

# INNOVATIVE RESOURCES FOR SECONDARY SCHOOLS



## Exploring Shame

A healing tool for identifying, discussing and easing shame

This is an evocative collection of 30 photo-based cards, created to gently name, unpack and process feelings of shame. Each card helps people recognise the emotion and find a pathway for healing through constructive, safe and respectful conversations. Topics include addiction, honesty, body, culture, fairness, forgiveness, relationships and hope – providing a range of prompts that address multiple experiences.

CAT NO: 4640 \$69.95



## Choosing Strengths

A hands-on tool to support good life choices

An essential resource of 36 cards to inspire conversations around personal strengths. Each card is designed to help individuals view themselves as resourceful and resilient in the face of adversity. This beautifully illustrated set supports a broader understanding of our individual strengths and reinforces the idea that the way we view ourselves is a choice that can impact our quality of life.

CAT NO: 2400 \$55.00



## Picture This

Captivating photography that prompts conversation and reflection

*Picture This* is a set of 75 full-colour photographs capturing different aspects of our journey through life. The versatile resource uses evocative and interpretive imagery to reflect universal themes, settings and experiences. The cards apply to many of life's situations, enabling reflection, introspection, and change. They can be used in various settings and may be particularly useful for culturally and linguistically diverse communities.

CAT NO: 2900 \$59.95

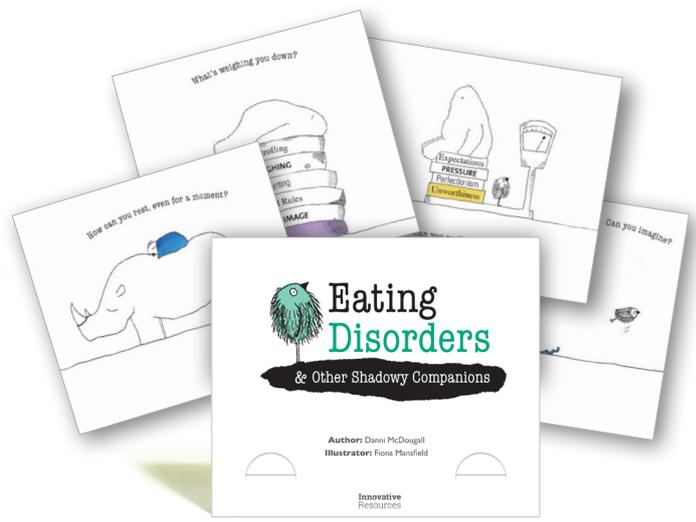


## Deep Speak

Dynamic question cards that enable young people to be heard

This resource is specifically designed to facilitate energetic conversations and encourage young people to open up and be heard. The 120 question cards, each with its own captivating graphic design, have been created specifically with young people's issues in mind. They include questions about relationships, identity, emotions, beliefs and values, encouraging meaningful connections and breakthroughs.

CAT NO: 4200 \$59.95



## Eating Disorders

Conversation cards for breaking the silence on eating disorders

40 hand-drawn cards to stimulate conversations that challenge the silence and shame surrounding eating disorders. This beautiful, highly-visual resource aims to empower people to bridge the isolation by sharing their experience with family, friends, teachers, counsellors, and other health professionals. The illustrations and questions help people reflect on and express what it feels like to live with an eating disorder and seek ways forward.

CAT NO: 4630 \$59.95



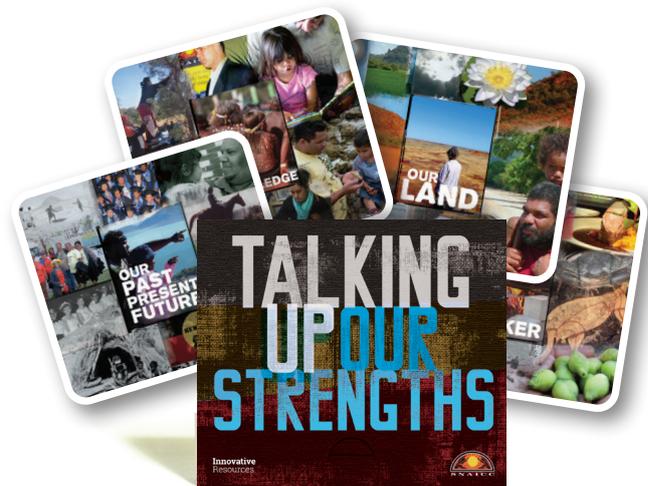
## Rainbow Talk

A resource for encouraging inclusive LGBTIQ+ conversations

This resource invites safe and respectful discussions with young people about the broad scope of human experiences related to biological sex, sexuality and gender.

Each card is uniquely designed and features a simple sentence starter that invites deeper conversation. They invite all of us to explore our attitudes, experiences and understanding of identity, and provide an opportunity to identify approaches and perspectives that are inclusive for everyone.

CAT NO: 4620 \$55.00

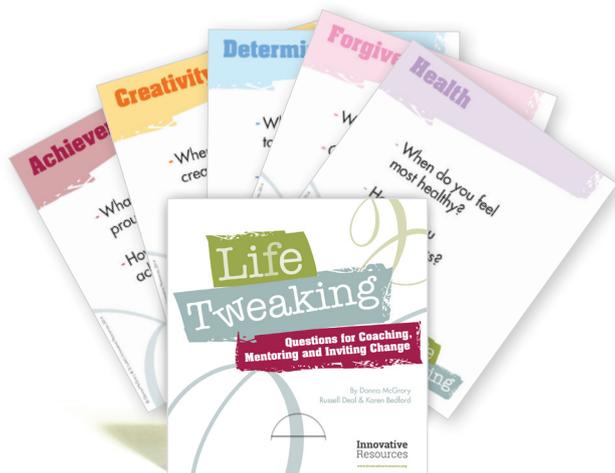


## Talking Up Our Strengths

A resource that celebrates the strengths and resilience of Aboriginal and Torres Strait Islander cultures

Made up of 22 full-colour images, these cards highlight strengths and resilience through family snap-style photos that show people being 'strong in culture'. They are designed to foster recognition of what Aboriginal people have done and continue to do, to initiate conversations and storytelling, and nurture pride, identity and resilience in Aboriginal and Torres Strait Islander communities and for others to recognise and reflect on their strengths.

CAT NO: 4825 \$55.00



## Life Tweaking

Transformational life questions

A set of conversation-building cards for initiating conversations around change. *Life Tweaking* includes 50 cards that will help students identify their key strengths and priorities, and empower them to take the next steps in their lives. Topics include confidence, finances, purpose, risk, trust, relationships, health, and many more. Each card also contains two questions that encourage conversation and reflection.

CAT NO: 4934 \$55.00



## Reflexions

Building emotional intelligence in young people

*Reflexions* is a resource specifically designed to kick-start vital conversations with young people and support the changes they may want to make in their lives. This tool is a set of 34 stunning, full-colour cards in a photomontage style alongside keywords and phrases to prompt young people to have authentic conversations about values, feelings, goals, and changes.

CAT NO: 3210 \$55.00



## Anxiety Solutions

On-hand strategies and techniques for overcoming anxiety

50 cards, designed to help people of all ages with clinically proven strategies and techniques for managing anxious thoughts features. Each card features a unique design and coping strategy, enabling users to choose an approach that is right for them.

CAT NO: 4960 \$59.95

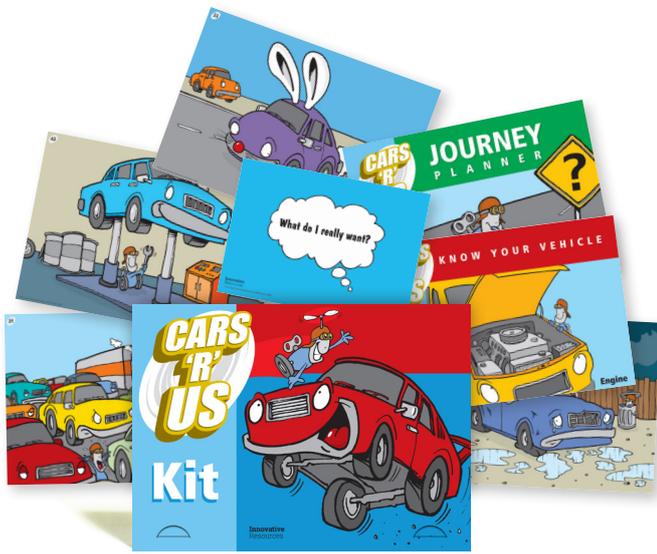


## Talking ecoLogical

Conversation starters for a healthy future

*Talking ecoLogical* is the perfect tool to inspire conversations and change, focusing on environmental sustainability, climate change, zero waste practices, land management and more. The set includes 40 individual cards with 40 intriguing conversation-starting questions, 40 statements and 40 inspiring quotes. It is perfect for prompting rich discussions about the planet and how we as individuals and teams can design the future.

CAT NO: 4940 \$59.95



## Cars 'R' Us

Interactive tool for exploring emotions and choice

A set designed to help students think about the choices they make and the interconnections between body signals, thoughts and actions. The fleet of human-looking cars are ideal for talking about goals challenges and how we respond in different situations.

CAT NO: 4400 \$65.00



## Self-Care Cards

A tool for enhancing everyday health and wellbeing for carers

*Self-Care* has been specifically designed to help those who care for others take good care of themselves and seek out supportive plans, policies and procedures. With 50 beautifully illustrated cards and 100 thought-provoking questions, this resource is designed to act as a tool for self-reflection and inspire conversations about self-care.

CAT NO: 4936 \$59.95

# TRAINING: IN-PERSON AND ONLINE

Yes, we can deliver workshops and training sessions remotely via teleconferencing, featuring our range of colourful, interactive digital resources.

Our strengths approach training and tools workshops are for people who wish to:

- focus on strengths and solutions rather than problems
- invigorate their teams
- build organisational culture
- create better outcomes for people
- use tools to bring meaningful conversations alive in their work.



We specialise in tailoring the content and duration of our online and in-person workshops to the needs of your organisation, and or you can select from our growing range of courses.

**More information:**

**w: [innovativeresources.org/training/](http://innovativeresources.org/training/)**

Prices subject to change without notice.

**Innovative  
Resources**

62 Collins Street Kangaroo Flat Victoria 3555 Australia  
p: +61 3 5446 0500 f: +61 3 5447 2099 e: [info@innovativeresources.org](mailto:info@innovativeresources.org) w: [innovativeresources.org](http://innovativeresources.org)  
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