

TOOLS WORKSHOPS

— To build your kit-bag of conversation-building techniques, resources and activities —

In these highly engaging workshops participants will experiment with a myriad of invigorating ideas, activities and strengths-based skills they can incorporate immediately into their work, using the tools and resources published by Innovative Resources. We have produced over 60 original, high-quality card sets, books, picture books and stickers for creating dynamic conversations about strengths, goals, values and feelings with children, young people, adults, groups and communities. Using a wide range of graphic styles, our colourful resources and have found their way into board rooms, classrooms, parenting courses, counselling sessions, job interviews, corrective services, meetings and planning days all over the world.

► **OUR HIGHLY-INTERACTIVE WORKSHOPS DEMONSTRATE TOOLS AND RESOURCES IN ACTION!**

Our Tools workshops can be tailored to suit the needs of your team, organisation or conference. Formats vary from half to three days or more and include:

TOOLS OF THE TRADE

In this highly interactive workshop participants will experiment with a wide range of original, Australian-made resources for opening up meaningful conversations with children, youth, families and adults. This workshop aims to deliver a hands-on experience of the role of artifacts and visual metaphors in adding potency to conversations about strengths, hopes, goals, values, relationships, feelings and the changes people want to make in their families, organisations and lives.

Content includes:

- Creative ways to use resources to identify, mobilise and celebrate strengths
- The importance of building emotional vocabularies
- Storytelling as the fabric of counselling, therapy, team and community building
- The latent power of visual metaphors
- Different learning styles and questioning techniques

TOOLS FOR THERAPEUTIC CONVERSATIONS WITH KIDS

Primary school-age children are still developing language skills to articulate their feelings, thoughts, perceptions, opinions and values. While it is common to hear that programs and organisations are 'child-focused', this often fails to translate into effective ways to really hear the voice of the child. How do we proactively ensure that children are given a voice in decisions that affect them profoundly, like disability assessments, child protection investigations or legal and court processes?

Content includes:

- Building emotional vocabularies
- Recognising Multiple Intelligences
- Utilising active learning processes
- The unlimited application of visual metaphor
- Building on strengths
- Using storytelling as doorways into problem-free talk.

TOOLS FOR BUILDING CONVERSATIONS WITH FOSTER CARERS

This workshop aims to resource family workers with practical hands-on tools and activities to richly engage in important conversations with the most important resource in foster care – the carers and their families.

Content includes:

- Recruiting and engagement
- Strengths-based assessments
- Support
- De-briefing
- Feedback and evaluation
- Negotiating endings
- Storytelling, stretch listing, jigsaw therapy, and other creative verbal and written activities

TOOLS FOR BUILDING TEAMS AND ORGANISATIONAL CULTURE

This one-day workshop explores a range of novel strategies for building teamwork and organisational cultures based around the concept of 'parallel process'. Parallel process recognises the significance of ensuring that *all* aspects of an organisation align with the values, policies and practices relevant to direct work with clients—from recruitment, training and supervision to organisational structure and processes.

Content includes:

- Sparkling Moments
- Building a Wall of Strengths
- The Column Approach
- Stretch Listing
- The Reciprocity Ring
- Elephants in the Room
- World Café.

TOOLS FOR SCHOOL COUNSELLORS

This workshop is designed to equip school counsellors with a range of practical, hands-on tools and active learning techniques to work with students who have different social/emotional needs or learning difficulties. Conversation-building tools that have grown out of solution-focused, strengths-based approaches provide school counsellors with easy-to-use ways of engaging meaningfully with students across K-12 years. They provide powerful ways to build positive school cultures with a strong emphasis on wellbeing.

Content includes:

- Building emotional vocabularies
- Identifying, mobilising and celebrating strengths
- Reframing away from deficits to strengths
- Non-problem talk and the value of storytelling
- Creative writing and journalling approaches and techniques
- Stretch listing
- Puppet and puzzle therapy.

TOOLS FOR WORKING WITH FAMILIES

This one-day workshop focusses on the power of strengths-based, solution-focussed resources and techniques for supporting families to spiral up. Solutions to parenting difficulties are much more likely to be found in reflective conversations and storytelling than in blaming or going around in the problem. Noticing and telling parents and children's stories of their hopes, dreams and successes is pivotal in building the resilience and skills needed to parent well.

Content includes:

- Strengths-based, solution-focussed principles and skills
- Tools and activities for creating conversations with families about values, strengths, emotions, goals
- other resources that focus on babies, children, young people, relationship-building, couples work, family sculpting and separation support.

LIFE TWEAKING:

TOOLS FOR WORKING WITH YOUTH

For young people who are doing it tough—perhaps without good supports and role models around them—strengthening the capacity to create positive change is a vital skill to develop. This workshop provides many tools for working with youth to help them make choices towards their best hopes, dreams, goals, values, strengths, and positive relationships.

Content includes:

- Sparkling moments and stretch listing
- The column approach
- Problem-free talk and building best hopes
- Audience and other questioning styles
- Alternative feedback strategies
- Memoirs, journalling and six-word stories
- Resources to talk about feelings, goals, choices, strengths.

UPS AND DOWNS:

TOOLS FOR CONVERSATIONS ABOUT EMOTIONS, MENTAL HEALTH AND WELLBEING

Whether someone is struggling with grief, fatigue, mental health challenges or illness, what tools might best support them to understand and participate in their own processes of recovery and healing? This one-day, interactive workshop attempts to identify, mobilise and celebrate the strengths, skills, resources and expertise of those we work with by introducing alternative tools to the deficit-based assessment frameworks so readily available.

Content includes:

- Building emotional vocabularies
- Multiple intelligences and different learning styles
- Strengths-based, solution-focussed practice
- Storytelling, creative writing, journalling
- Scaling and other techniques for measuring ups and downs
- Visual metaphors, artifacts and games as catalysts for change
- Questioning styles and techniques

WALKING THE BOUNDARIES

EXPLORING EVERYDAY ETHICS IN HUMAN SERVICES

Each day, human service practitioners in a variety of professions and roles navigate a pathway through a maze of ethical decisions. While every profession has its code of conduct and most organisations attempt to define the boundaries of ethical practice, there are many grey areas to manage. All organisations have a responsibility to induct and develop staff at all levels. This workshop is a unique, exciting and creative way to keep 'stretching' conversations of learning and exploration alive and well in your organisation.

Content includes:

- Common ethical dilemmas
- The impact of ethical decisions on clients and workers
- Ethical dilemmas part of reflective practice which fosters ongoing learning for the worker, helps prevent burn out and leads to better outcomes for clients
- Activities with resources to build a rich picture that includes stories, values and feelings about best practice
- Ways to embed ethical, client-centred decision-making practice in your organisation
- Frank (and safe) invitations to discuss the dilemmas encountered by workers that may not be caught in policy and procedures documents.



St Luke's Innovative Resources

For all enquiries, please contact:

Phone: +61 3 5446 0500

Email: info@innovativeresources.org

www.innovativeresources.org