



## Kay Waters

Social Emotional Learning Expert  
NeuroLeadership Coach, EQ Assessor and Facilitator

Kay is a NeuroLeadership coach with a deep seeded passion to help the youth of today become compassionate, resilient and confident in this ever changing world. In her career of over +10 years as a primary school teacher, Kay noticed some major gap themes in how schools are educating children. So after completing her NeuroLeadership certification in 2015 and her Six Seconds Emotional Intelligence Assessor certification in 2016, Kay blended her love of education with emotional intelligence and brain-friendly development concepts to create the CARE Program alongside UBalancer Solutions. Today, she is striving to provide schools with the knowledge, tools and skillsets to ensure that we not only educate the mind, but also the heart.

At the core of the CARE Program, Kay has developed a holistic social Emotional Learning Program aimed at developing educators, students and parents Emotional Intelligence competencies, to enable schools to create a safe, supportive and productive learning environment that fosters active engagement, positive social interaction and improved academic performance.

As a NeuroLeadership Coach, Kay holds a special space in the lives of all her clients and her guiding principles of every session include: trust, respect, curiosity, honesty and openness. She believes building a trusting rapport is paramount in helping her clients reach their fullest potential and moving them towards making a positive difference in their lives.

Kay enters every coaching agreement with an open mind and supports her clients in identifying, redirecting, managing and achieving their goals. Through powerful, solution-focused coaching questions, mindful listening and genuine positive regard, Kay steers her clients towards looking at their preferred future and understanding how they can make choices that will move them closer to achieving their dreams.

*"Kay coached me on an incredible adventure in which I changed careers to discover my dream job. I believe I could not have achieved the same result alone. Kay empowered me with strategies to make the right decisions and reduce stress. These strategies have stayed with me as invaluable parts of my personality!"*

*James, Private Coaching Client*

*"Kay's student EQ workshops have been fantastic. The change in their thinking has actually been quite tangible. Kay's passionate delivery and her unique ability to connect with all students has enabled the girls to identify their feelings and they have employed the strategies taught on how to manage these emotions. My own teaching has become more energised and I am appreciating copying the language Kay uses to maintain a positive learning environment. Just that shift in language has made the room so much more inclusive. I am finding that when the girls acknowledge why they feel a particular way, learning is so much richer."*

*Sue Havers, All Hallows School*

### Qualifications

Bachelor of Education  
Certified NeuroLeadership Coach  
Certified Six Seconds Emotional Intelligence Assessor

### Previous Clients

Entamio Education Group  
Charm Law Distribution  
All Hallows School  
Bond University  
Marist College Ashgrove  
St Laurence's College

### Areas of Interest

Life Balance Coaching  
Emotional Intelligence  
Social Emotional Learning in Education  
Mindfulness  
Growth Mindsets  
Developing Resilience in Youth  
Peer Coaching  
Student and Teacher wellbeing  
Academic Performance Improvement  
Interpersonal and Social Skills

### At the core

Kay has two core values that underpin everything in life; kindness and fairness. These are at the centre of Kay's daily choices, decisions and actions.

### Why Coaching?

"As a coach there is no greater reward than establishing an honest, supportive and respectful relationship with your client, while at the same time recognising a positive shift in their confidence, happiness and their overall well-being."

### LinkedIn

<http://www.linkedin.com/in/kaywaters>

### Website

[www.ubalancer.com.au](http://www.ubalancer.com.au)