For: » CHILDREN » YOUTH » ADULTS

Tools for Change

Catalogue

2020

For: » CHILDREN » YOUTH » ADULTS

Card sets, books, stickers, tactile and digital resources for:

» Mental health & wellbeing
» Social & emotional learning
» Child, youth & family services
» Counselling, coaching & mentoring
» Self-care and personal development
» Teams, supervision & organisational culture
» Early learning, primary, secondary & tertiary education

Online & in-person training also available
SERIOUSLY OPTIMISTIC MATERIALS
FOR LIFE-CHANGING CONVERSATIONS

St Luke’s Innovative Resources is part of Anglicare Victoria, a community services organisation providing child, youth and family services in Victoria and New South Wales, Australia. We publish card sets, stickers, books, and digital and tactile materials to enrich conversations about feelings, strengths, relationships, values and goals. Our resources are for all people regardless of race, ethnicity, gender, religion, culture, ability or age. They are used by counsellors, educators, social workers, mentors, managers and parents.

We also offer tailor-made strengths approach training and tools workshops, both online and in-person.

www.innovativeresources.org

St Luke’s Innovative Resources acknowledges the Jaara people of Dja Dja Wurrung country, the traditional custodians of the land upon which our premises are located and where our resources are developed and published. We pay our respects to the elders—past, present and emerging—for they hold the memories, traditions, cultures and hopes of Aboriginal and Torres Strait Islander Australians, and other First Nations peoples. We must remember that underneath this earth, upon which we so firmly stand, this is, was and always will be, the traditional land of First Nations peoples.

Cover based on artwork by Brent Seamer from the Picture This card set - see page 33.
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Welcome to our 2020 catalogue of tools and training!

The front cover image this year is drawn from *Picture This*, a card set with 75 full-colour photographs for doing what cards do best—sparking conversations about hopes, feelings, values, stories, relationships and choices—all important building blocks for creating meaningful change in our lives. That is why ‘Tools for Change’ is the title we give to this catalogue of materials and suite of tools workshops offered by St Luke’s Innovative Resources.

The front cover image also pays homage to one of nature’s most efficient little plant protectors—a bright little spotted creature beloved by children everywhere—the humble ladybird. Also known as ‘ladybugs’ or ‘ladybeetles’, there are over 5,000 species but the most common ones have two or seven spots. And this year we love spots.

On page 17 of the catalogue you will find a brand new card set that features spot colour and three cartoon characters that are as soulful and perhaps even as protective, in their own way, as the ladybird. These characters serve to bring our attention to an extremely distressing mental health challenge that so many young people and adults are living with. Called *Eating Disorders & Other Shadowy Companions* this card set aims to reduce the isolation and shame surrounding eating disorders by encouraging people to share their experiences with family, friends and health professionals. While honouring the importance of hearing and validating people’s experiences, this card set also gently suggests ways forward.

*Rainbow Talk* (see p. 36) is also off the press and new to this catalogue. This beautifully-designed resource invites us all to reflect on identity and diversity in relation to gender, sexuality and biological sex. With an open-ended sentence starter on every card, these cards can be used in secondary schools, clubs and organisations to have respectful yet non-didactic conversations about stereotypes, labels and language, as well as our own values and hopes for the future. Organisations can use these cards to review services and support LGBTIQ-inclusive practice.

Building on this theme, St Luke’s Innovative Resources is proud to have launched *An Introduction to LGBTIQ-inclusive Practice*, an online course developed in partnership with Rainbow Health Victoria. This course sits alongside our collection of ‘Strengths Approach’ online training.

And, of course, we continue to offer in-person ‘Strengths Approach’ and ‘Tools for Change’ workshops (see p. 79 for in-person and online training options.)

We hope that our resources and training will help you and your teams create meaningful conversations with children, young people, adults and families. Most especially we hope our resources will play a part in supporting the changes that people want to make in their lives.

*Best wishes,*

*The Team at St Luke’s Innovative Resources*
Welcome to the age of adventure, a delightful, photography-based card set that celebrates the energy and contribution of older community members. These photographs, taken by a range of photographers, explore the diverse ways in which seniors engage with their communities, their relationships, their daily routines, and their intellectual and physical endeavours.

*Age of Adventure* features 50 full-colour photographic images that aim to challenge stereotypes of ‘the elderly’, enhance life-direction, reinforce positive aspects—such as gained wisdom—and validate older people’s choices. In a culture where youth is often valued over age, it’s time to give thought and appreciation to the role that older people can play as mentors, leaders and the holders of stories and wisdom.

Older and younger generations alike can use *Age of Adventure* to explore possibilities and set goals for the future.

- Which cards represent values or activities that are important to you?
- Which card represents your picture of yourself in old age?
- What might stop you growing old in this way?
- Who are some older people you admire?

*Foreword by Joan Kirner A.M (1938 - 2015)*
former Premier of Victoria.

**Photographs to make you laugh, reflect, celebrate, and acknowledge the vital roles and diversity offered by older members of our communities. This card set is also a great prompt for storytelling with older people.**

50 laminated, full-colour cards, 150 x 150mm, polypropylene box, 36-page booklet.
ISBN 978 1 920945 29 9
Booklet author: Judi Fisher
Designer: Billington Prideaux Partnership

**CAT NO: 3400**

**AU$24.50**
ANGELS
THE STRENGTHS OF EVERYDAY KINDNESS

Angels—the strengths of everyday kindness is a set of 52 exquisitely-illustrated, heart-warming cards featuring ‘everyday’ angels. Each card represents an important quality or skill that we may want to celebrate or invite into our family, workplace, classroom and community, such as contentment, peace, assertiveness, clarity, openness, balance or adventure.

Counsellors, social workers, teachers, trainers, managers and motivators can use these cards to build conversations, encourage storytelling, and help people of all ages think differently about who they are, what is important, and how to navigate life’s ups and downs.

- Is there a card that reminds you of someone you know?
- Can you choose a card that represents something you have received or given today? (It could be a quality, a feeling, a virtue, or an act of kindness.)
- Think of someone who could really use some support right now: What card represents a quality you would want to ‘visit’ them?
- Is there a card that represents a strength you would like to develop more?
- What is one step you could take towards this?
- For something you are about to undertake, which two cards represent the strengths you will need most?

52 laminated, full-colour cards, 120 x 130mm, polypropylene box, 36-page booklet.
ISBN: 978 1 920945 65 7
Booklet author: Karen Bedford
Artist: Trace Balla, Designer: Mat Jones

CAT NO: 4950 AU$49.50

Available in Finnish.
See product page on our website.

CAT NO: 4951
ANXIETY SOLUTIONS
50 WAYS TO CALM YOUR MIND AND SOOTHE YOUR BODY

While many people experience anxiety (it’s Australia’s most common mental health condition), everyone has anxious thoughts sometimes. Whether you worry about exams, finances, body image, social situations, job interviews, public speaking or anything else, it’s empowering to have some simple strategies you can use anywhere, anytime—without anyone even noticing. Anxiety Solutions is a set of 50 beautifully-illustrated cards, each with a clinically-proven activity for de-escalating anxiety drawn from Cognitive Behavioural Therapy, mindfulness, brain research, solution-focused brief therapy and many other modalities.

• Choose cards with activities you can do right now. Give each activity a ‘Calm Rating’ out of 10. Each day select other cards to try.
• Display your favourites on mirrors, fridges, desks or notice boards as reminders.
• Build a program of anxiety-busting activities to practise before, during and after a job interview, presentation, exam or other potentially stressful events.
• Secondary teachers can set up ‘stations’ based on the cards. Students rotate through the activities, building up an array of anxiety-soothing strategies to use in their lives. Gold!
Most children (and adults!) experiencing worry or anxious feelings think they have little or no control over what they think or how they feel. So, consulting psychologist and clinical nutritionist Selina Byrne (M.A.P.S), illustrator Katie Jardine, and St Luke’s Innovative Resources got together to create a resource that can give children aged between 3-14 years some simple, fun activities to soothe anxious thoughts and create calm. These cards are based on clinically-proven techniques including mindfulness, cognitive behavioural therapy, brain research and positive psychology. With these cards parents, teachers, psychologists, counsellors, early childhood educators, health workers, family workers, and foster carers will have a kit bag of great activities for helping children soothe anxiety, relax and re-set. These fun, respectful, simple techniques cover a range of different learning preferences (inside/outside, quiet/active, individual/group, and so on) and are for any child who experiences worry from time to time—and that’s every child!

- For teachers: Each child selects a card and does the activity. Then gives it a ‘Calm Rating’ out of ten.
- For parents: The child selects a card each day or week and does the activity. You do it too!
- Choose inside/outside, quiet/loud, individual/group activities as appropriate.

50 laminated, full-colour cards, 150 x 120mm, polypropylene box, 44-page booklet which includes references and links to research.
ISBN: 978 1 920945 91 6
Author: Selina Byrne M.A.P.S.
Illustrator: Katie Jardine

CAT NO: 4937 AU$59.50
THE BEARS

*ALSO AVAILABLE DIGITALLY (AND AS AN APP)*

We live our whole lives in the company of our feelings and emotions—and yet it can be very hard to talk about them. From kindergartens to universities, from school classrooms to prisons, from family therapy to community development, from counselling to management, The Bears have brought conversations about feelings alive for over two decades.

Welcome to the brand new edition of this iconic card set featuring a whole new troupe of bears, bursting with personality just like you, your family and friends; and a booklet of suggestions. Open a pack of The Bears and let these happy, sad, surprised, angry, puzzled and joyful characters do the talking.

- Select a bear that illustrates how you are feeling right now.
- Select cards that show how you often/seldom feel.
- Which bears show how you would like to be feeling most of the time?
- Create a family sculpture by selecting a bear for each of your family members.
- Do you ever feel several emotions at once? Choose cards to illustrate these mixed emotions.
- Evaluate customer service or workshop success using The Bears.

Available digitally through Campion, as a mobile app (see page 10) and as a collection of Bears products called the Bears Bundle (see page 72), including a Bears cube!

48 laminated, full-colour cards, 105 x 150mm, polypropylene box, 48-page booklet
ISBN: 978 1 920945 42 8
Author: Russell Deal
Illustrator: Ben Wood

CAT NO: 0200 AU$49.50

Stickers
5 complete sets on A4 backing sheets, total of 240 stickers, each sticker 29 x 41mm
CAT NO: 0250 AU$9.90

Don’t miss our range of Bears resources on page 72.

Available in digital format for PC/tablets (excl. phones). See product page on our website for link. Also available as a mobile app, including phones and tablets. See page 10.
**THE BEARS APP**

*FOR PHONES AND TABLETS*

*The Bears*—the ‘go-to’ resource for talking about feelings for over 20 years—is available as a brilliant little mobile app to match every mood. Swipe through the 48 Bears, select a character, add a message and share it with friends, colleagues, students and clients via email, twitter, facebook.

Want to tell someone how you are feeling? How the meeting went today? How you feel about a political issue or the an event you read about? Want to encourage or congratulate someone? Swipe through this bunch of 48 happy, sad, proud, grumpy (and anything else) bears. Select a bear that matches your mood, add a message and share it with your friends via email, twitter, facebook.

- Use *The Bears App* to track how clients (or you) are travelling in terms specific things such as diet, organisation, wellbeing, energy levels, mood etc.

- Invite children to use *The Bears App* to let you know how they are going with projects, sports events, feelings or situations at school or... anything!

- Send a client or anyone messages about what you see as their strengths by sending them particular Bears you have named after their qualities. For example, Bears you label as determined, caring, happy, resilient, and so on.

You can also click on the dice icon to get your random bear for the day! When it comes to feelings, never be lost for words again.

**The Bears app**

AU$5.99 (Apple and Android)
Butterflies? Goosebumps? Beating heart?

Our body signals are sometimes called our ‘early warning signs’; they let us know immediately when we feel stressed or unsafe. That’s why they’re crucial for protective behaviours, trauma-informed practice or simply for navigating everyday life. Recognising and managing body signals helps build emotional and mental resilience—whether it is pre-schoolers transitioning to big school, young people navigating relationships, or adults dealing with life’s ups and downs. This marvellous mob of meerkat characters will help people of any age tune into their body signals and build a vocabulary to describe them.

- Pick cards for what happens in your body when you’re happy, sad, scared, angry, hot, tired or hungry.
- Which body signals mean you feel unsafe?
- Who could you tell when you feel unsafe?
- Pick several cards—what other words could describe these body signals?
- Like a faulty car alarm, body signals are triggered if we’re anxious, even when we know there’s no real danger. How can you soothe unwanted body signals?

40 laminated, full-colour cards, 120 x 150mm, polypropylene box, plus 40-page booklet.
ISBN: 978 1 925657 12 8
Booklet author: Karen Bedford
Illustrator & designer: Mat Jones

CAT NO: 4970  AU$49.50
CAN-DO DINOSAURS

It doesn’t matter if we are four or one hundred and four, every day we rely on a vast repertoire of skills. Children, however, with their innate curiosity and aptitude for learning, are naturally poised to absorb the wisdom, habits, attitudes and values of the adults around them. *Can-Do Dinosaurs* features a herd of 28 dinosaurs direct from the Jurassic era, but with a timeless and invaluable message regarding children—they learn and grow by focussing on what they can do, rather than on what they can’t. These cards are tailor-made to help children build competencies and develop skills.

- Select a card that says what you are already good at.
- Choose one for a skill you want to learn more about over the next week/month.
- Notice what your students or children do well. Acknowledge them with the appropriate card.
- Ask children which friendly dinosaur they would like to invite into the classroom/kitchen/bathroom/lounge room today. Create a collage or painting with them around that theme.
- Ask young children to sit in a circle. Each person picks a card and demonstrates how they do the action shown on the card.
- Which cards would you pick for your mother/father/friends?

Early learning centres are using these cards to build whole programs. Imagine dinosaur footprints in the garden, dinosaur noodles and dinosaur cookies—all reinforcing the ‘can-do’ message!

28 laminated, full-colour cards, 210 x 150mm, polypropylene box, fold-out 8-page booklet. ISBN 978 1 920945 39 8
Author: Russell Deal
Illustrator: Kate Northover

CAT NO: 2200 AU$49.50
Available in Finnish.
See product page on our website.

CAT NO: 2275
**CARS ‘R’ US**

*Cars ‘R’ Us* is built around a fleet of very human-looking cars demonstrating a range of emotions in everyday situations. Bursting with personality and fun, these boisterous, quiet, shy, angry, happy, racy and just plain goofy car characters provide rich metaphors for describing our good days and bad days, our mistakes and successes…and the choices we can make.

Inspired by Choice Theory, Reality Therapy and strengths-based ideas, *Cars ‘R’ Us* is a conversation-building tool for exploring our feelings and setting goals.

- What am I thinking?
- What am I feeling?
- What’s happening in my body?
- What do I really want?
- Is what I am doing now working?
- What can I learn from this?
- What will I do next?

**What kind of fuel are you putting in your tank?**
**What road do you want to take?**
**What do you do when you need repairs?**

This kit of laminated, full-colour cards includes:
- 52 Fleet Cards (210 x 150mm)
- 16 Know Your Vehicle Cards (210 x 150mm)
- 10 Thinking Bubbles (150 x 100mm)
- 1 Journey Planner Card (210 x 150mm)
- 36-page booklet.

ISBN: 978 1 920945 18 3

Booklet authors: Russell Deal with foreword by Ivan Honey
Illustrator & designer: Mat Jones

**CAT NO: 4400** AU$59.50
CAVEPERSONS

MEN MANAGING THEIR MENTAL HEALTH AND MANY ROLES

Through the ages men have been called upon to juggle an array of roles—partner, father, son, brother, colleague, friend, confidant. The Cavepersons card set invites reflection and discussion about the pressures and stresses faced by modern men as they undertake a myriad of roles and responsibilities. Each comical Neolithic character invites rich conversations about male identity, purpose and mental health, and offers a cue to help build discussions about ‘the important stuff’—what it is to be a man in today’s world. Women may also like to use these cards to talk about the strengths and roles of the men in their lives. This card set supports conversations about our skills, strengths, virtues and resources, regardless of gender, but is particularly built for supporting men.

- Are you comfortable with the roles you take on?
- Which ones do you prefer and which ones are you reluctant to take on?
- How do you juggle the multiple roles that you are often required to perform simultaneously?
- How do you resolve the conflicts that arise when roles clash?
- How do you support your mental health as you manage your many roles and priorities?
- Who are the role models in your life?
- What messages do you want to pass on to the next generation about roles, responsibilities and mental health?

A tribe of engaging characters inviting conversations about male identity, roles and mental health

54 laminated, full-colour, die-cut cards, 140 x 140mm, polypropylene box, 24-page booklet.
ISBN: 978 1 920945 53 4
Author: Russell Deal
Illustrator & designer: Ray Bowler

CAT NO: 2875 AU$32.50
Everyone has strengths. Sometimes they shine like blazing lights and sometimes we may wonder where our strengths have gone. But they are there—if we choose to call on them.

Choosing Strengths is a set of 36 cards and booklet developed in the rich tradition of Choice Theory and strengths-based practice. Each stunningly designed, full-colour card features the phrase ‘I can choose to be…’ and then identifies a strength that anyone can choose to practise and make their own.

Youth workers really love this resource! That’s because making good choices is a key ingredient for staying on track and reaching our potential. It is an essential and hard-won skill for everyone. It is at the heart of solution-oriented conversations with young people and adults alike.

Choosing Strengths can be used in:

• family and youth work
• schools and organisations
• pastoral care and personal development
• counselling, therapy and social work
• coaching, mentoring and supervision
• storytelling and creative writing.

Want lots of good ideas for how to use this resource? Go to the Choosing Strengths page on our website, and click on the ‘Ideas Bank’.

36 laminated, full-colour cards, 200 × 120mm, polypropylene box, 36-page booklet
ISBN: 978 1 920945 68 8
Authors: Russell Deal with Karen Bedford
Designer & photographer: Tim Lane

CAT NO: 2400 AU$49.50
Some questions take us by surprise, some questions make us laugh and some questions challenge our picture of who we are. Questions can act as powerful doorways into conversation and storytelling. Through sharing our stories, thoughts and feelings we create connections with others and engage with our own growth and change.

*Deep Speak* is a set of 120 cards, each with its own question presented in an edgy, dynamic, font-based design, plus a 24-page booklet of suggestions. The cards are colour-coded into six broad themes—openers, identity, beliefs, emotions, values and relationships.

While *Deep Speak* is designed to appeal to adolescents, adults also respond warmly to the mix of questions. Teachers, counsellors, therapists, social workers, chaplains, youth workers, workshop facilitators and parents can use *Deep Speak* to build rich discussions about some of life’s big questions…and some of the little quirky ones as well.

- Each person in a group randomly chooses a card and is invited to answer the question.
- Choose a card and use the question as a prompt for journal writing.
- Each person selects a card to answer as a way of introducing themselves at a workshop.
- Select a card with a question that is important to you at the moment.
- Select a card with a question you have never thought about before.

The colour-coded suits allow facilitators to easily pre-select questions, if desired. For example, use the orange suit if you are looking for non-confronting ‘starter’ questions.
What does it feel like to live with an eating disorder? What does the ‘eating disorder voice’ say? What supports recovery and what gets in the way? Guided by three delightfully-engaging cartoon characters—Reggie the Recovery Rhino, Ed the Eating Disorder Monster and Bird—this resource aims to support young people and adults to bridge the isolation of living with an eating disorder by sharing their experience with family, friends, and health professionals. Each card features an illustration and a question to gently suggest ways forward.

- Pick a card that catches your attention and discuss what it means to you.
- How do you think it might relate to having an eating disorder?
- Pick a card that describes something you have experienced.
- Pick a card with a question you think is useful.
- Pick a card that represents a goal of yours.

These cards can also be used to describe other ‘shadowy companions’ like addiction, depression and anxiety.

Hearing and validating the experience of an eating disorder before the focus can shift to recovery

40 laminated, spot colour cards, 160 x 140mm, polypropylene box, 60-page booklet
ISBN: 978 1 925657 17 3
Authors: Danni McDougall with Karen Bedford, Sue King-Smith & Andrew Shirres
Illustrator: Fiona Mansfield
Designer: Mat Jones

CAT NO: 4630 AU$54.50
Welcome to the fishbowl! Funky Fish Feelings is a beautifully illustrated, gently humorous card set full of highly expressive and vibrant aquatic characters.

The expressions on these funky fish faces have a simple but vital task—to provide an alternative way of articulating feelings. Each card is word-free and provides an easily-accessible visual metaphor for those of us who may at times find it challenging to identify, name and describe our feelings and emotions. Kate Northover’s 48 funky fish provide a useful contribution to the ongoing challenge faced by all human service workers of supporting children and adults to find their voice and be heard.

- Which cards represent how you are feeling today?
- Which cards represent how you would like to be feeling?
- Would you like to tell a story using the fish cards about your best, worst and funniest experiences today or this week?
- If you start out as a grumpy fish, how do you go about becoming a more contented one?

48 laminated, full-colour cards, 210 x 150mm, polypropylene box, 24-page booklet.
ISBN: 978 1 920945 50 3
Author: Russell Deal
Illustrator & designer: Kate Northover

CAT NO: 2850  AU$49.50
GENDER FAIRNESS

CONVERSATIONS ABOUT EQUITY, PARTICULARLY IN RELATION TO WOMEN

We know it’s high time to have open discussions about gender fairness but how do we get constructive, change-oriented conversations going? What tool can be used to assist in creating effective gender policy and cultural change in organisations and businesses? Welcome to Gender Fairness—a highly-engaging, beautifully-presented learning tool for creating conversation and reflection from the kitchen table to the board room.

Each card features an important topic (such as inclusion, sexualisation, social messages and role models); a key statement about fairness; a cartoon in the rich tradition of social commentary; and three important questions to get the conversation rolling.

Use these cards in meetings, workshops, planning days, HR settings, governance and counselling for:

• exploring gender roles, stereotypes, and steps towards equity

• discussing how gender unfairness limits opportunities and creates power imbalances

• creating shared learning and gender equity policy for teams, organisations, businesses and communities

• shifting cultures of gender unfairness by naming and challenging inequity

• developing an inspiring vision for gender equity that benefits everyone.

Gender equity is everyone’s business—get the conversation rolling!

Understand the crucial connection between attitudes to women and family violence.

24 laminated, full-colour cards, 210 x 100mm, polypropylene box, online downloadable booklet.
ISBN: 978 1 920945 77 0
Authors: Innovative Resources and Women’s Health Loddon Mallee
Cartoonist: Mat Jones
Designer: Billington Prideaux Partnership

CAT NO: 4928 AU$49.50
GIRLTOPIA

*DIGITAL ONLY

Puberty is an important time of transition for girls. These exquisitely designed cards have been created to encourage a spirit of enquiry, non-judgement, acceptance, curiosity, reflection and celebration among girls and women. Arranged in five suits, Girltopia can be used to help foster the many important conversations necessary to support girls as they mature to adulthood. Such conversations can be part of strategies for working with issues like body image, self-esteem, depression, eating disorders, sexualisation and bullying. These strengths-based digital cards can be used with groups or individuals, by teachers, parents, youth workers, health workers, counsellors and pastoral care workers.

Each card features thought-provoking phrases, intriguing images and gentle questions, all devised to help invite conversations with girls aged 10 to 18 years.

- The 8 ‘Me’ cards draw on the power of telling stories and feature simple sentence starters.

- The 11 ‘Doing’ cards describe an overarching mode of action and are intended to help girls build an appreciation of their own skills, preferences and individuality, as well as those of others.

- The 21 ‘Feeling’ cards offer gentle cues—simple words and triggers—to help foster emotional intelligence and assist girls to name, communicate and consciously navigate feelings.

- The 13 ‘Us’ cards invite thoughtful exploration of relationships using pithy questions and conversational prompts.

- The 17 ‘Body’ cards offer a rich array of questions and quotes for girls to deepen their understanding and appreciation of their female bodies. These cards have been devised to nurture grounded body awareness and positive body image. (Please note: some Body cards invite quite explicit discussion of women’s anatomy; these cards can be easily put aside in contexts where they are not required.)

70 Digital cards and booklet
ISBN: 978 1 925657 13 5
Author: Jane Bennett
Illustrator & designer: Robyn Spicer
CAT NO: D4150 AU$52.50
The *Growing Well* kit is made up of 50 cards, a booklet of suggestions plus 5 A4-sized pads with tear-off sheets. This practical, simple and highly innovative resource is built around 50 key statements that are important indicators of mental health and balance. Accompanying each statement is a ‘scale’ using simple illustrations of a seed growing into a tree. Use these cards to measure how well you or your clients may be feeling according to five indicators of mental health:

- Being Organised
- Being Satisfied
- Being Healthy
- Being Connected
- Being Active

*Growing Well* is an original tool that can:

- map our pathways through depression, trauma, loss and bereavement or through everyday health challenges such as stress, self-doubt and low self-esteem
- be used by mental health professionals and people without any training
- encourage a focus on strengths rather than deficits
- empower people to actively monitor their own mental health
- build emotional balance, mental clarity and reflective conversations.

**See next page for the *Growing Well* App**
Growing Well is a simple, versatile web-based app for assessing up to 50 aspects of our mental health and wellbeing. Using the universally-understood technique of scaling, this tool belongs in the hands of every mental health professional, social worker, counsellor, psychologist, and others who support young people or adults.

*Growing Well* is not only a Mental State Examination (MSE) tool for professionals—it is also a self-assessment tool. Empowering people to actively engage with their own mental health is one of this app’s greatest strengths.

Arising out of evidence-based research, the *Growing Well* app is built around five key indicators of mental health: Being Organised, Being Satisfied, Being Healthy, Being Connected and Being Active. This app also incorporates the renowned ‘Five-Column’ technique from strengths-based practice.

- Use on computers, phones and tablets
- Type name, date and reference number (optional)
- Consider 5 domains of mental health: Being Organised; Satisfied; Healthy; Connected; & Active
- Explore each domain further using 10 simple statements—that’s 50 aspects of our lives we can assess for mental wellbeing.
- Slide the scaling tool from 1-10 to rate how you are doing
- Use the ‘Five-Column’ technique to describe: The Issue; Future Picture; Strengths/Resources/ Exceptions; Constraints; & Next Steps.
- Record your comments in the text box under each heading

**Growing Well app**

**AU$9.99** per month*

*Minimum 12-month subscription.
INSIDE OUT: A JOURNALLING KIT

Journalling is a creative and therapeutic way to ‘name’ our feelings, tell our stories and navigate life’s ups and downs. Here is a boxed set of 32 full-colour, gate-folded cards designed to stand upright on a desk. A key word (with an original illustration painted especially for each card) appears on one side of the card, while the reverse features a quote and a simple, yet effective journalling technique. A fabulous resource for teachers.

- Stand the cards up on a table. Ask students/clients/group members to choose one and use it as a prompt for journalling for 10 minutes. Participants may respond to the key word, quote, illustration, or the journalling techniques.
- Randomly select a card and use it as a 10-minute journalling theme every day for a week. Circle key words. Any themes or patterns?
- Select cards that relate to events/characters in a book you are studying. Write a dialogue/poem/short story on the theme from that character’s point of view.
- Experiment with a range of journalling techniques covered in the cards e.g. lists, sentence starters, unsent letters, dialogues and clusters.

32 laminated, full-colour, gate-folded cards, 300 x 75mm, polypropylene box, 44-page booklet
ISBN: 978 0 957823 17 4
Author: Deb Western
Illustrator: Sivan Debeljakovic

CAT NO: 3850  AU$44.50
THE KOALAS

*The Koalas*—a pocket-sized card set that can help anyone talk about their feelings! For children and adults alike, identifying and naming feelings can be a real challenge; this is when the right picture truly can be worth a thousand words.

Each card features a koala character expressing a different emotion: happy, sad, proud, scared, curious, frustrated, friendly... and many more. While there are just 20 cards in each set, countless emotions and body signals are expressed through the images.

Perfect for teachers, trainers, social workers, managers, counsellors, supervisors, team builders and parents—anyone who wants to talk about feelings, stories, memories, goals, evaluation...

- Pick cards that sum up your feelings about your weekend/your project/your relationship/a situation/the last few weeks/the past year/your job.
- Pick cards to evaluate how a project went. Which Koala were you at various times during the project? Which one are you now?
- Turn the cards over one at a time and name as many different feelings as you can for each card. What body signals match those feelings?
- Use two packs of Koalas to play games of ‘Snap’, matching the same feelings.

**20 laminated, full-colour cards, 67 x 96mm, polypropylene box plus 36-page booklet.**
ISBN: 978 1 920945 64 0
Authors: Russell Deal and Karen Bedford
Illustration & design: Mat Jones

CAT NO: 2175 AU$19.95
LIFE TWEAKING
QUESTIONS FOR COACHING,
MENTORING AND INVITING CHANGE

Perhaps it is the small tweaks that make the most difference in the end? But how do we know where to start? Let your values lead the way! *Life Tweaking* belongs in the ‘tool kits’ of people who want to bring about growth and change. Through questions, conversation, storytelling and reflection, *Life Tweaking* helps people identify their values, strengths, priorities and next steps. Each card features a key topic such as goals, happiness, health, risks, teamwork, balance and money; and two questions that can be used to open up dynamic conversations.

This card set can be used with adolescents and adults in coaching, mentoring, counselling, therapy, faith-based communities, job interviews and workplace training ... anywhere goals and values are discussed.

- Invite participants in a workshop or group to introduce themselves using three cards.
- Use a selection of cards to speak about how your values have changed over time.
- Which cards represent values that are most important to you right now?
- Pick a card that represents an important goal. What are some key steps along the way?
- Place the cards face down and ask everyone to pick a card at random. What does this card mean to you?

‘I am amazed at a person’s ability to shape and change their lives through the simple act of discovering their own unique set of values.’

*Donna Casey, life coach, workplace development trainer and author.*

50 laminated, full-colour cards, 105 x 120mm, polypropylene box, 60-page booklet.
ISBN: 978 1 920945 71 8
Authors: Donna Casey, Russell Deal & Karen Bedford

CAT NO: 4934  AU$49.50
What are the characteristics of real friendships? Here is a set of 32 colourful, light-hearted cards and a bonus colouring book to help us learn how to build and celebrate our friendships. Use this good-natured and engaging tool for learning about social skills, communication, personalities and interests. This is a truly unique resource for preventing and overcoming bullying, and creating relationships of goodwill and hope.

- What makes a really good friend or team?
  Select 3 or 4 cards.

- Pick 3 cards that describe what some of your friends/you/your team do well. Is there a card that shows what you would like to be better at?

- Pick cards that say something about how you can be a friend to yourself.

- Pick a card that illustrates a difficult experience you have had in a friendship (e.g. ‘We have our moments’). Were you able to move forward together or did the friendship dissolve? What did you learn?

- Invite everyone present at a celebration to select a card they think matches the honorary guest.

Building respectful relationships is a key to social and emotional learning in the early years.
THE NATURE OF STRENGTHS

Here is a set of 28 cards with exquisite watercolour paintings in the style of an 18th-century naturalist’s notebook. Each card describes a characteristic of a plant, animal or insect, and in this way names a strength or skill that we humans can use to build resilience and capacity. Each card features a key phrase, such as ‘Choosing Wisely’, ‘Changing Direction’, ‘Having Heart’, ‘Letting Go’, and ‘Holding on’.

Imagine if we applied these qualities even more in our own lives! What would change? What would we be able to achieve? These are great conversations to have with adolescents and adults.

A truly inspiring resource for teachers, trainers, environmental educators, life coaches, mentors, therapists, artists, writers … and anyone who wants to build life skills.

- Which cards reflect strengths I have right now?
- Which cards reflect the strengths of my team, class or organisation?
- Choose two cards that you think are opposites. Which behaviour is easier or more challenging to you? Why?
- Pick a card and research this animal or plant. What other behaviours does it have? Would you like to emulate any of these in your own life?
- Choose two cards that name strengths you could use in your life right now.
- What is the first step in practising these strengths?

Be inspired by nature and build your own resilience and strengths

- Pick a card and discuss how you apply the strength you see in this plant, animal or insect.
- Choose a creature or plant that is not in this card set and create your own card. What is a characteristic behaviour of your subject? In what ways can you do this too?

See the booklet for classroom and other activities.

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- Choose two cards that name strengths you could use in your life right now.
- What is the first step in practising these strengths?

28 laminated, full-colour cards, 130 x 190mm, polypropylene box, 60-page booklet.
ISBN: 978 1 920945 73 2
Author: Karen Bedford
Illustrator & designer: Robyn Spicer

CAT NO: 4938  AU$49.50
NEXT STEPS

Ever felt stuck and wondered what the next step might be? Beginning with one or two simple, practical steps is often the best way to gather momentum. Perhaps our task today is simply to get out of bed or open the curtains or have a shower? Perhaps it is to call a friend or make an appointment or go for a walk? Using full-colour photographs of everyday objects and activities, these cards present an accessible way for anyone to identify one or more achievable steps they can take this afternoon, tomorrow or next week. These cards are invaluable in settings such as mental health, family services, counselling, youth and emergency support.

- Spread the cards out: Is there a next step you would like to take first? What would come next?
- Can you choose one or more cards that represent things you find easy or pleasant to do? Which ones show things that have helped in the past? Would you like to try one of them again?
- Imagine you woke up tomorrow and your best hopes were realised. Can you see a card that represents the next step you would take?
- Pull out the four timeframe cards (Now, Today, Tomorrow and This Week) and match each one with a next step you would like to take.
- Pair these cards with other resources such as The Bears, Body Signals or Funky Fish to discuss your feelings about your next steps.

Sometimes a goal is too big.
A simple, small next step is needed most

52 laminated, full-colour cards, 148 x 105mm, polypropylene box, 48-page booklet.
ISBN: 978 1 920945 84 8
Author: Andrew Shirres
Photographers: Paula Markey, Mat Jones & Andrew Shirres
Designer: Mat Jones

CAT NO: 4925 AU$49.50
NO ROOM FOR FAMILY VIOLENCE

What is abusive behaviour between intimate partners? Sometimes people think that because their partner doesn’t hit them, it is not a violent or abusive relationship. But what other forms do violence and abusive behaviour take? And what are the markers of a respectful relationship? Drawing on research and practice knowledge in family violence, these cards invite every young person and adult to recognise the indicators of respectful or abusive relationships between intimate partners. These indicators include how we talk, touch and treat each other; how we support, control or undermine each other; and how we make decisions about finances, friends, family, children, pets, property, chores, study, interests, culture, leisure, rules, religion, gender stereotypes, gender identity and sexual preferences. These cards also take account of common flashpoints for escalating violence such as pregnancy and leaving the relationship. They explore ten key areas of a relationship by asking three simple, clarifying questions:

• What do I want more of?
• What concerns me?
• What do I want none of?

These are the conversations we need to have in every senior school and intimate partnership.

These cards come directly out of service delivery and draw on current evidence regarding family violence.
What do I really want? What are my choices? What can I learn from difficulty? What is one step I will take today?

Right questions at the right time are powerful catalysts for change. They can open up possibilities we may never have imagined and remind us to be the best we can be. Drawing on the wisdom of Choice Theory (which states that the only behaviour we can change is our own), Note to Self consists of 24 full colour cards with over 70 intriguing questions—questions that will help us take control of our life, make mindful choices and clarify goals. Each card features a simple but profound affirmation on one side of the card, with three related questions on the reverse. Divided into six suits—Power, Perspective, Potential, Purpose, Preservation, and Practice—these cards offer the opportunity to re-write the script of our lives, one Note to Self at a time.

- Select a card you would like to reflect on for a day/week/month. Place it on your mirror, near your bed or in your car.
- Select a card that represents an aspect of your life. What have you learned about this statement? What more would you like to learn about it?

This card set invites us to take full responsibility for our choices and responses to situations. Very empowering!

- Select a card that represents a skill your team does well. Is there one that your team would like to develop further?
- Select a card at random. Write about it in your journal or discuss it with a friend.
OPTIMISM BOOSTERS

The right question at the right time can stop our negative thought patterns in their tracks. Suddenly, we may see optimistic possibilities!

Written by consulting psychologist and clinical nutritionist Selina Byrne M.A.P.S., each of the 30 cards in this newly designed set creates a window into change by asking a key question. There are three suits—goals, possibilities and strategies—and ten question cards in each suit. Dip into the cards with your friends, clients or students for fresh ways of thinking about problems and decisions, or use them to complement other card sets.

- Thinking of a challenging situation, select a card randomly. Does the question shed new light? Keep going until you find one that does. Write/talk about this.
- Choose a card from each suit (possibilities, strategies, goals). Using the questions, write a paragraph on each. Distil your thoughts into very simple sentences.
- Select a card that feels particularly relevant/interesting. Use it as a contemplation for the week. Ask yourself the question several times a day. Then write some very simple action points.
- Which questions do you often/seldom/never ask yourself? Do some always work well for you? Experiment with some unfamiliar ones.

Challenge your thinking with this tool based on solution-focused cognitive behaviour therapy (CBT)

30 laminated, full-colour cards, 150 x 105mm, polypropylene box, 36-page booklet.
ISBN: 978 1 920945 94 7
Author: Selina Byrne M.A.P.S.
Designer: Jacqui Naunton

CAT NO: 3775  AU$44.50
PAPERWORKS

TOOLS FOR THINKING, TALKING, WRITING

*ALSO AVAILABLE AS A PDF

Simple really is best! Here is a versatile set of 12 visual metaphors, each with three questions on the back. These versatile paper tools can open doors to conversations and reflection—super fast! Each master features a delightful line illustration that is easily recognised and interpreted by adults, young people and children alike.

The 12 images are: light globe, water tank, brick, bottle, torch, elephant, book, footprint, boot, taxi, sparkling moments and welcome mat.

• What’s your message in a bottle?
• What’s your next step?
• What great idea do you have?
• Is there an elephant in the room?

Photocopy both sides of these masters as many times as you like and use these practical paper tools in counselling, training, self-care, goal setting, storytelling, classrooms, team building, supervision, creative writing … anywhere you want to create meaningful conversations.

Clients, students, colleagues, families, and teams can write on their paper sheets, doodle on them, paint and colour them. And because they can take these sheets away with them, these practical paper tools can work as powerful reminders of the session, particularly the client’s own thoughts, goals, strengths and feelings. They can post them on noticeboards, pin them to a wall, stick them on the fridge, or place them on their desk.

12 laminated, double-sided masters, 210 x 297mm (A4) plus PDF of booklet and masters
ISBN: 978 1 920945 82 4
Booklet authors: Andrew Shirres & Karen Bedford, Designer: Mat Jones

CAT NO: P1000  AU$29.50
Also available as a downloadable pdf only.
CAT NO: DP1000  AU$25.00
PICTURE THIS

An image, especially a photograph, has a unique ability to stimulate storytelling and discussion about hopes, dreams and values.

The 75 original, evocative photographs that make up Picture This offer opportunities for people of all ages to reflect on their experiences and communicate with others. These full-colour images are sourced from a variety of photographers. Some poignant, some are heart-warming and others are tinged with humour. This highly interpretive tool can open up conversations, storytelling and creative writing about feelings, goals, and identity.

• Is there a photo that says something about you as a person?
• If you were actually in this photo what would you be doing?
• Is there a photo that represents how you feel about your situation right now?
• If you could, what would you like to change in the photo?
• Are there any two photos that describe contrasting parts of who you are?

A perfect resource for the opening activity of a meeting or workshop—simply invite people to pick a card that represents something important or meaningful to them, or represents what they hope to get from the workshop.

Photographs to stimulate your imagination, memory and emotions

75 laminated, full-colour cards, 185 x 140mm, full-colour polypropylene box, 48-page booklet.
ISBN: 978 1 920945 15 2
Booklet author: Russell Deal
Designer: Brent Seamer

CAT NO: 2900 AU$59.50
You’re a parent; you’re a hero! Parenting can be the most difficult and the most rewarding role imaginable. These delightful, approachable cards give parents, grandparents, foster carers and guardians an opportunity to explore the joys, sorrows, challenges and gifts of parenting. These cards are built on the assumption that everyone is motivated to be the best parent they can be. Even if families are sometimes overtaken by difficulty, there are times when every parent can celebrate their successes, and those of their children. Noticing and telling the stories of these successes is pivotal in building hope, resilience and the skills needed to parent well.

Each of the cards features a simple sentence starter such as:

- I was proud of my children when …
- A good thing about my family is …
- As a parent I was really surprised when …

Each sentence starter is accompanied by an illustration of an everyday household item—a toaster, a pet’s bowl, a toothbrush—to remind us of the elements of family life that surround us. Positive Parenting Cards invite all parents to explore their beliefs, values, hopes and dreams for their children, and for themselves as parents.

Parents, foster parents and parent educators: This one is for you!

40 laminated, full-colour cards, 130 x 140mm, polypropylene box, 48-page booklet.
ISBN 978 1 920945 76 3
Concept: Lorraine Leitch
Authors: Lorraine Leitch, Russell Deal and Karen Bedford
Illustrator and designer: Anna Marrone

CAT NO: 4926 AU$49.50
Available in Finnish.
See product page on our website.

CAT NO: 4930
Available in digital format for PC/tablets (excl. phones).
See product page on our website for link.
POSTCARDS FROM ME TO YOU
MESSAGES TO AND FROM YOUNG PEOPLE

In a time when text messages, tweets and other social media postings have largely replaced letters, the postcard endures as a soulful, funny, poignant, radical, edgy and highly collectable artifact. This set of 60 postcards will follow the tradition of intriguing and varied design and will provide a communication tool between youth and the adults around them. They can be given to someone, slipped under a door, mailed, pinned up or kept as a momento. With these postcards a person can ask for help, say how they feel, congratulate someone, say sorry, say thank you, speak out about anything, or offer support. Replacement packs of your favourites can be ordered. Make them freely available for young people’s use; you never know—one may appear under your door when they can’t say what they need to say face to face.

The 20 x 3 postcards in the set are:

1. Alone
2. Are you OK?
3. Believe
4. Best Wishes!
5. Can We Talk?
6. Can’t Stop Thinking About …
7. Celebrate!
8. Deadly
9. Feeling …
10. Help
11. I Like the Way You …
12. Kicking Goals
13. Lightbulb
14. Need …
15. On Your Side
16. Proud!
17. Respect
18. Sorry
19. Stay Strong
20. Thank You

60 full-colour postcards (3x20 different designs)
148 x 105mm, polypropylene box.
ISBN: 978 1 925657 04 3
Designer: Tim Lane with input from young artists

CAT NO: 0800  AU$32.50
Replacement Cards
10 x your selected postcard from the set.

CAT NO: 0810  AU$6.90
RAINFOB TALK

Rainbow Talk is a set of 40 cards for creating respectful conversations about gender, sexuality and biological sex with all young people and adults. Featuring a sentence starter on each card, this beautifully-designed resource does not tell anyone what to think. It invites us to reflect together on stereotypes, language and social messages as well as our hopes for the future. The booklet contains many suggestions for creating safe, inclusive conversations in secondary schools, clubs and organisations.

- Use the green cards to set up respectful ‘ground rules’ for the conversation.
- Select a card randomly and finish the sentence starter.
- Select a card and say why you think this topic is important.
- Select a card with a word or topic you would like to know more about.
- Select and discuss cards about being an ally to people from LGBTIQ communities.
- Use the cards to review the inclusiveness of your services, organisation, or event.

40 laminated, full-colour cards, 140 x 130mm, polypropylene box, 60-page booklet.
ISBN: 978 1 925657 15 9
Authors: Sue King-Smith, Karen Bedford, Andrew Shirres & Marie-Claire Blin
Designer: Tim Lane

CAT NO: 4620 AU$49.50
REFLEXIONS

A set of 34 stunning, full-colour cards for anyone who works with youth. Now with two additional cards, enhanced design and images throughout, Reflexions provides the right visual edge for adolescents, right now. Using key words and montages of photographs and fonts, these cards will continue to lead the way in encouraging young people to talk about feelings, goals and identity. Real conversations—about the hard stuff, the painful stuff, as well as the good stuff, and the changes a young person may want to make.

Who am I?
What am I feeling?
What’s important to me?
What choices and changes do I want?
Where am I at and where am I heading?

Each card features a key word and layers of images that build different meaning and nuances of interpretation for rich, authentic conversations with young people.

- For truancy issues: Choose 3 cards that describe how you are feeling at school. Place them in a column. Pick 3 cards that say how you want to be feeling. How will you get from the first to the second column?
- Pick a card that seems important to you right now. How do you experience this in your life? Talk about this in pairs.

An enduring classic for real conversations with young people about feelings, and what’s important to them

32 laminated, full-colour cards, 210 x 148mm, polypropylene box, 24-page booklet.
ISBN: 978 1 920945 96 1
Authors: Russell Deal with Karen Bedford
Designer & photographer: Tim Lane

CAT NO: 3210    AU$49.50

Available in Finnish (original version).
See product page on our website.

CAT NO: 3275
THE SCALING KIT

*WEB-BASED APP OR DVD ONLY*

Social workers, teachers, counsellors, therapists, parents: here is an empowering, simple and fun way to measure change and notice progress with your clients, students, groups, teams, families and communities.

*The Scaling Kit* is available as a web-based app or DVD. This highly interactive resource includes a booklet of suggestions and 10 interactive scales with moveable components and text bubbles. You can open up one or more of the scaling masters on your computer and simply print it out for the client to write on. There is also a digital scale and text bubble where such things as the client’s plans, comments and goals can be scaled and typed.

For example, if you and your client decide to use the ladder scale, there is a little marker that can be moved up or down the rungs. The scaling sheet can be printed out showing the client’s rating choices and any comments typed in the text bubble. In this way, the scaling sheets can be personalised to each client.

*The Scaling Kit* web-based app offers even more interactivity.

You or the person you are working with can:
- write in the notes page or directly on the image
- circle or underline key words
- draw shapes, symbols, or any other images to help illustrate the conversation
- save and print at anytime, if your device allows
- send via email and add to client records as desired.

The 10 interactive masters on the web-based app and DVD are:
- Balance – Circle – Ladder – Pathway –
- Pendulum – Rating Wheel – Sun Up/Sun Down –
- Thermometer Ups and Downs – Water Tank.

From goal-setting to building skills, from changes in behaviour or mood to evaluation, visual scaling is one of the most powerful ways to measure change.

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**The Scaling Kit app**

**AU$9.99 per month***

*minimum 12-month subscription

DVD with a booklet of suggested uses and 10 scaling masters

**CAT NO: DVD 2500**

**AU$19.95**
SELF-CARE CARDS
FOR HOME AND WORK

For social workers, counsellors, health professionals, teachers, managers, carers and parents—self-care is critical. Despite our resilience, working with others who are facing significant difficulties can take a toll. Unless human service organisations actively support self-care, then sick days and staff turnover can escalate. With 50 beautifully-illustrated cards and 100 thought-provoking questions, this resource is designed to put self-care on the agenda in supervision, teams, planning, policies and procedures at work, and in our personal lives at home.

• Pick cards for common self-care challenges experienced in the ‘helping’ professions.

• Are any of these relevant for you right now? On a scale of 1—5, how you are doing with each?

• What have you done before that might help? What new thing could you try? Who could help?

• Create a self-care plan: Pick cards for where you would like to be heading and key aspects of the plan. What steps you could take today, tomorrow, next week?

• Which cards show things you would like your organisation/team/personal life to focus on more?

• Place each of the five polarity cards alongside other cards to add more depth to the conversation. They are: inside/outside; home/work; more/less; same/different; giving/receiving.

At last! A set of cards for exploring self-care in our professional and personal lives.

50 laminated, full-colour cards, 140 x 140mm, cardboard box, plus booklet. ISBN: 978 1 925657 11 1;
Authors: Karen Bedford, Andrew Shirres, Hannah Macauley & Sue King-Smith
Illustration & design: Melissa and Steve Proposch, Andrew Shirres & Mat Jones

CAT NO: 4936 AU$54.50
SHADOWS
AND DEEPER SHADOWS

No one walks in light all the time. To experience challenge is to be human. Sometimes pain and difficulty need to be heard before hope can truly be invited in and pathways to resolution found.

This expanded edition of Shadows has 48 evocative watercolour images to create conversations and help us connect with the struggles—and breakthroughs—of everyday living. Let the images wash over you; allow time for reflection, conversation and writing. You may well discover new worlds of meaning and hope.

- Which card says something to you about the situation you are facing?
- Which card gives a clue about a way forward?
- Pick a card that creates a particular feeling or reminds you of something from your childhood.
- Choose a character from a Shadows card and write from that person’s perspective. What are they thinking, feeling, dreaming?

Each card portrays a powerful scene with a potential ‘shadow’ side. And yet each scene also contains the potential for hope. The story told by the image can be interpreted in many different ways and it is up to the person viewing the image to decide how the scene unfolds.

48 laminated, full-colour cards, 210 x 150mm, polypropylene box, 49-page booklet.
ISBN: 978 1 920945 17 6
Author: Russell Deal
Booklet authors: Russell Deal, Fiona Gardner & John Holton
Artist: Carolyn Marrone, Designer: Tim Lane
CAT NO: 3800  AU$54.50
SIGNPOSTS
EXPLORING EVERYDAY SPIRITUALITY

This set of 48 cards is based on original photographs and is designed for building conversations about meaning, spirituality, priorities and transformation. This tool is not based on a particular theology or philosophy. It explores ways to reflect on life’s purpose and to convert values into actions. Each card combines an original full-colour photograph with a few simple words. Signposts can revitalise our contemplation and create dynamic conversations about matters we hold closest to our hearts.

- Select a card and speak about an experience you have had on this theme. Which other cards represent themes that are strong for you now?
- Which cards do you think you do well? Which would you like to practise more often?
- Thinking of a time of transition/challenge, select 3 cards that were strengths you drew on at the time or you draw on now.
- If you could ‘gift’ a quality/ability to a friend/family member/colleague, which card would you choose?
- Randomly select a card. Use this as a contemplation/writing theme for the week. Have any key understandings emerged?
- As you leave the workshop or session today, which card represents what you would like to do more of?

48 laminated, full-colour cards, 140 x 140mm, polypropylene box, 28-page booklet.
ISBN: 978 0 958018 86 9
Authors: Russell Deal with Karen Bedford
Designer and photographer: Brent Seamer

CAT NO: 3450  AU$49.50
STONES...HAVE FEELINGS TOO!

*ALSO AVAILABLE DIGITALLY

Sometimes we simply do not have words for our feelings. Sometimes we struggle to interpret the feelings of others. But no matter what our age, the ability to navigate our feelings is at the heart of emotional wellbeing. Meet a pile of 52 quirky, happy, sad, afraid, shy and just plain outrageous ‘stone’ characters who wear their feelings all over their not-so-stony faces. On the back of each card there are three possible ‘feelings’ words that can be used to help build our feelings vocabulary. Illustrator Ray Bowler has breathed life into these rollicking stone characters and proved what every child who has ever carried a stone around in their pocket knows...stones have feelings too!

- At the beginning of a meeting/workshop invite each participant to select a card for how they are feeling. Then a card for how they would like to be feeling by the end of the event. Check in at the end.
- Choose 2 cards—one showing a feeling you are comfortable with the other showing a feeling that is difficult/unfamiliar. Let these two stone characters have a dialogue. Write it down and share in pairs.
- Select 3 cards. Look at the words on the back. Brainstorm a list of other possible words.

Find a stone for every emotion and develop vocabularies for talking about feelings

52 laminated, full-colour cards, 150 x 100mm, polypropylene box, 44-page booklet.
ISBN: 978 0 957823 19 8
Author: Russell Deal
Illustrator: Ray Bowler

CAT NO: 3900   AU$49.50
Available in Japanese.
See product page on our website.

CAT NO: 3975

Stickers
5 complete sets on A4 backing sheets, total of 260 stickers, each sticker 50 x 30mm

CAT NO: 3950   AU$12.50

Pocket of Stones
See page 71 for Pocket of Stones: a set of 12 hand-made, 30 x 30 mm ceramic heads, in a drawstring pouch, with a 10-page booklet,

CAT NO: 0700   AU$32.45
Value pack also available. See page 74.

Available in digital format for PC/tablets (excl. phones). See product page on our website for link.
Stories not only help us find common ground with others—whether they be friends, family, colleagues or the people in the wider community—but also provide us with a sense of where we’ve come from and how we fit in.

*Storycatching* is a set of 80 full-colour cards that provide storytelling prompts for people of all ages. They can be used wherever people come together—from school classrooms to creative writing programs, as a game for families or a therapeutic tool for anyone who works with people. Whatever the application, *Storycatching* provides opportunities to reflect upon our thoughts, feelings and attitudes to life.

*Storycatching* is a fun and effective way to explore creativity, honour diversity, and share both the joys and struggles of our lives in the most natural way possible—by sharing stories!

- Shuffle and deal a card to each person in a group. Everyone introduces themselves by sharing an experience based on their card.
- Choose a card as a prompt for writing a short story or poem, or for journalling or creating art.
- Choose 5 or 6 cards and write a story that includes each card.
- Pick a card and tell a story about the best, worst or funniest thing you have experienced.

‘The universe is made of stories, not of atoms.’

*Muriel Rukeyser (1913 - 1980)*

80 laminated, full-colour cards, 80 x 110mm, polypropylene box, 24-page online booklet.
ISBN: 978 1 920945 24 4
Author: John Holton
Designer & illustrator: Ray Bowler

CAT NO: 4700 AU$45.00
STRENGTH CARDS®

*ALSO AVAILABLE DIGITALLY

Strengths are contagious. Strengths can be borrowed. Strengths can be practised. Strengths can be shared. This was the first card set ever produced by St Luke’s Innovative Resources, and it sits at the heart of strengths-based practice.

It is built on the understanding that everyone has strengths—no matter what the age or circumstances of the person may be—and that our strengths are our most valuable resources to draw on in good times and in adversity.

• Thinking of someone dear to you, what are 3 of their main strengths?
• What are 3 of your main strengths? What strength have you used today?
• At a job interview, invite the candidate to select 5 strengths they will bring to the position. Which cards do they think will be their greatest challenges?
• At a team meeting, invite each person to select a strength for the person on their right. Place all the cards in a circle on the floor. What a team! How will you all build on these strengths?
• Thinking of a challenge you have faced in the past, what strengths did you draw on? How might you draw on these again now?

This card set names 54 strengths for adults, youth and children; for groups, teams and organisations; for communities, schools and businesses. These iconic cards belong in the tool kit of everyone who takes a strengths approach to working with others.

WATCH OUT FOR OUR NEW SET OF STRENGTH CARDS® UNLIMITED DUE FOR RELEASE IN 2020.

Where it all began. The one indispensable resource for over 25 years!

54 laminated, full-colour cards, 120 x 150mm, polypropylene box, 41-page booklet. ISBN: 978 1 920945 30 5
Author: Russell Deal; Illustrator: Katie Jardine

CAT NO: 0100 AU$49.50
Available in Swedish.
See product page on our website.

CAT NO: 0125
Available in Finnish.
See product page on our website.

CAT NO: 0135

Stickers
5 complete sets on A4 backing sheets, total of 270 stickers, each sticker 50 x 40mm

CAT NO: 0150 AU$16.95
Available in digital format for PC/tablets (excl. phones).
See product page on our website for link.
STRENGTH CARDS® FOR KIDS

All children deserve to be recognised and celebrated for their strengths. Strengths help children learn, grow and fulfil their potential. Children thrive when their strengths and efforts are noticed, and they develop self-esteem and resilience by drawing on their strengths to meet challenges. That’s why Strength Cards® for Kids has been an essential resource for teachers, family therapists, counsellors, social workers, parents, grandparents, and carers of children worldwide for over 25 years.

With this funaloving troupe of animal characters you can:

- focus on what children can do, not what they can’t
- tackle difficulties by focussing on strengths
- encourage children to notice and talk about strengths ... and watch the cultures of schools and families blossom
- ask students to choose a card for each person in their family or class
- place the cards in a bag and invite a child to draw out a card from the ‘lucky dip’ each day. The class or family can focus on this as the ‘strength of the day/week’.
- reframe problems such as bullying into skills to be learned.

This third edition features forty FULL-COLOUR ILLUSTRATIONS with delightful animal characters and a whole bunch of new strengths statements for children.

The heart and soul of social and emotional learning in the early years

40 laminated, full-colour cards, 210 x 150mm, polypropylene box, 48-page booklet.
ISBN: 978 1 920945 86 2
Original concept: Russell Deal
Booklet author: Karen Bedford
Illustrator: Mat Jones

CAT NO: 0500    AU$49.50
Available in Swedish.
See product page on our website.

CAT NO: 0520
Stickers
5 complete sets on A4 backing sheets, total of 200 stickers, each sticker 56 x 41mm

CAT NO: 0520    AU$16.95
STRENGTHS IN CIRCLES

BUILDING GROUPS THAT FLOURISH AND FLY

*ALSO AVAILABLE DIGITALLY

Circles technology is a much-loved approach to group facilitation that is used in school classrooms, dispute resolution, mediation, juvenile justice, reconciliation processes and restorative justice practice. Group workers and facilitators around the world have adopted Circles processes.

And now here it is: the world’s first hands-on tool identifying 42 key elements that sit at the hub of Circles conversations. These are the values or ground rules that build cultures of respect into Circles work. Based on Sue Roffee’s ‘aspire’ acronym, Strengths in Circles is built around 7 essential themes:

- AGENCY
- SAFETY
- POSITIVITY
- INCLUSION
- RESPECT
- QUALITY

Each theme (or suit) has 6 cards naming key values that can be discussed, interpreted and considered for adoption as ground rules by any group. At any stage in a group’s life, the cards can act as reminders of what is important. They can also be used as tools for planning and evaluation. Watch the dynamics of the group evolve within the sphere of these values!

‘Strengths in Circles takes an explicit strengths-based approach to facilitation and brings Circles technology alive – for both experienced practitioners and those just stepping into running groups.’

Russell Deal, co-author of Strengths in Circles

42 laminated, full-colour cards, 210 x 100mm, polypropylene box, 48-page booklet.

ISBN: 978 1 920945 79 4

Authors: Sue Roffey & Russell Deal

CAT NO: 4932  AU$49.50

Available in digital format for PC/tablets (excl. phones). See product page on our website for link.
SYMBOLS

Symbols gather a potent mix of meaning and significance around them. They can communicate with us almost immediately at a very deep level. Sometimes they help us go where words alone cannot. Because symbols have the power to speak directly to our sense of identity, they can be used to illuminate almost any situation. While this card set has its origins in grief and loss counselling, professionals such as teachers, therapists, writers, social workers and facilitators will be among those to find their own creative uses for this set of 100 hand-drawn icons.

- Which cards would you use to describe yourself?
- Which cards would others use to describe you?
- Which cards represent the person you would most like to be?
- Which cards symbolise a relationship, event or goal in your life?
- Which cards represent key transitions or milestones in your life?

Symbols of Peace
Symbols of Hope
Symbols to Keep Your Dreams Afloat

This simple yet powerful set of images arose out of grief and loss counselling.

100 laminated, full-colour cards, 105 x 105mm, polypropylene box, 48-page booklet
ISBN: 978 1 920945 19 0
Authors: Russell Deal & Linda Espie
Designer: Bradley Welsh

CAT NO: 4575  AU$49.50
TALKING ECOLOGICAL

Families, communities, organisations, businesses, schools, teams and groups: environmental sustainability is already on your agenda! These cards can be used for team building, planning and research, environmental education and evaluation, classroom activities, personal reflection, and even creative writing.

Each card features a topic, an intriguing statement, a thought-provoking question, and a quote. Each of these elements is a rich prompt for discussion about identity, values, challenges, and what motivates change. They say that change is the only constant! But sometimes we struggle to create it.

- Pick up the ‘Processes of Change’ cards from this set and use them to help create positive change of any kind.
- Choose 3 cards that you think will be pivotal in the change you want to bring about.
- Spread the cards out at a meeting, workshop or event, invite people to pick one that interests, challenges, puzzles or even annoys them.

Ecological sustainability is an emerging aspect of social justice and this resource bristles with the passion of the author; leading environmental sustainability educator and consultant, Ian McBurney. Pull out these cards and watch the conversation and storytelling unfold.

‘Truly brilliant’

Paul Hawkin, environmentalist, entrepreneur and author

40 laminated, full-colour cards, 160 x 140mm, polypropylene box, 54-page online booklet.
ISBN: 978 1 920945 70 1
Author: Ian McBurney
Designer: Mat Jones

CAT NO: 4940  AU$29.50
TALKING UP OUR STRENGTHS

*Warning: Aboriginal and Torres Strait Islander people should be aware that this publication contains images of people who have passed away.*

Talking Up Our Strengths is a set of 22 stunning photomontage cards that celebrate the strengths and resilience of Aboriginal and Torres Strait Islander cultures. These cards are the result of a dynamic partnership between the Secretariat of National Aboriginal and Islander Child Care (SNAICC) and St Luke’s Innovative Resources. The themes of these cards include children, identity, knowledge, elders, connection, celebrations, heroes, colours, language, stories, humour, music, sport, health, pride and hope. While these cards focus on the strengths that are inherent within two of the world’s most enduring Indigenous cultures, they can also be used by people from any cultural background to build rich conversations about their own strengths and communities.

Together with the booklet of suggested uses, this card set offers ways to nurture pride and help people put into words memories, feelings, ideas, hopes and dreams. As well as being a visual feast, Talking Up Our Strengths is a catalyst for essential conversations and storytelling about Indigenous strengths and relationship-building in schools, communities, groups, social work settings, board rooms, family gatherings and back yards.

Whether spread out across the kitchen bench or placed on the tables of policy makers and politicians, these cards can be used as tools for reconciliation, social justice and pride in cultural diversity.

- Can you tell any stories about the strengths portrayed in this card?
- Which cards represents key strengths in your family or community?
- If one card could be your guide or motto, which card would you choose?

22 laminated, full-colour cards, 160 x 140mm, polypropylene box, 24-page booklet
ISBN: 978 1 920945 41 1
Authors and co-publishers: SNAICC and St Luke’s Innovative Resources; Designer: Tim Lane

CAT NO: 4825  AU$42.50
TWO WORLDS

WHEN RELATIONSHIPS END AND PARENTS SEPARATE

When a couple separates, one world becomes two. When that couple has children, they face the challenges of navigating their way through the two new worlds of their parents. These changes can be daunting—even overwhelming. It can be very challenging for children and young people to express their feelings and have their voices heard by the adults around them.

Adults also experience the emotional and physical upheaval of their previous world coming to an end, and the challenge of creating a new world for themselves and their children.

Designed by experienced separation counsellors and child and family workers, Two Worlds is a unique resource for building healing conversations with children or adults experiencing separation...or those experiencing any significant transitions and life changes.

- Do you sometimes feel you are living in two different worlds? If so, which cards describe your worlds now?
- What’s it like going from one world to another? What are the hardest parts/best parts?
- What’s different about your worlds now compared to before things changed?
- When you look at the cards, which ones say something about what concerns you most/what you look forward to most?
- Which cards that say something about what you are good at?
- How could you use those strengths to help you most now?

No words, powerful images. Hear the voices of children.
UPS AND DOWNS

One does not need to live at the edge of the sea to appreciate the significance that seas and oceans have for us emotionally and spiritually. The sea provides a very powerful metaphor for the human condition with its ever changing faces—calm, tempestuous, exhilarating, threatening, frustrating or…?

In *Ups and Downs* we have a small, rather vulnerable character sailing in a bathtub (of all things!) through the vicissitudes of life. The different faces of the sea and the ups and downs of both the waves and the weather interact with the ups and downs of our daily emotional journeys.

*Ups and Downs* is a lighthearted, but also very poignant set of 54 full-colour cards that provide a unique way of giving voice to our emotions, our hopes, fears, disappointments, joys and our everyday journeys.

- Choose 3 cards to represent how the year has gone so far.
- Choose 3 cards for how you want the year ahead to be.
- Choose cards to describe your mental health.
- What strengths can you draw on for navigating change?

Yes, these cards appeal to sailors, coast dwellers and land-lubbers alike, but they have also proven to be invaluable in working with survivors of natural disasters or traumas who find the sailing metaphor a safe way of exploring their emotional ups and downs.

**Whether it’s a wave of anxiety, a rush of happiness or a groundswell of change, these cards can help you communicate your experience.**

54 laminated, full-colour cards, 95 x 135mm, polypropylene box, 30-page booklet
ISBN: 978 1 920945 33 6
Author: Russell Deal
Illustrator: Ray Bowler

CAT NO: 4800  AU$49.50
A VISION FOR SUPERVISION

STRENGTHS-BASED QUESTIONS FOR REFLECTIVE CONVERSATIONS
*ALSO AVAILABLE DIGITALLY

Do you supervise others? Do you receive supervision? Here is an inspiring, practical tool for building your strengths-based supervision conversations from start to finish.

Supervision plays a pivotal role in professional development. It can be a powerful means of discovery and learning for both supervisor and practitioner—with the benefits flowing on to clients.

A Vision for Supervision consists of:

- 40 cards arranged in 5 colour-coded suits
- key topics such as ‘Present situation’, ‘Hopes and plans’, ‘What worked?’ and ‘Noticing success’
- a total of 160 strengths-based questions for creating effective supervision conversations
- a booklet filled with suggestions for using the cards.

These cards will stretch and inspire human service students and practitioners, as well as their trainers, supervisors, mentors and managers. Organisations can use them to build a culture of best practice within their service delivery.

- Use the cards to establish your supervision agreement and plan your sessions.
- Lay the cards out on the table at every supervision session and select ones that are most relevant today.
- Pick cards for topics that are important to cover at every session.

‘I see myself introducing A Vision for Supervision to practicum, internship, individual and group supervision, and supervision training contexts. Invent – adapt – learn – enjoy!

From the foreword by Frank N Thomas, author of Solution-Focused Supervision, professor of Counseling and Counselor Education, Texas Christian University, USA.

40 laminated, full-colour cards, 120 x 120mm, polypropylene box, 68-page booklet. ISBN: 978 1 920945 72 5
Authors: Roger Lowe & Russell Deal
Designer: Mat Jones

CAT NO: 4927 AU$64.50
Available in digital format for PC/tablets (excl. phones). See product page on our website for link.
WALKING THE BOUNDARIES

EXPLORING EVERYDAY ETHICS IN HUMAN SERVICES

Riddle: How do you unleash hours of rich debate and development in your team of practitioners?
Answer: Open a pack of Walking the Boundaries and stand back!

Every human service profession, organisation and business is governed by the laws of the land. Most are held accountable to codes of conduct created from within their organisation or profession as well. But many practitioners, such as social workers, counsellors, teachers and carers, face a myriad of everyday ethical decisions regarding both clients and colleagues that may not be clear cut; they may not be defined by the law or enshrined within a code of conduct. When there is no absolute right or wrong answer, where do you draw the boundaries?

Would you ever:
• buy something from a client?
• go into business or date an ex-client?
• lend a client your car?
• borrow a client’s car?
• disclose information about a client?

Walking the Boundaries has been designed by social workers for all human service practitioners to use for reflective practice. This is a great tool for orientation, supervision and team-building. Use them to enliven planning days and team meetings.
If you were searching for ways to describe the possible strengths of any organisation, what would you notice? Firstly, that organisations vary tremendously in a wide variety of ways! And at the same time, the most successful, creative and dynamic of them also have many strengths in common.

This conversation-building card set suggests 28 domains that might be seen as key areas for assessing and building strengths in any organisation. Each domain has four suggested indicators and a simple measurement scale that can be used to consider how your organisation shapes up. This is an engaging, gently provocative tool created in the spirit of Appreciative Inquiry and other strengths-based approaches that provides non-prescriptive windows into ways we can assess our organisations for strengths rather than deficits.

The digital booklet contains many activities you can use for goal-setting, team building and evaluation. Perfect for planning days.

- Which cards represent key strengths of your organisation?
- Which cards represent strengths your organisation could develop further?
- Would everyone in the organisation agree with your selection?

As you plan for the future, which strengths will your organisation need most?

How would you describe your organisation’s strengths now, as compared to when you joined?

28 laminated, full-colour cards, 140 x 140mm, polypropylene box, 30-page booklet
ISBN: 978 1 920945 44 2
Booklet authors: Kevin Vallence, Russell Deal & Karen Bedford
Illustrator & designer: Robyn Spicer

CAT NO: D4850  AU$39.50

Available in digital format for PC/tablets (excl. phones). See product page on our website for link.
COMING SOON

**STRENGTH CARDS® UNLIMITED**

The very first set of cards ever created by St Luke’s Innovative Resources was *Strength Cards®*, published in 1992. Everyone has strengths, and our strengths help us tackle difficulties and keep hope alive (see p. 44). That is why this simple set of cards, which names personal qualities such as ‘resilience’, ‘patience’ and ‘creativity’, has been reprinted countless times. Don’t worry—this timeless classic is not being replaced.

Since those early days, understanding about what constitutes a strength has grown. As well as personal qualities, strengths are also found in such things as our relationships, buildings, clothes, food, employment, language, stories and culture. Watch out for *Strength Cards® Unlimited* in 2020, a set of beautifully-designed cards that will be at home in boardrooms, team meetings, counselling, supervision, social work, community building, personal development—any setting where strengths-based, solution-focused approaches are valued.

*Available mid 2020.*

**TELL A TRUSTED ADULT**

Teaching child safety is a responsibility that teachers in Australia (and in many other countries) have as a requirement of the curriculum. This important aspect of social and emotional learning aims to help empower children to stay safe from abuse. But many educators are wondering how to teach child safety.

Using beautiful, gentle, original artwork, *Tell a Trusted Adult* is a resource for supporting teachers to explore safety and unsafety with children in ways that are accessible, fun and effective. Consisting of colourful cards that identify body signals and emotions associated with safety and unsafety, children learn how to interpret and respond to these signs. They learn what to do, and most importantly of all, they learn the key message to ‘Tell a trusted adult’ when they feel unsafe.

Created by experienced educators who are active in the classroom now, this resource will include 10 lesson plans (one for each week of the school term) with activities tailored to ages 3—10+. The package also includes a set of supporting cards with simple activities that teachers and parents can pull out of the pack and do immediately.

*Available in the second half of 2020.*
BEREAVED MOTHER’S HEART

This deeply moving, and ultimately uplifting book follows the psychological and emotional journey of Carla van Laar after the death of her three-year-old son, Vaughn. In the form of a visual and written journal, Carla’s exploration of her own grief is saturated with honesty, and a depth of feeling that will generate new understandings of maternal bereavement.

This beautiful book includes reflective notes that provide practical suggestions for using the book in classrooms, workshops and groups. Use these notes to create soulful conversations and activities about trauma and loss.

For many people, it is through representing their experiences of grief and sadness that these losses are deeply respected and can then, somehow, be held.

‘The journey I have documented is one of personal grief, creativity and transformation. The story of transforming loss, however, is relevant not only to bereaved mothers, but to people learning to live with other life-changing losses and trauma. I encourage you, the reader, to engage with the images, text and reflective notes in this book—guided by your own creativity, courage and compassion.’

Carla Van Laar, author.

Softcover (with bi-fold flap), 215 x 228mm, 60pp.
ISBN: 978 1 920945 11 4
Author: Carla van Laar, Designer: Tim Lane

CAT NO: 6051  AU$15.50
BYRON AND THE CHAIRS

We all have little monsters that invade our lives. Byron has a little green monster named Jealousy.

*Byron and the Chairs* is a delightful story for adults and children to share. Inspired by the techniques of narrative therapy, it invites children to engage directly with the rascally monster of sibling jealousy.

Written by Sydney-based psychologist, Rebecca Sng, the book is an ideal resource for teaching children how to manage their emotions without feeling disabled by shame or blame.

By encouraging children to externalise the emotions that trouble them, *Byron and the Chairs* provides a gateway to imagining and creating change.

The book is accompanied by reflective notes designed for use by parents, teachers and counsellors.

The notes include suggestions for strengths-based activities with younger children aimed at helping them explore their own experience of little monsters like Jealousy.

When Mum brings home a new chair for Byron, jealousy decides to intervene. What will Byron do?

Softcover, 180 x 200mm, 32pp.
ISBN: 978 1 920945 26 8
Author: Rebecca Sng, Illustrator: Simon Greiner, Designer: Jacqui Lynch

CAT NO: 6080 AU$9.90
CAPTAIN GRUMPY

Captain Grumpy didn’t want to be a pirate. He wanted to be an artist. But a pirate he became—and he was good at it because he was good at being grumpy. But grumpiness soon became the boss of Captain Grumpy. The result? Well, join the crew and find out, me hearties! In this picture book you will find all sorts of peace-loving pirates and important messages for children about how to manage anger and follow your heart. Use this delightful book to explore what happens when trouble pushes us around and how we can keep trouble at bay with real treasures—the inner ones!

• Look at Captain Grumpy’s treasure chest on the last page. What would be found in your treasure chest? Find something that represents each of your treasures.

• Does grumpiness ever push you around? What can you do to put grumpiness back in its place? Write a dialogue you can have with your feelings of grumpiness or anger.

• If you were going to decorate the mainsail on Captain Grumpy’s ship, what would it look like? Paint a picture.
COMMUNITIES OF HOPE
A STRENGTHS-BASED RESOURCE FOR BUILDING COMMUNITY

Communities of Hope is about a community’s capacity to learn, to change, to grow and to build that most invaluable of commodities—respectful connectedness. This is a truly generous book giving a step-by-step blue-print for a ‘strengths-based’ approach to community capacity building, as developed by St Luke’s Anglicare (now part of Anglicare Victoria).

This book contains clearly articulated and truly inspiring principles of social justice, it includes a guide for a three-day workshop for community leaders focussing on the building of community by the community. It emphasises self-determination, ‘power-with’ and people’s right to deep respect. Planning, competency and decision making are owned by the community. Additional expertise, information, knowledge and other resources can be accessed by the community to complement its vision, strengths and resources.

While this book was originally commissioned for church communities by Anglicare Australia, it can be used as a powerful resource in any community, regardless of religious belief. Ideal for higher education courses and organisations involved in community capacity building.

Exploring:
Pictures of the future, labelling, ownership of the process, the competency cycle, the column approach, appreciative audiences, noticing exceptions, reframing, facilitation skills, sustaining change and much more.

• This book contains clearly articulated and truly inspiring principles and skills.

Softcover, 214 x 278mm, 208pp, includes three-day workshop template and 39 handout masters to photocopy
ISBN: 978 1 920945 00 8
Author: Wayne McCashen
Designer: Jane Prideaux

CAT NO: 8003 AU$19.90
CREATIVE YOGA FOR TEENAGERS

At the heart of this book are a series of creative yoga sequences designed for teens by yoga and dance education specialist, Edna Reinhardt.

We have a life-long relationship with our body so it pays to treat it well and listen to it with respect. We also have a life-long relationship with our mind. One of the greatest challenges we each have is to learn to be more skilful in managing our thoughts. Because there is an intimate connection between our mind and our body, yoga teaches us about managing the flow of our thoughts as we engage in the flow of the postures.

And...it is fun! The fun part is about feeling healthy, vital and at ease with our body. It is about the sheer enjoyment of the body and its movement.

Edna Reinhardt established her first school of yoga and dance in New South Wales in 1980 and in 1990 opened Over the Moon Dance studio in Castlemaine, Victoria. Edna continues to share her skills and experience with students and educators around Australia as an artist in residence in primary, secondary and early childhood settings. She offers professional development workshops and has worked as a teacher of early childhood movement and music in tertiary institutions where she introduces the use of yoga in early childhood and adolescent education.
Want to shift old patterns and do things differently?

Doing Change

CONVERSATIONS FOR MOVING ON

The changes we are looking for in our lives rarely happen ‘out of the blue’. We ourselves have to ‘do’ the change we seek. With a few surprisingly simple strategies, we can each be proactive change-agents for ourselves and for others. Written by Rob McNeil, a pioneer in the field of solution-oriented therapy, this book is not only for therapists and counsellors, but also for educators, social workers, parents, couples, and anyone interested in bringing about change by doing things differently. It explores the way our emotions, our words and our body influence each other. It includes intriguing, moving, inspiring and sometimes amusing stories and conversations from a master therapist’s practice.

Doing Change also includes questions, practical suggestions and activities for:

- relieving stress, anxiety and depression,
- changing patterns and shifting habits,
- regenerating relationships and …
- getting better sleep.

Established professionals as well as students of the art of change-oriented conversations will find this book brimming with immediately applicable suggestions for ‘doing’ change and moving on.

Readers will find many examples of how the conversational skills of brief therapy—such as reframing, externalising, normalising—can be applied in actual practice.

*First published in 2000 as Healing the Whole Person.

‘Eminently practical and always on target. Highly recommended!’

Jeffrey K Zeig, Ph D Director,
The Milton H Erickson Foundation (Phoenix, USA)

Softcover, 230 x 153mm, 208pp.
ISBN: 978 1 920945 62 6
Author: Robert McNeil

CAT NO: 8014  AU$29.95
I SEE YOU

MINIATURE PICTURE BOOK

Truly seeing ourselves and others requires a gaze of compassion and courage. Arriving at such honesty and clarity is a journey of its own, often leading to a surprising experience of freedom and calm.

Queensland author, Gayle Crisp, created this simple narrative about the gift of seeing ourselves and each other, from her work with creative arts therapies. Developed using collage art techniques, I See You is a resource for those grappling with anxiety and depression, and for art therapists seeking examples of creative work to use with their own clients.

This miniature picture book explores the perception of being alone, and the illusion and reality of our fears, suggesting that there is hope and clarity to be found in the acceptance of the fears, anxieties and sadnesses that may travel with us.

I See You is a resource for those grappling with anxiety and depression, and for art therapists seeking examples of creative work to use with their own clients.

Softcover, 150 x 110mm, 36pp,
ISBN: 978 1 920945 55 8
Author and illustrator: Gayle Crisp

CAT NO: 6077  AU$9.50
KIDS’ SKILLS

PLAYFUL AND PRACTICAL
SOLUTION-FINDING WITH CHILDREN

*ALSO AVAILABLE DIGITALLY

Well-known Finnish psychotherapist and media personality, Ben Furman, shares the Kids’ Skills model for working with children that is influencing parents, teachers, counsellors and policy-makers around the world. This is a playful and practical approach to solving difficulties faced by children where problems are seen as skills that need to be developed. This 15-step method invites children to become active participants in skill-building and solution-finding. This is a book buzzing with ideas, stories and suggestions about:

- converting problems into skills
- agreeing on the skill to learn
- naming the skill and choosing a power creature
- gathering supporters and building confidence
- planning the celebration and going public
- practising the skill and creating reminders.

‘Kids’ Skills gives solutions back to kids—and to their parents and teachers and youth leaders. It has nothing to do with ‘being positive’ but is a simple, 15-step, practical approach that equips anyone to work with children to help them become the experts.’

From the foreword by Michael Durrant
Director, Brief Therapy Institute of Sydney

Fun ways of working with children to convert problems into skills

Softcover, 165 x 245mm, 144pp.
ISBN: 978 0 9580188 9 0
Author: Ben Furman

CAT NO: 8004  AU$29.50

Companion activity book for children also available as a pdf
CAT NO: D8275  AU$20.00

Digital activity book available. See product page on our website for link.
PLAY TOGETHER
LEARN TOGETHER

*AVAILABLE AS A PDF ONLY

Here is a simple, accessible and delightful resource for building learning and relationships with babies and toddlers through play at home or in any early childhood setting. *Play Together Learn Together* was created when mothers and children, many from refugee families, joined in the ‘Fun and Free’ supported playgroups at Broadmeadows Women’s Community House in Melbourne, Australia. Using objects found in any home, together the mums and children created cushion mountains, bounced teddies on blankets, explored the soft touch of paint brushes and scarves on their skin, drummed on upturned containers, and explored dinosaur footprints in the garden.

This resource is far more than a set of ideas for activities. It is about laying the foundations for life-long learning and bonding with children.

This printable PDF resource includes:

- The background story and practice wisdom
- 20 cards divided into 5 suits (Let’s Move, Let’s Be Close, Let’s Follow, Let’s Explore, Let’s Talk and Listen) each with 4 activity cards
- Three pages of colouring for children featuring everyday objects for play at home
- Turkish and Arabic words also included on each card, reflecting cultures of the original group—what languages would reflect your group?

‘In the early years, your child’s main way of learning and developing is through play.’

Raising Children Network, Australian parenting website (raisingchildren.net.au)

A5 book (downloadable PDF), 210 x 150mm, 68pp, includes 20 cards (front and back of cards on separate pages)
ISBN: 978 1 925657 03 6
Authors: Genine Clements with the teams from Broadmeadows Women’s Community House and Innovative Resources
Designer: Mat Jones

CAT NO: D8100  AU$19.90
RAINBOW FOX

A STORY ABOUT THREE UNLIKELY FRIENDS WHO FIND CONNECTION

Creating gender equity plays a significant role in preventing violence against women and children. Early childhood educators have an important role to play because this is when children’s notions of gender roles are shaped and the foundations for respectful relationships are established. In 2017, Communities for Children and Centre for Non-Violence in Bendigo, Australia, partnered with Kids’ Own Publishing to produce *Rainbow Fox*—a picture book written and illustrated by kindergarten children. Now available in a kit with teaching notes and DVD, *Rainbow Fox* is bursting with quirky characters who challenge gender stereotypes and live in a cosy cave that’s all the colours of the rainbow.

Use *Rainbow Fox* with children to explore:

- making friends and playing when there is difference and diversity
- emotions including feeling safe, being brave and building empathy
- how Mums and Dads can do all kinds of things, regardless of gender—kids too!

Gender stereotypes are observed in the early years. This is the time to actively communicate other more inclusive messages.

**Picture Book & Teaching Notes:**

*Picture book:* Soft-cover, 210 x 240mm, 12 pp
*ISBN:* 978 1 925077 60 5
*Written and illustrated by children from Lightening Reef Early Learning Centre.*

*Teaching Notes:* A5 booklet with activities for pre-school and primary age children; developed by Communities for Children and Centre for Non-Violence with Carla Jeffrey, La Trobe University, Bendigo, Australia.

**CAT NO:** 6081 **AU$24.50**

*Free CD - While stocks last!*
Few books exist that so frankly, yet sensitively, invite conversations with children about recovering from abuse and staying safe. This picture book was developed in response to the need for creative, honest and original tools for working with children who have been sexually assaulted. It evolved in consultation with a number of sexual assault services and survivors. Essential for anyone who works with children.

‘There are many important messages for children who have been sexually assaulted—about how hard it is to tell, about liking the person who offended (but not the touching), about rights, and about sexual assault not being a child’s fault—which are reinforced through the story. Through Rosy and Jack children can learn strategies which they may model to deal with the impact of sexual assault. Examples are the use of body signals to tell children when they are feeling unsafe, having a network of trusted adults to whom a child can go to talk, and how to express feelings like anger in a safe way. Counsellors working with child victims of sexual assault can use this resource effectively in their work.’

Judy Flanagan,
Centre Against Sexual Assault,
Bendigo, Australia

Softcover picture book, 210 x 210mm, 36pp.
ISBN: 978 0 958018 82 1
Author and illustrator: Nicole Reading
Designer: Tim Lane
CAT NO: 6052  AU$12.50
SEVEN DYING AUSTRALIANS

This book sits in the tradition of narrative therapy. It captures the unique ‘voices’ of seven people who are facing death. Paradoxically, their stories of dying are full of life. A 17-year-old girl realises her time has suddenly run out and exhorts us to love. An old man, a refugee, relishes the short life he has left.

In letting these people tell us—in their own words—what the experience is really like, this book serves to strip away misconceptions about death, to bring it back into view as the most natural of processes, and to turn us around to see life anew.

The editors of the book are Allan Kellehear and David Ritchie. At the time of publication: Dr Kellehear is a prolific author, university professor and Chairman of the Board of Palliative Care Victoria, Australia. Dr Ritchie is a university lecturer whose work on mortality includes exhibitions in public museums and galleries that promote a deeper understanding of dying, death, grief and remembering.

The stories captured in Seven Dying Australians reveal the inner workings of courage and hope. This is a valuable book for anyone who works with those experiencing grief and loss, and anyone interested in narrative work. These first person accounts reveal the extraordinary time of life that dying, paradoxically, is.

‘These stories are not simply about death and loss but about the preciousness of life, the actual mechanics of meaning-making, and the practical inner workings of personal courage and hope.

Professor Allan Kellehear

Edited by Allan Kellehear & David Ritchie
Softcover, 140 x 215mm, 136pp.
ISBN: 978 0 958018 80 4
CAT NO: 8015 AU$14.95
PICTURE BOOK

STORM IN A TEACUP

A poem is set to paintings to create the dramatically beautiful world of this hardcover picture book. We follow the journey of a tear that falls into a teacup and eventually finds its way out to sea. Finally, it falls as rain and drives a young boy into the arms of his beloved grandfather. Environmental and cyclical themes of life and death, decay and renewal, time and fear, and the gifts of one generation to another are explored in this wonderfully illustrated book.

Use this book to gently explore how we humans are part of the natural cycles of ebb and flow, creation and dissolution, aging and regeneration. A learners’ guide full of suggested activities makes this an inspiring resource for teachers and art therapists.

From the learning guide:
- Invite students to find a story from an older member of the family. Record the story in writing and visually (collage, painting, photographs, etc).
- Write down in your own words what you think the story is really about.
- Share the story with the class and then gift the artwork to the family member, if possible.
- What happens when something goes down the plug hole? Where does it end up?
- Remember a time when you felt like the little boy running scared. Draw a picture or write a poem about this. Then write a letter to yourself as if you are now 100 years old and very wise.

Explore the life cycle in poetry and paintings

Hardcover, 215 x 285mm, 36pp.
ISBN: 1 920945 03 2
Author: Chris Townsend
Artist: Chris Sage-Marsh; Designer: Tim Lane
CAT NO: 6054 AU$14.95
THE STRENGTHS APPROACH

SHARING POWER. BUILDING HOPE. CREATING CHANGE.

This comprehensive book describes the distinctive style of human service delivery known as ‘strengths-based’ practice. Pivotal to this approach is equal partnership and respect between people, or ‘power-with’. Also fundamental is the belief that everyone has strengths and that mobilising and sharing strengths is the key to building hope and creating positive change.

Author, Wayne McCashen, has provided training and consultancy services in the strengths approach to hundreds of organisations. In a remarkably clear and synthesised articulation, this book gathers together the principles, beliefs, skills, tools and frameworks that help create effective, socially-just ways of working with people. Since its first publication in 2005, this book has gained an international reputation. It is as an essential text in many university courses and is sourced by government departments, schools, and organisations adopting strengths approach frameworks and policy as best practice.

This revised and expanded second edition contains substantial new material throughout including practice stories, reflective exercises, expanded discussion of strengths, social inclusion, strengths-based questions, supervision, client-owned recording and much more. The new edition will put ‘parallel practice’ squarely on the strengths agenda, challenging organisations to embed strengths-based, power-with practices at every level of their operations.
VIOLET’S VOICE

MINIATURE PICTURE BOOK

Introducing Violet, a wonderful character from the pen of author and illustrator, Fiona Mansfield. Violet knows all sorts of ways to use her voice to let people know how she is thinking and feeling. Violet’s voice can sound excited. Violet’s voice can sound shy. Violet has an inside voice, an outside voice and a danger voice. Her voice helps keep her safe and helps her make friends. Violet invites children and adults to reflect on the many different voices each person has, and how we use those voices. The simple text and gently humorous illustrations make this miniature picture book an ideal resource for anyone experiencing difficulties with self-expression or confidence.

Violet’s Voice is an ideal resource for children experiencing difficulties with self-expression, including issues of anger management, lack of confidence or over excitement. It’s also a resource that adults will love for its whimsy and for Violet’s sheer strength of personality!

Softcover picture book, 150 x 110mm, 36pp
ISBN: 978 1 920945 54 1
Author and illustrator: Fiona Mansfield

CAT NO: 6076   AU$9.50
THE WRONG STONE

‘I want you to build me a wall with only perfect stones,’ the big architect said. All the stones tried to put their best faces forward. They hid their ugly bits. But there was one stone that didn’t seem to fit. He was the ‘Wrong Stone’ and all the others were laughing at him. Will it be the crusher for him?

This much-loved picture book by Russell Deal features exquisite full-colour illustrations throughout. Enjoy the jokes, drama and most of all, the celebration of difference in this heart-warming story where everyone is valued.

- Use this book in pastoral care and in the classroom, with adults and children.
- Open/close a meeting by reading this book.
- Have you ever felt like a ‘wrong stone’? How did you feel? What helps you to feel like a ‘right stone’ again? How could you help someone else?
- Find the mouse and the lizard in each picture. What might they be saying?
- How many shapes can you see in the wall at the end of the book? Draw your own wall full of shapes.
- Play a game where each person has a different shaped ‘paper’ stone. Build the wall like a jigsaw puzzle.
- Write a play based on this book and invite your class/school to perform it. Include everyone of course!

Softcover picture book, 280 x 210mm, 32pp.
ISBN: 978 0 958018 90 6
Author: Russell Deal
Illustrator & designer: Ray Bowler

CAT NO: 6050 AU$24.50

Available in Japanese.
See product page on our website.

CAT NO: 6049
TACTILE RESOURCES

THE BEARS BUNDLE
Many children and adults are more comfortable talking about feelings while handling physical objects. These tactile resources are irresistible; simply place them in front of people and let their moving fingers help them do the talking.

THE BEARS CUBE
A cube full of delightful characters from the famous card set for talking about feelings: The Bears.

Counsellors, social workers, teachers and parents know how important it is to build emotional intelligence. Many children and adults love the movement of their hands as they talk about their feelings using this tactile resource.

- Find a Bear for how you feel right now
- Find a Bear for someone you know
- Find Bears for feelings you like the best/least
- Can you tell a story about something that happened to you using different Bears?

Please note: This product is intended for therapeutic use and is not designed to be used as a toy.

THE BEARS BUNDLE:
1 set of Bears Cards
1 pack of Bears Stickers
FREE BONUS Pack of 5 Tactile Bears characters valued at $34.90
1 Bears Cube

CAT NO: 1104 AU$76.00

23 full-colour Bears on one Rubiks style cube
58mm x 58mm x 58mm, Shrink wrapped.
Illustrator: Ben Woods
ISBN: 978 1 925657 07 4

CAT NO: 0775 AU$19.90
TACTILE RESOURCES

**THERAPY BALL**

These 30 koala characters in this therapy ball are not just calm, cute and cuddly; they’re also happy, sad, surprised, disgusted, bored, excited, scared, angry, proud, cheeky—and any other emotion a child or adult may be feeling! Therapists, social workers, teachers and parents know how important talking about feelings can be. Soft and easy to catch, this Therapy Ball will help get a ‘feelings conversation’ rolling!

Soft, squeezable, multi-coloured ball made from PVC synthetic leather, lightly stuffed, 12.5 cm in diameter, with hand-stitched, pentagon-shaped patches, featuring 30 expressive koala characters (head and shoulders) depicting a wide range of emotions.

Illustrator: Mat Jones
ISBN: 978 1 925657 06 7

**A POCKET OF STONES**

Twelve hand-crafted, ceramic faces for play therapy and family work. These quirky ceramic stones can represent a wide range of human emotions. Use them to speak about what’s important to you. And carry one in your pocket!

12 hand-made ceramic heads, approximately 30 x 30mm each, held in a drawstring pouch, with a 16-page booklet
ISBN: 978 0 958018 84 5
Ceramicist: Yvonne Cahill
Booklet authors: Andrew Shirres & Karen Bedford

CAT NO: 0700  AU$32.45

Our tactile products are not toys. Adult supervision is required when using with young children as material can be broken and fragments may be a choking hazard.
REMININDERS FOR BEST PRACTICE POSTERS

At A4 size this set of five compact yet striking posters are perfect for busy office walls, reception areas, noticeboards, meeting rooms, and staff kitchens. The simple, respectful messages will help keep good practice at the forefront of everyone’s attention. They help communicate the culture and values of your organisation. Staff can glance up at a poster from their desk, while in a meeting or in the kitchen over morning coffee. When they are about to meet with anyone facing challenges, these posters can provide a timely reminder, a burst of inspiration or a good question to ask.

RECORDING
Reflect on strengths-based, client-owned recordkeeping with these seven questions.

SUPERVISION
Plan sessions around these twelve questions, grab a couple just before you begin, or reach for inspiration mid-session.

PEOPLE NOT CASES, CONTRIBUTORS NOT CLIENTS
This poster asks how practice could be different if we changed the way we see people and the labels we use to describe them.

FEEDBACK
Here are some good questions to keep in mind as you prepare to give or receive feedback in a strengths-based way.

WHAT JUST HAPPENED?
Twelve great questions to help navigate challenging interactions with others.

Key messages straight from the heart of the strengths approach.

A set of 5 different, laminated, full-colour posters, 240 x 297mm (A4), shrink-wrapped with cover sheet
Author: Andrew Shirres; Designer: Tim Lane
CAT NO: P1200  AU$24.50
Innovative Resources has created a range of Value Packs that have been designed with specific purposes in mind—such as a starter kit, and kits for focussing on feelings or strengths. These packs group resources to offer a discount off the standard recommended retail price.

(Please note that contents of the packs may vary according to product availability.)

*Value Packs are only available if purchased directly from St Luke’s Innovative Resources.*

**FEELINGS VALUE PACK**

Recognising emotions and building a vocabulary to describe them is essential for everyone. These are the skills which underpin our capacity for self-reflection, our relationships and personal resilience. For children and adults, this intriguing collection of resources introduces a wide range of visual metaphors that help describe our emotions.

Included in this collection are Funky Fish Feelings, The Bears, Body Signals®, The Koalas, Stones…Have Feelings Too (stickers), and Captain Grumpy (picturebook)

CAT NO: 1103

AU$165.00

Normal Retail Price $205.45 **SAVE $40.45**

**STARTER VALUE PACK**

Heard of the Strengths Cards? Curious to learn about the strengths approach to practice? Inspired by a colleague or a friend to use The Bears?

This ‘Starter Pack’ is the perfect place to begin for social workers, counsellors and human service workers discovering our resources for the first time. Combining Strength Cards®, The Strengths Approach (book, second edition), The Bears, Cars ‘R’ Us, Ups and Downs and Talking Up Our Strengths (card sets), this Value Pack provides you with strengths, feelings, mental health, indigenous and ethical resources to suit a variety of conversations.

CAT NO: 1101

AU$256.00

Normal Retail Price $334.50 **SAVE $78.50**

For our Bears Bundle value pack, please see page 72
VALUE PACKS

STICKERS VALUE PACK
This bundle of ‘seriously optimistic’ stickers contains sheets from a wide variety of our sticker packs. More than 360 strengths-based stickers for workbooks, journals, name tags, letters, posters and cards. Stickers are great reminders of strengths and achievements.

CAT NO: 0676
AU$19.50
Normal Retail Price $25.00 SAVE $5.50

STONES VALUE PACK
Stones have a place close to our hearts at Innovative Resources. This value pack is one of our most popular collections, bringing together our range of products that celebrate the conversation-building possibilities of stones with personality!

Included in this collection are Stones...Have Feelings Too (cards), Stones...Have Feelings Too Stickers, The Wrong Stone (picturebook) and Pocket of Stones (ceramic stone heads)

CAT NO: 1009
AU$92.55
Normal Retail Price $118.95 SAVE $26.40

STRENGTHS VALUE PACK
Celebrate strengths—big, small and unexpected!—with this special pack designed for noticing and mobilising our own strengths and those of others. Teach strengths, choose strengths and uncover hidden ones with the trio of Strength Cards® for Kids, Choosing Strengths and Nature of Strengths (card sets). Explore the way our words, emotions and bodies influence each other in Robert McNeilly’s classic book Doing Change. Plus, we’ve thrown in a set of Strength Cards® stickers for good measure! This Value Pack also comes with the Indigenous card set, Talking Up Our Strengths.

CAT NO: 1102
AU$183.70
Normal Retail Price $237.90 SAVE $54.20
EARLY LEARNING BUNDLES

The early years—from birth to eight years old—is a time when remarkable learning is taking place and brain development is at its peak. By teaching children skills for navigating their emotions, body signals and relationships we support them to lay the foundations for life-long resilience. St Luke’s Innovative Resources has created four value packs bursting with original, colourful, fun-filled card packs, books and tactile resources for building social and emotional literacy in the early years.

BUILDING RELATIONSHIPS BUNDLE

The resources in this value pack are designed to help children develop respectful, inclusive relationships. You’ll find tools to gently challenge stereotypes, prevent bullying, teach children how to be a friend and value others. In this bundle you will receive: Rainbow Fox (picture book and teaching notes), Mates Traits (cards, colouring book with stickers), Can-Do Dinosaurs, Pocket of Stones, Byron and the Chairs and The Wrong Stone.

CAT NO: 1107
AU$150.00
SAVE OVER $40

MANAGING FEELINGS BUNDLE

Learning to recognise and manage our feelings is the heart of emotional learning. This bundle has been especially packaged to help children develop these essential skills. You will find resources focussing on emotions, strengths and body signals. In this bundle you will receive: Stones...have feelings too!, The Bears, Body Signals®, Funky Fish, Captain Grumpy (picture book) and Anxiety Solutions for Kids.

CAT NO: 1109
AU$225.00
SAVE OVER $50
SUPPORTING PARENTS BUNDLE

Anticipating the sometimes complex developmental needs of children takes skill, energy and commitment. This bundle has been packaged to help support adults who care for children, perhaps while also navigating challenges of their own. In this bundle you will receive: Positive Parenting, Anxiety Solutions, Note to Self, Kids’ Skills, Self-Care Cards, Koala Company Therapy Ball and Two Worlds.

CAT NO: 1106
AU$245.00
SAVE OVER $60

TRAUMA-INFORMED CARE IN THE EARLY YEARS BUNDLE

Every child faces difficulty from time to time, but unfortunately many also experience significant trauma including abuse and family separation. This is when extra support is greatly needed. Here is a collection of resources arising out of strengths-based, solution-focussed and trauma-informed practice. In this bundle you will receive: Rosy and Jack, Violet’s Voice, No Room For Family Violence, Body Signals, Anxiety Solutions for Kids, Cars ’R’ Us, Strength Cards for Kids and Can-Do Dinosaurs.

CAT NO: 1108
AU$275.00
SAVE OVER $65

We offer a one-day workshop called ‘Tools for Social and Emotional Literacy in the Early Years’. In this workshop, participants will explore resources and understand how they fit with early years curriculum requirements.

Call us to arrange training for staff in your early learning centres.
TRAINING
AVAILABLE IN-PERSON AND ONLINE

Delivering quality practice training and tools workshops for over 25 years!
FEATURES OF IN-PERSON TRAINING:

- Strengths — Draw upon, develop and celebrate the strengths of your team
- Flexibility — Train at your place or ours, and set a date that suits you best
- Fit for purpose — Designed for your team’s specific requirements
- No more siloes — Move forward together by learning together
- Full participation — Hands-on activities, personal reflection time and group work.

IN-PERSON WORKSHOPS OFFERED IN 2020

- Tools for Change – a suite of tailor-made interactive workshops [see page 82]
  Tools for Change – Trainer Endorsement Program (Become a Tools for Change trainer) [see page 82]
- Tools for Building Social & Emotional Literacy in the Early Years [see page 83]
- Tools and Techniques for Managing Anxiety [see page 83]
- Tools for Building Teams and Organisational Culture [see page 83]
- Tools for Self-Care in Human Services Work [see page 83]

IN-PERSON STRENGTHS APPROACH TRAINING OFFERED IN 2020

- Strengths Approach to Practice [see page 84]
- Strengths Approach to Supervision [see page 84]
- Strengths Approach to Client-Centred Recording [see page 85]
- Strengths Approach to Challenging Conversations [see page 85]
FEATURES OF ONLINE TRAINING:
• Life is busy — Study anywhere, anytime, with no travel
• Learn in your own way — In an environment that best suits you
• Engaging content — Videos, reflection activities and quizzes surrounded by beautiful images
• Certificate on completion — Several courses are AASW and ACA accredited.

ONLINE TRAINING OFFERED IN 2020
• Strengths Approach to Practice [see page 84]
• Stepping into Supervision: A Strengths Approach [see page 84]
• Strengths Approach to Client-Centred Recording [see page 85]
• Strengths Approach to Challenging Conversations [see page 85]
• Strengths Approach to Practice – Entrée Series [see page 86]
  • Introduction to Strengths Approach to Practice [see page 86]
  • Five Column Tool [see page 86]
  • Power-With — A core element of the strengths approach [see page 86]
• BONUS Premium Strengths Approach to Practice Bundle [see page 86]
• Tools for Building Social & Emotional Literacy in the Early Years (Available mid-2020) [see page 83]
• Introduction to LGBTIQ-inclusive Practice [see page 87]

Visit our online learning website:
elearning.innovativeresources.org
TOOLS FOR CHANGE

In this ever-changing, highly interactive suite of workshops participants will experiment with a range of original resources for opening up meaningful conversations with children, youth, families and adults. With a unique mix of playfulness and soulfulness, these tailor-made workshops aim to deliver a hands-on experience of using solution-focused tools and techniques to focus on strengths, hopes, goals, values, relationships, feelings—and the changes people want to make in their lives.

Participants will have the opportunity to:
• take away a range of practical, immediately-applicable ideas and activities for using resources in their work
• review strengths-based, solution-focused principles and skills to open up conversations and create change
• understand the role of creativity, self-care and reflective practice in preventing burn out
• take account of different learning styles, language forms, metaphors and visual elements
• gather ideas for building social and emotional learning and organisational culture
• refresh and renew their practice.

TOOLS FOR CHANGE (TRAINER ACCREDITATION PROGRAM)

In 2020 we are giving you the opportunity to host your own Tools for Change workshops.

Are you:
• Interested in using resources to create change-oriented conversations?
• Interested in training others to use our resources?
• Interested in selling our resources in your workshops?

Do you:
• Work or train in the health or human services sectors?
• Adopt strengths-based, solution-focussed principles in your work?
• Have a broad knowledge of therapeutic practice modalities?
• Have skills and experience as a facilitator or trainer?
• Have a love for, and regularly use, our resources?
• Currently operate, or wish to develop, a business or practice?

Our new accreditation program will be launched in the second half of 2020. Please register your interest by contacting us. (Please note: an application and accreditation process applies.)
TOOLS FOR BUILDING SOCIAL 
& EMOTIONAL LITERACY IN THE EARLY YEARS 
(ALSO AVAILABLE ONLINE FROM MID-2020)

In this workshop we explore resources for recognising body signals, soothing worry and anxiety, building strengths and resilience, navigating and regulating emotions, supporting readiness for school and other transitions, building respectful relationships, challenging stereotypes, and supporting adults caring for children—including resources for self-care, parenting and family violence. Teach kids skills for life.

TOOLS FOR MANAGING ANXIETY

Anxiety is the most prevalent mental health condition in Australia, but everyone experiences worry at times. In this workshop we explore tools for managing anxiety and promoting resilience in children, young people and adults. Drawing on solution-focused brief therapy, mindfulness, cognitive behavioural therapy (CBT), brain research, choice theory and positive psychology, participants learn clinically proven yet ‘non-pathologising’ ways to soothe the mind and body.

TOOLS FOR BUILDING TEAMS AND ORGANISATION CULTURE

Founded on solution-focused, strengths-based principles, this highly-interactive workshop is an opportunity for your team to use a variety of colourful tools to gather and explore its strengths, foster a team approach to goal-setting, develop cultures of inclusion, reflective practice, shared leadership and collaboration.

TOOLS FOR SELF-CARE IN HUMAN SERVICES WORK

This highly-interactive workshop delves deeply into what it takes to maintain workplace wellbeing, especially for those who support others. Together, we will explore not only the ‘tried and true’ ways of staying ok, but look a little further into how powerful self-care strategies can be found within the work we do. We will also explore the role that reflective practice, supervision, creative writing, journalling and visual metaphors can play in preventing burn out and fostering wellbeing.
ONLINE FOUNDATION COURSE

STRENGTHS APPROACH TO PRACTICE
(ALSO AVAILABLE IN-PERSON)

When people access their strengths, they feel empowered to find solutions. In this comprehensive and foundational course, you will:

- discover the origins and principles of the strengths approach
- learn what strengths are and how to help people identify and mobilise them
- take away strategies and tools you can use immediately
- explore power-over/power-with and the conditions for creating empowerment and change.
- practice the column tool, reframing, scaling, reflective practice, solution-oriented conversation techniques and more
- expand your professional skills and transform the way you work.

(Online course $295 per person)

ONLINE SPECIALIST COURSE

STEPPING INTO SUPERVISION: A STRENGTHS APPROACH
(STRENGTHS APPROACH TO SUPERVISION ALSO AVAILABLE IN-PERSON)

Strengths-based supervision creates a dynamic partnership of reflection and learning, with benefits flowing directly to clients. In this course you will:

- explore the principles, purpose and processes of strengths-based supervision
- learn how to create supervision agreements using a sample template and other practical tools
- examine key topics for supervision sessions including what’s working, where you are heading, strengths and resources, straight talk, ethical dilemmas and self-care
- take away an expanded array of solution-focussed questions
- understand the role of supervision in creating a culture of reflective practice and organisational health.

(Online course $295 per person)
STRENGTHS APPROACH TO CLIENT-CENTRED RECORDING
(ALSO AVAILABLE IN-PERSON)

What if recording the work with clients became an empowering part of the work?
This short course includes:
- traditional vs strengths-based records
- the power dynamics: what’s included in a record, the ‘story’ it tells, and who owns it
- tools for client-owned recording
- setting up a collaborative agreement
- context of statutory requirements.

(Online course $95 per person)

STRENGTHS APPROACH TO CHALLENGING CONVERSATIONS
(ALSO AVAILABLE IN-PERSON)

This short course covers strengths-based strategies for navigating challenging conversations in human service work including:
- what makes a conversation challenging
- preparing for a challenging conversation
- respect, transparency, location, timing, context and self-care
- the empowerment quadrant and 8 steps of a strengths-based conversation
- strategies for follow up.

(Online course $95 per person)
Entrée courses are designed to provide:
• a short introduction into what working in a strengths-based way means
• some simple techniques for working in a strengths-based way
• an appetite for learning more about strengths-based skills and techniques.

**ENTRÉE COURSES AVAILABLE:**

» **Introduction to Strengths Approach to Practice** ($35 per person)
» **Five Column Tool** ($35 per person)
» **Power With— A Core Element of Strengths Approach to Practice** ($50 per person)

**BONUS PREMIUM STRENGTHS APPROACH TO PRACTICE ONLINE COURSE BUNDLE**

This course is highly relevant for social workers, counsellors, managers, educators—in fact, anyone who works with others.

As a bonus, this PREMIUM course includes the following:
All content across the following three courses:
• Strengths Approach to Practice
• Strengths Approach to Challenging Conversations
• Strengths Approach to Client-Centred Recording

*Plus*
• Booklet of activities for download
• Certificate on completion (upon verification of full course completion)

(Online course $450 per person)
**IN-PERSON TRAINING** is available for all the courses listed above — at your place or using our training room. We are happy to provide you with a quote.

Email: training@innovativeresources.org
Phone: **03 5446 0500** during business hours.

**ONLINE TRAINING** for organisations is available at group rates. Courses can be accessed via our LMS or provided in SCORM and other LMS-compliant formats under a user agreement. Pricing is available on request, and depends upon the number of registrations required.

**SPECIALIST ONLINE GROUP COURSE**

**INTRODUCTION TO LGBTIQ-INCLUSIVE PRACTICE**

Developed in partnership with Rainbow Health Victoria, this course will assist your organisation towards Rainbow Tick Accreditation. This two-hour session teaches health and human service workers about LGBTIQ-inclusive practice and ways of working so they can begin to apply these within their organisation.

While undertaking the course, participants will:

- Explore frameworks for understanding sex, gender and sexuality
- Be introduced to research on LGBTIQ health and wellbeing
- Learn frameworks that help facilitate LGBTIQ inclusion within a range of workplaces and for a diversity of LGBTIQ people
- Identify and learn to apply tools and strategies to improve outcomes for LGBTIQ people through individual work practice and organisational change.
St Luke’s Innovative Resources welcomes enquiries about our publishing, training and consultancies. Stories for our newsletter about how you are using our resources are also most welcome.

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| Terms & payments                                                                 |
|------------------------------------------------------------------------------|----------------------------------|
| • We can only offer credit to approved organisations                          | Special deliveries                |
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