The pressures from COVID-19, adjusting to rapid change and dealing with ongoing uncertainty has caused spikes in stress and anxiety. At the same time, many people are finding positive changes in their life as a result of the disruption. This presentation will provide a range of simple techniques for managing distress so that we can then capitalize and make the most of the silver linings coming from COVID-19.

Adopting a strength-based approach, Professor Waters will show you how to build your resilience and grow through the adversity so you come out stronger from your experiences with COVID-19.

“Lea’s ability to communicate her expertise in the area of positive family psychology was pivotal to the very successful launch of our online events program.”
~ Caz Copic, Manager, Events & Programming, Geelong Regional Library Corporation

TOPICS INCLUDE:

• Coping with rapid change
• Stress reduction
• Anxiety management
• Using COVID-19 as a time to build our strengths
• Resilience
• Benefit finding

FORMAT OPTIONS:

Webinar: 75 minute virtual keynote (includes 15 minutes of Q&A).
OR
Virtual Workshop: 3 hour interactive workshop, with self-reflection exercises included. Come out with a new mental health toolkit.

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, 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’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.

Lea’s 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.

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.

“Dr Lea Waters recently presented a digital masterclass for us, and her content was really well received. Lea is knowledgeable and able to distill her years of research and findings into actionable and palatable learnings, which excited our audience and buoyed them for whatever challenges lay ahead. Her style is warm and succinct and she was a joy to work with – I highly recommend her!”

~ Emma Isaacs, Founder and Global CEO, Business Chicks

For more information visit www.leawaters.com
or contact us directly by emailing admin@leawaters.com