



Strength-Based Parenting – Parent Education Session

presented by

Professor Lea Waters

Positive psychology offers new scientific insights into how you can build resilience and optimism in your sons and daughters. In this presentation Professor Waters, world renowned expert in positive psychology, will introduce the field of positive psychology and provide you with tips for being a strength-based parent.

Professor Waters will share with you some stories from her upcoming book *'The Strong Child: Building Optimism, Resilience and Achievement'* (Penguin Press).

Professor Lea Waters (PhD) holds the Gerry Higgins Chair in Positive Psychology and is the Director of the Centre for Positive Psychology, University of Melbourne. Lea a registered psychologist (AHPRA) and holds an Affiliate position with Cambridge University's Wellbeing Institute (United Kingdom), the Centre for Positive Organizations at the University of Michigan in the United Kingdom and is a visiting Scholar at the School of Business at Villanova University, USA.



When Wednesday 14 September, 6.00pm
Where Stanley Burbury Theatre, University Centre, Sandy Bay campus
Register www.events.utas.edu.au or 6226 5735

Sponsored by St Michael's Collegiate Parents Association, Fahan School, Cambridge Primary School, Mount Carmel School, Goulburn Street Primary School, Lindisfarne North Primary School, Lansdowne Crescent Primary School, Albuera Street Primary.



**Peter Underwood
Centre**

