creating positive family practices and rituals.
- Strategies to find the silver linings with your kids.

FORMAT:
75 minute virtual keynote (includes 15 minutes of Q&A).

IDEAL AUDIENCE:
Parents, teachers, family therapists, anyone working with children, parents and families.

WHAT MAKES THIS PRESENTATION UNIQUE:
Lea offers her audience a unique blend of science and practice. As a leading positive psychology researcher and immediate past President of the International Positive Psychology Association, Lea is deeply active in the science. Her warm, personal style, practical way of thinking and her work with schools and parents mean she is able translate the science to make it real and actionable for her audience.

BOOK NOW

For more information visit www.leawaters.com or
or contact us directly by emailing admin@leawaters.com
Professor Lea Waters AM, PhD, is an Australian academic, psychologist, author and speaker who holds a PhD in Organizational Psychology and is a world expert in School Psychology and Parenting. She is the Director of the teacher training program Visible Wellbeing and has developed student e-wellbeing resources for teachers to deliver to students via online and virtual classrooms.

Lea’s online positive family program the Strength Switch is based upon her acclaimed parenting book The Strength Switch which was the top release on Amazon in the parenting category, listed in Top Reads by Berkeley University’s Greater Good Science Centre and listed in the top 5 books for parents and children on the UK’s Top 5 site. It has been translated into Chinese, Japanese, Korean, Taiwanese, Hungarian, Arabic, Spanish, French and Russian.

Lea’s work is featured in the Wall Street Journal, TIME.com Magazine, The Washington Post, The Atlantic, the Toronto Globe, the Guardian (UK and Australia) and more. Her TEDx Talk, Warning: Being positive is not for the faint hearted!, explores how we can use social media to have a positive impact on others’ wellbeing and has been viewed more than 130,000 times.

In 2020, Lea was honoured by the Governor-General of Australia and made a Member of the Order of Australia (AM) which is one of the highest civilian honours in Australia. She was made a member based on her leadership to psychology, education and the mental health sector in Australia. In 2015, Professor Waters was listed as one of Australia’s Top 100 Women of Influence by the Financial Review.

Professor Waters is the Founding Director of the Centre for Positive Psychology, University of Melbourne, where she has held an academic position for 24 years. She also holds a position on the Science Board of The University of California, Berkeley’s Greater Good Science Center.

Lea has published over 110 scientific publications and has been awarded academic prizes for research excellence by the American Academy of Management and the Australian and New Zealand Academy of Management.

Lea is the recent Past President of the International Positive Psychology Association (IPPA) (2017-2019) and is currently a Board member of IPPA as well as being the Patron for Flourishing Education Japan and the Ambassador for Positive Education Schools Association.

“Lea effortlessly transfers her engaging and inspiring presentation style to virtual formats. Our team loved her practical, reassuring and evidence-based advice on supporting their families and themselves through the major change brought about by Coronavirus.

They were instantly armed with practical tools and tips to boost wellbeing, as well as a strengths-based approach that could help them see the benefits hidden in the challenges we are all facing. Highly recommended.”

~ Judith Heywood, Senior Advisor, Communications and Engagement
Major Transport Infrastructure Authority, Office of the Director-General

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