

EMMAUS ONLINE PARENT FORUM

Wednesday, 22 April | 7.30pm

Professor Lea Waters

**How families
can stay
strong during
Coronavirus
times**

75 minute
virtual keynote
address
- includes
20 minutes
of Q&A.



**EMMAUS
COLLEGE**

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.

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.

WHAT MAKES THIS PARENT FORUM 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 to translate the science to make it real and actionable for her audience.

How families can stay strong during Coronavirus times



EMMAUS
COLLEGE

Professor Lea Waters AM, PhD, is an Australian academic, psychologist, author and speaker who holds a PhD in Organisational 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 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.