Suffering is a part of every student’s life, whether it comes from big life events like the loss of a loved one or the smaller daily moments of stress and pain.

Compassion is a vital response to easing suffering - our own and others - yet it is not often the first response provided. Evidence from the field of positive psychology shows that giving and receiving compassion leads to a host of psychological, health and relationship benefits.

The fallout from COVID is likely to see an increase in teachers and students experiencing suffering, at least in the short to mid-term, creating an important need for professional development on how to increase compassion in school.

“We were delighted to present Dr. Lea Waters to our community. The feedback received was positive. Both staff and parents thought that Lea’s strategies were easy to implement and would improve their relationships with their students/children.”

Gabriela Maiz ~ Eagle Parent University Director, American School Foundation of Monterrey

TOPICS IN THIS PRESENTATION INCLUDE:

- The three-step process to fostering compassion
- What happens when we experience compassion fatigue?
- How we can increase moments of compassion at school.
- Your own self-compassion score
- How to ease your own suffering

FORMAT:
Virtual Workshop: 3 hour interactive workshop (live or webinar).

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.
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, a digital downloadable family pack with positive activities for families to do together, an online positive family program ‘Strength Switch’ and a series of webinars and virtual workshops for workplaces and schools.

Lea has written for 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.

Lea’s acclaimed parenting book ‘The Strength Switch’ which was the top release on Amazon in the parenting category, listed in Top Reads by UC Berkeley’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.

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 UC 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 is an outstanding storyteller, translating academia into practical action through a presentation style that creates a sense of connection with her. Her knowledge, warmth and capacity to lead profound change makes her an asset to anyone fortunate enough to work with her.”

~ Laura Allison, Team Leader, Catholic Education WA Psychology Team