

The background is a solid teal color with several sets of concentric, curved lines in a lighter shade of teal. These lines are arranged in a way that suggests a stylized fingerprint or a series of ripples, creating a sense of depth and movement.

VISIBLE WELLBEING FAMILY ASSESSMENT

VISIBLE WELLBEING
Professor Lea Waters AM, PhD
www.leawaters.com

VISIBLE WELLBEING

THE VWB FRAMEWORK: SEARCH

Wellbeing can be thought of as a kind of 'mental fitness'.

Just like when we work on our physical fitness, we can focus on different aspects such as cardio, flexibility, strength, endurance etc... when we focus on the 6 SEARCH pathways to wellbeing, we can build up our mental fitness.



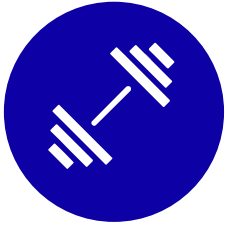
Figure 1. SEARCH framework's 6 pathways to wellbeing

SEARCH is a data-driven, evidence-based, wellbeing framework developed from a multi-year, multi-study project lead by Professor Lea Waters AM, PhD. SEARCH identifies six pathways to wellbeing: Strengths, emotional management, attention & awareness, coping, habits & goals.

The SEARCH framework is the result of a five year research program comprising of two key stages of psychological science:

- 1) A large scale bibliometric review of the fields of positive psychology, organisational science, business, sport, neuroscience and education that analysed 18 years of psychological research from 18,400 psychology studies. Published in the Journal of Positive Psychology.
- 2) Action research to road test the data-driven, meta-framework in schools and workplaces. Published in the International Journal of Positive Psychology.

SEARCH DEFINITIONS



Strengths: Seeing and building our own strengths and the strengths of others to harness our family's potential.



Emotional Management: Understanding and handling our emotions productively in order to maximise energy and engagement.



Attention and Awareness: Enhancing the brain's ability to focus and raising our awareness of self and others to foster learning and innovation.



Relationships: Creating positive and meaningful connections that enhance family bonds and create a positive home environment.



Coping: Developing the capacity to adapt to change, rise above stress and navigate challenging situations.

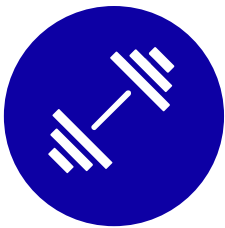


Habits and Goals: Learning to create positive changes in our life and striving to be our best.

FAMILY SEARCH SCORE

What are you currently doing to build each pathway?

Rate how well you think your family is doing on a scale of 1-10 for each pathway and note down examples...



Strengths Score: /10

Examples:



Emotional Management Score: /10

Examples:



Attention and Awareness Score: /10

Examples:



Relationships Score: /10

Examples:



Coping Score: /10

Examples:



Habits and Goals Score: /10

Examples:

YOUR COMMITMENT

Choose a pathway to enhance...



Strengths



Emotional
Management



Attention &
Awareness



Relationships



Coping



Habits &
Goals

The pathway I choose to enhance is:

.....

Here are some things I will do to improve this pathway:

Want more ideas?
Head to

<https://vwb.thinkific.com/courses/search-family-wellbeing-activities>

for more family
activities based on
SEARCH

PROFESSOR LEA WATERS AM, PhD

Professor Lea Waters AM, PhD, is an Organisational Psychologist, consultant, author and speaker. Professor Waters is the Founding Director of the Centre for Positive Psychology at the University of Melbourne, where she has held an academic position for two and half decades, publishing 110+ scientific articles. Lea holds an affiliate position with the Center for Positive Organizations, University of Michigan and is on the Science Board of the Greater Good Science Center at The University of California, Berkeley.

Lea has consulted to a wide range of organisations across many sectors including finance, business, retail, Federal Government, local Government, charity, health care, tourism, transport, sport and education. Clients include Black Rock Investment Managers, Merrill Lynch, Lander and Rogers Lawyers, Australian Taxation Office, Make-A-Wish Foundation, Tourism Fiji, Myer, Target, Metrorail, the Australian Human Resources Institute, Melbourne Transport Infrastructure Authority, Cobalt Design, Athletics Victoria, Maroondah City Council, Manningham City Council, the Australian Psychological Society and more.

Lea has written for The Wall Street Journal, TIME.com, The Atlantic, The Guardian and has been interviewed for articles in The Washington Post, The Toronto Globe, The Sydney Morning Herald, The Age, Vogue, ELLE Magazine 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.

Lea's acclaimed book 'The Strength Switch', was the top release on Amazon in the parenting category, listed among the Top Reads for 2017 by Berkeley University's Greater Good Science Center and one of the Top Five Books for Parents and Children in the UK's Top Five site. It has been published in 10 languages including Chinese, Japanese, Korean, Taiwanese, Hungarian, Arabic, Spanish, French and Russian.

In 2015, Professor Waters was listed as one of Australia's Top 100 Women of Influence by the Financial Review and Westpac bank. In 2017 she was listed in the Who's Who of Australian Woman. In 2020, Lea was honoured by the Governor General of Australia and named a Member of the Order of Australia (AM), one of the highest civilian honours in Australia, for her leadership in psychology, education and the mental health sector in Australia.

Lea is a Past President of the International Positive Psychology Association (IPPA) (2017-2019) and is currently on the Executive Board for IPPA, was the Scientific Chair (2015) and Congress Chair (2019) for the World Congress on Positive Psychology and is the Ambassador for the Positive Education Schools Association.

