

LEA WATERS_{AM, PhD}

PSYCHOLOGIST | RESEARCHER | SPEAKER | AUTHOR

Online Talk: How families can stay strong during Coronavirus times

The pace, intensity, and magnitude of the COVID-19 has the whole world reeling. The move to social distancing, remote working and elearning, necessary to stop the spread COVID-19, has had many knock-on effects to family life as we know it. Cabin fever, high stress, less productivity and daily challenges are things families are facing across the globe.

Professor Lea Waters, psychologist and world leading expert in parenting and positive psychology, has put together this talk to help families understand the changes and challenges they are experiencing and to come out of COVID-19 as a stronger family.

Adopting a strength-based approach, Lea helps families deal with distress and build resilience through a host of tips and practices that can be woven into daily life.

“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:

- Dealing with cabin fever: Tips for elearning and working from home.
- How to talk about stress, anxiety and disappointment.
- How to boost positive emotions.
- Using COVID-19 as a time to build our strengths.
- Creating positive family practices and rituals.
- Staying connected and showing kindness to people outside of the family.



FORMAT:

75 minute virtual keynote (includes 20 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.

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

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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.

“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 parenting 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

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