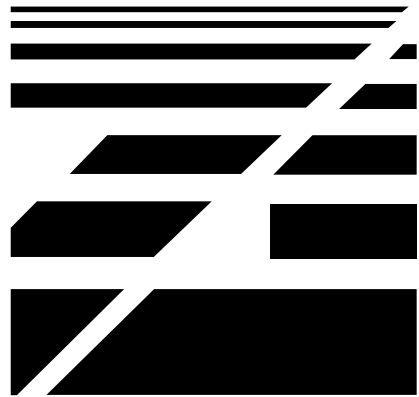


Welcome to



**SEVEN  
DIMENSIONS**

**2022**

**INTERACTIVE COURSES, VIDEOS, DOCOS & PODCASTS**

[7d-tv.com](http://7d-tv.com) | [eveash.com](http://eveash.com)

# THE 7D STORY

**SEVEN DIMENSIONS** was founded by psychologist Eve Ash in 1979. As a presenter, Eve knew that learning was more effective when people are stimulated and engaged, and so she began producing comedy business films.

The 7D approach to analyzing human behavior and providing practical skills and strategies, features in over 1000 videos and interactive training packages on leadership, communication, health and professional development. Genres include comedy, drama, interview style, case studies, documentary and animation.

**NEW RELEASES** include 500+ eLearning courses and videos, *Insights & Strategies Series*, *2 Minutes 2 Success Series*, documentaries and podcasts.

**AWARDS** 170+ awards for creativity, excellence and outstanding achievement.

**PRODUCTS** Videos, microlearning titles, streaming, eLearning courses, documentaries, TV series, workshops, keynotes, books and learning resources.

**EVE ASH** Creator of the best-selling *Cutting Edge Communication Comedy Series*, filmed in Los Angeles, and the multi-award *Finding My Magic* cartoons with Olympian Cathy Freeman, to help children build confidence, know their rights and stand up to bullying. Her broadcast films include the award winning feature documentary, *Shadow of Doubt* and the 6-part TV series for 7 Network, *Undercurrent: Real Murder Investigation* (2019) in which she stars, now on Discovery+ worldwide. Her multi-award documentary *Man on the Bus* (2019) is screening internationally. Eve has written self-help books and is a popular keynote speaker, and former winner of an Australian Businesswoman of the Year Award.



**Eve Ash and Peter Quarry** Psychologists  
Featuring in 50 new titles in 2021



**Olympian Cathy Freeman** (voice) in *Finding My Magic* – award-winning series on children's rights








# CONTENTS



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# HUMOR A RECIPE FOR ENGAGEMENT



## OPTIMAL FOR LEARNING

- > Happier, engaged people
- > Inspires optimism
- > Improves focus and motivation
- > Reduces tension, relaxes people

## PHYSICAL BENEFITS

- > We feel good (endorphins)
- > Boosts immune system
- > Lowers blood pressure
- > Stress reliever



## Welcome to Cutting Edge Communication

### 150 eLearning courses | videos

- > Short, sharp, entertaining with powerful learning design.
- > Talented performers led by Erin Brown and Kim Estes (Emmy Award winner).

**8 PROGRAMS****COMMUNICATION SUCCESS SKILLS**

- Make a Great Impression
- Communicate Effectively
- Be Confident and Assertive
- Boosting Emotional Intelligence
- Listening Actively
- Responding Thoughtfully
- Apologizing Carefully
- Improving Self Esteem

**7 PROGRAMS****SALES, SERVICE & NEGOTIATION**

- Creating Positive Impressions
- Consistent Sensational Service
- Enhancing Service
- Starting Relationship Selling
- Building Relationships
- Negotiating for Success
- Negotiating for Results

**7 PROGRAMS****PRODUCTIVE & COLLABORATIVE TEAMS**

- Recruiting the Best
- Welcoming New People
- Contribute to the Team
- Supporting Others
- Embracing New Ideas
- Brainstorming and Solving Creatively
- Trying Myers-Briggs

**7 PROGRAMS****PRESENTATIONS & TRAINING**

- Presenting with Passion
- Delivering Training Masterfully
- Developing Trainer Skills
- Explaining Skillfully
- Teaching Greetings
- Meeting for Results
- Pitching and Influencing

**7 PROGRAMS****FEEDBACK & PERFORMANCE**

- Sharing Feedback
- Using Goals to GROW
- Coaching and Mentoring New People
- Giving Managers Feedback
- Handling the New Wave
- Handling Tricky Appraisals
- Staying Motivated at Work

**7 PROGRAMS****DIVERSITY, BULLYING & RESPECT**

- Breaking Bullying
- Stereotyping and Diversity
- Prejudice and Discrimination
- Appreciate Diversity and Inclusion
- Global and Cultural Sensitivity
- Ensuring a Respectful Workplace
- Arrogance and Humility

# CUTTING EDGE ELEARNING | VIDEOS

## 90 BUSINESS & PEOPLE SKILLS

**8 PROGRAMS****PERSONAL EFFECTIVENESS SKILLS**

- Set and Achieve Goals
- How to Achieve SMART Goals
- Prioritize and Organize
- Managing Time Successfully
- Making Decisions and Choices
- Planning and Organizing
- Developing Successful Mindsets
- Overcoming Fears

**7 PROGRAMS****CONFLICT & DIFFICULT PEOPLE**

- Calming a Complainer
- Handling Anyone Difficult
- Diffusing Anger
- Resolving Conflict
- How to Mediate Conflicts
- Surviving Team Conflicts
- Overcoming Disempowerment

**8 PROGRAMS****STRESS, SAFETY & WELLBEING**

- Surviving Stress and Anxiety
- Manage Hygiene Boundaries
- Stretching the Team
- Removing Tension
- Working Safely
- Preparing for Emergencies
- Ensuring Security
- Managing Crises

**7 PROGRAMS****CAREER STRATEGY & JOB SUCCESS**

- Navigating Career Change
- Preparing for My Appraisal
- Appreciate Feedback
- Build Employability Skills
- Demonstrate Your Strengths
- Impress at Job Interviews
- Overcoming Setbacks

**8 PROGRAMS****LEADERSHIP, CHANGE & CULTURE**

- Accepting Change
- Creating a No-Blame Culture
- Transforming SILOS
- Thriving Remotely in a Virtual Team
- Creating Workforce Agility
- Managing Projects Successfully
- Supervising Effectively
- Being an Employer of Choice

**9 PROGRAMS****ACCOUNTABILITY & STANDARDS**

- Understanding Accountability
- Behaving Unprofessionally
- Privacy and Ethical Behavior
- Professional Social Media
- Mastering Social Media
- De-Cluttering the Office
- Looking at Employment Contracts
- Unions and Collective Bargaining
- Minimizing Risk

*Short, clever and engaging*

8 PROGRAMS

## COMMUNICATION SUCCESS SKILLS

### Make a Great Impression

- Dress for success
- Remember details
- Greet and introduce warmly
- Show enthusiasm

### Communicate Effectively

- Show positive body language
- Listen and respect others
- Impress on the phone
- Present and engage positively

### Be Confident and Assertive

- Speak with confidence
- Be knowledgeable and switched on
- Change negative thinking
- Ask for help



### Boosting Emotional Intelligence

- Understand your feelings and biases
- Manage your emotions
- Care about how others feel
- Communicate and connect with people

### Listening Actively

- Listen and show interest
- Acknowledge key points
- Agree to listen to each other
- Read reactions to your words

### Responding Thoughtfully

- Ask questions to clarify
- Listen supportively and reflect
- Give advice when needed
- Probe for more detail

### Apologizing Carefully

- Say sorry to reduce tension
- Acknowledge your mistakes
- Follow up with actions

### Improving Self Esteem

- Recognize your own worth
- Be assertive and proud
- Move forward with self-care
- Unlock your potential

8 PROGRAMS

## PERSONAL EFFECTIVENESS SKILLS

### Set and Achieve Goals

- Ensure goals are realistic
- Set specific measurable goals
- Achieve results within timeframe
- Be persistent with smart goals

### How to Achieve SMART Goals

- Set specific measurable goals
- Ensure goals achievable and relevant
- Commit to a timeframe
- Persist and ask for help

### Prioritize and Organize

- Get organized and prioritize
- Plan tasks effectively
- Always be on time
- Learn to manage pressure

### Managing Time Successfully

- Don't procrastinate, get it done
- Be punctual and efficient
- List and prioritize
- Focus on completion

### Making Decisions and Choices

- Use guiding principles
- Apply the DECIDE formula
- Determine goal, options, outcomes
- Implement best option and evaluate

### Planning and Organizing

- Set precise times for planning
- Focus on outcomes
- Prioritize for best results
- Control and complete your work

### Developing Successful Mindsets

- Create a positive mindset
- Focus on strengths
- Build confidence and persistence

### Overcoming Fears

- Unlock your mind and face fears
- Listen and share advice
- Develop coping strategies

7 PROGRAMS

## CAREER STRATEGY & JOB SUCCESS

### Navigating Career Change

- Start a plan for change
- Do a SWOT analysis
- Hone job search strategy
- Develop skills and mindset

### Preparing for My Appraisal

- Review your development goals
- Be proactive with career goals
- Work out your brag list
- Be open to feedback

### Appreciate Feedback

- Welcome feedback
- Be open and ask for advice
- Learn from mistakes
- Practice feedback skills

### Build Employability Skills

- Find opportunities to learn
- Be proactive and find mentors
- Be calm with difficult people
- Learn to apologize

### Demonstrate Your Strengths

- Surprise people with knowledge
- Turn skills into strengths
- Grow through self-awareness
- Show genuine passion

### Impress at Job Interviews

- Wow with research and résumé
- Give powerful examples
- Answer tricky questions skillfully
- Ask clever questions

### Overcoming Setbacks

- Limit the venting and move forward
- Ask for help and share concerns
- Remain confident and persistent
- Shake it off and see opportunities



*Enjoy, learn and apply*

7 PROGRAMS

**SALES, SERVICE & NEGOTIATION**

**Creating Positive Impressions**

- Make everyone welcome
- Demonstrate expertise
- Build ongoing relationships

**Consistent Sensational Service**

- Respond positively and build trust
- Ask and consistently care
- Anticipate needs and surprise
- Be efficient and focus on results

**Enhancing Service**

- Get it right first time
- Be efficient
- Have a can do attitude
- Find answers and solve problems

**Starting Relationship Selling**

- Show genuine interest
- Be responsive to client needs
- Build lasting relationships

**Building Relationships**

- Ask interesting questions
- Listen and be open
- Be calm and controlled
- Find common ground

**Negotiating for Success**

- Determine your position
- Listen positively and acknowledge
- Engage, enjoy, give and take
- Stay positive and resilient

**Negotiating for Results**

- Be open and ask questions
- Build trust and confidence
- Stay open and flexible
- Turn obstacles into opportunities



7 PROGRAMS

**PRESENTATIONS & TRAINING**



**Presenting with Passion**

- Use genuine tone and gestures
- Be concise and clear
- Engage with questions
- Use examples and anecdotes

**Delivering Training Masterfully**

- Plan and structure sessions
- Be creative and energize learners
- Build skills with role-plays
- Embed the learning

**Developing Trainer Skills**

- Inspire and ensure relevance
- Introduce session positively
- Be patient and respectful
- Be open to feedback and grow

**Explaining Skillfully**

- Positively engage the listener
- Be clear and structured
- Maintain interest
- Ensure understanding

**Teaching Greetings**

- Greet people professionally
- Develop the skills to build rapport
- Celebrate each step forward

**Meeting for Results**

- Set agenda and control time
- Make it engaging
- Manage conflict respectfully
- Ensure actions and outcomes

**Pitching and Influencing**

- Be clear and confident
- Impress with knowledge
- Make it memorable
- Engage and inspire

7 PROGRAMS

**PRODUCTIVE & COLLABORATIVE TEAMS**

**Recruiting the Best**

- Select staff impartially
- Choose the best person for the job
- Use behavioral interviewing
- Seek diversity

**Welcoming New People**

- Be sociable and warm
- Anticipate and respond to needs
- Explain and invite discussion
- Build a positive culture

**Contribute to the Team**

- Participate positively in meetings
- Communicate and collaborate
- Adapt and solve problems
- Show initiative

**Supporting Others**

- Be someone who offers help
- Make others feel special
- Coach others to be independent
- Show humility and enjoy giving

**Embracing New Ideas**

- Learn to have fun with new ideas
- Be open and listen to everyone
- Compliment and share
- Voice ideas so they grow

**Brainstorming and Solving Creatively**

- Sharpen your mind
- Be open to ideas
- Solve with facts and logic
- Challenge everyone creatively

**Trying Myers-Briggs**

- Determine your type on MBTI
- Identify the 16 personality types
- Understand team attributes



*Have fun and learn skills!*

7 PROGRAMS

## CONFLICT & DIFFICULT PEOPLE



### Calming a Complainer

- Ask questions to establish facts
- Stay calm and in control
- Take responsibility to fix problems
- Persevere and exceed expectations

### Handling Anyone Difficult

- Observe calmly, listen with empathy
- Focus on needs and facts
- Ignore or give feedback

### Diffusing Anger

- Calmly explain how you feel
- Be empathic and move forward
- Find common ground and resolve

### Resolving Conflict

- Manage emotions and be respectful
- Be factual and communicate openly
- Acknowledge and apologize
- Find common ground and follow rules

### How to Mediate Conflicts

- Listen supportively to both parties
- Control respectful exchanges
- Use questions to clarify and summarize
- Facilitate solutions and agree on actions

### Surviving Team Conflicts

- Discuss and resolve issues
- Speak assertively
- Communicate with care
- Make others feel special

### Overcoming Disempowerment

- Acknowledge effort
- Be constructive and supportive
- Accentuate the strengths
- Set realistic goals

7 PROGRAMS

## FEEDBACK & PERFORMANCE

### Sharing Feedback

- Discuss feedback respectfully
- Give balanced and specific feedback
- Welcome feedback to improve
- Take responsibility and solve issues

### Using Goals to GROW

- Define goals to achieve
- Assess gaps realistically
- See options and opportunities
- Convert options into actions

### Coaching and Mentoring New People

- Help them settle in
- Offer practical steps to build skills
- Give time and encouragement
- Be a caring role model

### Giving Managers Feedback

- Give positive and constructive feedback
- Provide specific factual examples
- Explain concerns and agree on actions

### Handling the New Wave

- Welcome them and build rapport
- Provide clear direction and standards
- Give feedback, coaching and advice

### Handling Tricky Appraisals

- Share expectations
- Discuss specific ways to improve
- Reward achievements as agreed
- Remain calm and focus on goals

### Staying Motivated at Work

- Show interest in people and ideas
- Give and receive feedback to improve
- Uncover inspiration to do well



8 PROGRAMS

## LEADERSHIP, CHANGE & CULTURE

### Accepting Change

- Learn how to embrace change
- Explore options and advantages
- Limit the venting, enjoy moving forward

### Creating a No-Blame Culture

- Be brave and openly share mistakes
- Discuss best actions to fix problems
- See opportunities to learn and innovate

### Transforming SILOS

- Listen and share, build the team
- Develop talent and work together
- Create a unified open culture

### Thriving Remotely in a Virtual Team

- Be accountable, focus on outcomes
- Stay connected and energized
- Communicate effectively

### Creating Workforce Agility

- Be flexible and adaptable
- Ensure value for all
- Nurture high potential talent

### Managing Projects Successfully

- Be clear about objectives and roles
- Communicate, clarify and control
- Manage people, timeline and budget
- Be accountable and achieve results

### Supervising Effectively

- Use goals to achieve results
- Listen and be supportive
- Build skills and acknowledge positives

### Being an Employer of Choice

- Create a positive work environment
- Manage and reward staff
- Welcome ideas from everyone
- Provide opportunities to grow





## 7 PROGRAMS

**DIVERSITY, BULLYING & RESPECT****Breaking Bullying**

- Make prevention training a priority
- Clarify what constitutes bullying
- Make sure all bullying is stopped
- Ensure everyone feels safe

**Stereotyping and Diversity**

- Be aware of generalizing
- Raise awareness with training
- Share insights and skills

**Prejudice and Discrimination**

- Recognize discrimination is wrong
- Ensure inclusion and respect
- Grow from diversity
- Implement and reinforce standards

**Appreciate Diversity and Inclusion**

- Be open and inclusive
- Appreciate other cultures
- Make everyone feel welcome

**Global Cultural Awareness**

- Research and ask questions
- Respect differences
- Observe and follow local customs
- Learn from other cultures

**Global and Cultural Sensitivity**

- Communicate respectfully
- Think before you speak
- Give professional feedback directly

**Arrogance and Humility**

- Recognize arrogance is a turn off
- Increase self-awareness and humility
- Find ways to improve

## 8 PROGRAMS

**STRESS, SAFETY & WELLBEING****Surviving Stress and Anxiety**

- Discuss concerns and prioritize
- Care about people around you
- Find relaxing ways to be calm
- Ask for help, see a professional

**Manage Hygiene Boundaries**

- Be aware of your hygiene impact
- Be sensitive and direct
- Agree on safe hygiene rules
- Manage personal boundaries

**Stretching the Team**

- Take time out to stretch
- Step away for regular breaks
- Relax and refocus with stretching

**Removing Tension**

- Use stretching to get energized
- Try specific stretches for release
- Ensure training is safe and regulated

**Working Safely**

- Create awareness of safety standards
- Manage risks, prioritize safety training
- Involve the whole team in being safe

**Preparing for Emergencies**

- Be prepared and think ahead
- Know fire extinguishers and exits
- Agree on an evacuation plan

**Ensuring Security**

- Screen strangers and check ID
- Always guard your possessions
- If you see something say something

**Managing Crises**

- Save people, establish facts
- Communicate and respond
- Brainstorm solutions and move forward

## 9 PROGRAMS

**ACCOUNTABILITY & STANDARDS****Understanding Accountability**

- Agree what is expected of everyone
- Share examples to make it clear
- Review and reward achievements

**Behaving Unprofessionally**

- Show respect to others
- Be responsible and trustworthy
- Maintain professional relationships
- Manage boundaries

**Privacy and Ethical Behavior**

- Respect privacy
- Model and enforce ethical standards
- Keep company information secure

**Professional Social Media**

- Agree what's best for business
- Focus on professional social media
- Respect privacy and agree what's public

**Mastering Social Media**

- Think before you click
- Control your time and emotions
- Be creative and strategic
- Involve experts

**De-Cluttering the Office**

- Create a safe and clean workplace
- Explain safety and security concerns
- Set consistent standards for everyone

**Looking at Employment Contracts**

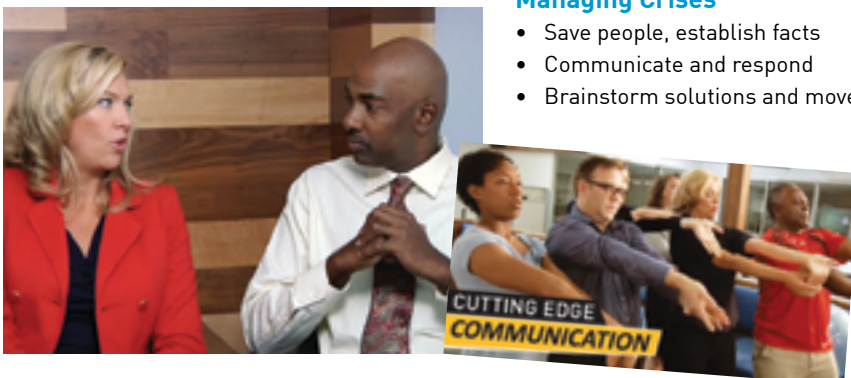
- Read your contract carefully
- Understand the terminology
- Know your rights
- Be firm but fair

**Unions and Collective Bargaining**

- Understand your rights at work
- Be clear about your own position
- Be flexible and negotiate carefully

**Minimizing Risk**

- Expect the unexpected
- Prepare, train, use checklists
- Assess risk and identify triggers
- Learn from mistakes





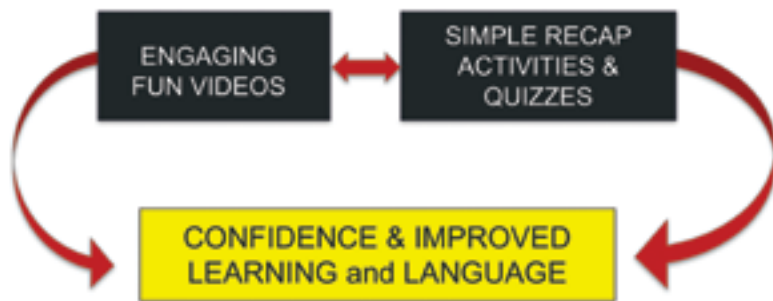
# CUTTING EDGE LEARNING ENGLISH

Three graded series of courses and videos to build language, using character-based comedy.

Developed by psychologist Eve Ash with linguistics expert Dr Fran Byrnes.

## 60 VIDEO COURSES

### Language Learning



# 60 CUTTING EDGE ENGLISH COMEDY COURSES + VIDEOS


## Steps to success with learning English

IELTS 3.0 SIMPLE ENGLISH	IELTS 3.5/4.0 SIMPLE ENGLISH	IELTS 4.0 BASIC ENGLISH	IELTS 4.5/5.0 BASIC ENGLISH	IELTS 5.0 ENGLISH AT WORK	IELTS 5.5/6.0 ENGLISH AT WORK
<ol style="list-style-type: none"> <li>Hello</li> <li>Numbers</li> <li>Can you spell that?</li> <li>About us</li> <li>Where is it?</li> <li>When?</li> <li>How much? How many?</li> <li>Meal time</li> <li>Work</li> <li>At the market</li> </ol>	<ol style="list-style-type: none"> <li>The weekend</li> <li>At home</li> <li>Vacation time</li> <li>Online</li> <li>I don't know</li> <li>I love it</li> <li>Doing things</li> <li>Fun with friends</li> <li>Are you OK?</li> <li>Emergency</li> </ol>	<ol style="list-style-type: none"> <li>Meeting people</li> <li>Family and friends</li> <li>Giving information</li> <li>Thanks!</li> <li>What do you do?</li> <li>A typical day</li> <li>Where can we meet?</li> <li>What's happening?</li> <li>Instructions and advice</li> <li>You choose</li> </ol>	<ol style="list-style-type: none"> <li>Asking for help</li> <li>How do you feel?</li> <li>Let's go</li> <li>How was your week?</li> <li>Comparing</li> <li>Do you like them?</li> <li>Be careful</li> <li>Chatting</li> <li>Can't help?</li> <li>What are you going to do?</li> </ol>	<ol style="list-style-type: none"> <li>Greeting and introducing</li> <li>Saying where people are</li> <li>Describing people</li> <li>Asking questions</li> <li>Saying what's needed</li> <li>Giving reasons</li> <li>Describing feelings</li> <li>Making suggestions</li> <li>Talking about rules</li> <li>Communicating feedback</li> </ol>	<ol style="list-style-type: none"> <li>Complaining and Criticizing</li> <li>Clarifying and explaining</li> <li>Agreeing and disagreeing</li> <li>Discussing responsibilities</li> <li>Giving warnings</li> <li>Expressing ideas and attitudes</li> <li>Apologizing</li> <li>Encouraging others</li> <li>Comparing and contrasting</li> <li>Considering options</li> </ol>

Every program includes learning resources and activities for practice

**Structure of each course**

- Language functions
- Grammar
- Everyday expressions
- Vocabulary
- Tips
- Speaking practice
- QUIZ



**BASIC ENGLISH**  
Basic English 15 - Comparing  
In this course learners compare people and things.



**SIMPLE ENGLISH**  
gardeners



**BASIC ENGLISH**  
across the street



**ENGLISH @ WORK**  
Steve - a little pessimistic

# 7D DIVERSITY | AUDIENCE ENGAGEMENT

Comedy | Drama | Case Studies | eLearning Courses | Subject Matter Experts | Animation



## 7D OFFERS DIVERSE STYLES AND GENRES IN VIDEOS | ELEARNING COURSES

The workforce is diverse. Everyone is different. Learning needs vary. Tastes differ, learning styles differ, viewer preferences differ.



# CASE STUDIES | BEST PRACTICE WORKPLACE STRATEGIES



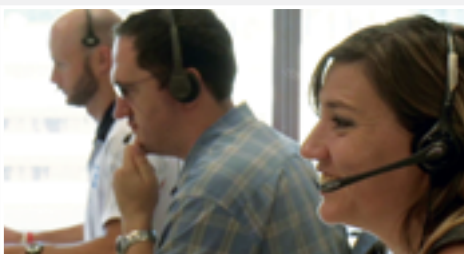
## WORKPLACE EXCELLENCE SERIES



### 10 NEW ELEARNING COURSES

With 10 videos filmed in best practice organizations – case studies with real people.

Managers and teams at all levels share their insights and practical strategies to ensure high performance and create a respectful culture.



### Vision & Values

- Be inspired to develop a powerful vision and values to motivate others.

### Inspirational Leadership

- Discover the behaviors, attitudes and strategies of outstanding leaders.

### Motivating Fun Workplace

- Find out why some people love coming to work and doing their best.

### Open Communication & Teamwork

- Learn how to communicate effectively to achieve best results.

### Passion for Service Excellence

- See the difference when people want to provide exceptional service.

### Innovation & Continuous Improvement

- Inspire everyone to be creative, offer suggestions and make improvements.

### Green & Giving

- Find out how easy it is to make a difference at work and for the environment.

### Recognition & Feedback

- Motivate people, develop skills and improve work performance.

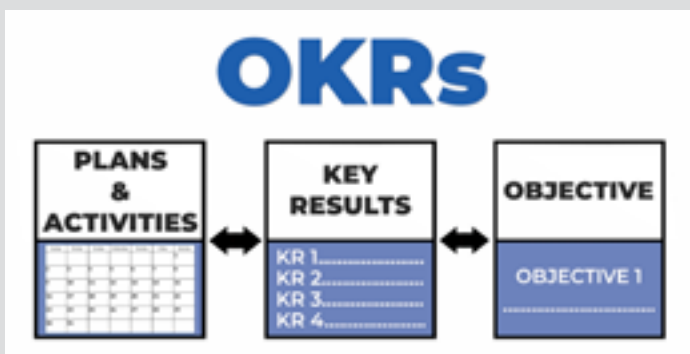
### Wellbeing & Balance

- Discover how healthy people with work/life balance will be happier and more productive.

### Employer of Choice

- Find out how to be a respected and award winning employer.

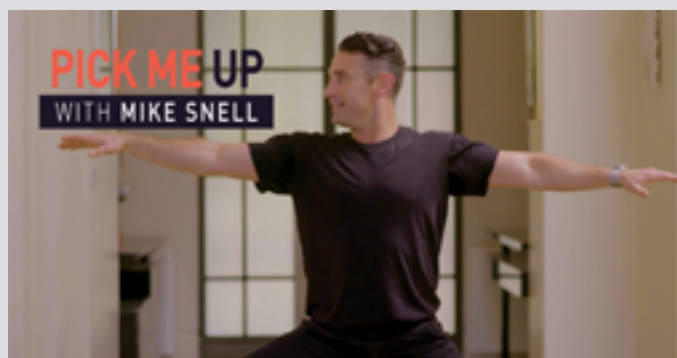
## WHAT IS OKR? OBJECTIVES AND KEY RESULTS 1 ELEARNING + VIDEO



Wellbeing specialist Mike Snell discusses how OKRs (**objectives** and **key results**) are a proven goal-setting framework that helps everyone in your organization to realize concrete results in line with your vision and mission.

- Set 3-5 concrete inspiring **objectives** each quarter
- Determine 3-5 **key results** per objective to measure success

## PICK ME UP SERIES | 3 ELEARNING + VIDEOS



We all need to stretch and revive at work, quickly and efficiently, so we are functioning at our best. Movement mentor Mike Snell demonstrates how to revive your mind and improve health at work, with stretches you can follow in just 3-6 minutes.

- PMU01 Pick Me Up – Revive at your Desk
- PMU02 Pick Me Up – Stand and Stretch
- PMU03 Pick Me Up – Healing in the Hallway

# MICROLEARNING *JUST THE SKILL YOU NEED*

SHORT VIDEOS FOR FAST, FOCUSED LEARNING  
300+ NEW 1-5 MIN VIDEO CLIPS FROM *BEST SELLERS*



# MICROLEARNING SWITCH ON MOTIVATION

*On the run, on your device*

## VIDEOS + ELEARNING

### GETTING MOTIVATED

#### It's all in the mind

Your mood can impact everyone, so get motivated:

- > Create a positive mindset
- > Develop helpful service attitudes
- > Get energized to achieve goals



#### Getting Motivated: Getting Up

The 'Negative Land of W' keeps us stuck. Change negative scripts to positive scripts and see results.

#### Getting Motivated: Getting Started

You have power over your own negative mood monster. Use positive scripts to take control.

#### Getting Motivated: Getting Control

Get rid of negative scripts that hold you back and find your turnaround key to become positive.

#### Getting Motivated: Getting Positive

Negativity is contagious. Make positive suggestions for improvements instead of complaining.



## VIDEOS + ELEARNING

### SWITCH ON MOTIVATION

#### Animated programs about attitudes.

Help your team to replace negative thoughts so they communicate effectively, respectfully and achieve success.

#### Switch on Assertiveness

- Communicate assertively
- Replace aggressive thoughts
- Convert under-confidence
- Respect everyone's needs

#### Switch on Respect

- Maintain respect for everyone
- Accept and value diversity
- Develop tolerance to differences
- Be non-judgmental and open

#### Switch on Service

- Overcome frustration without blaming
- Manage pressure without burnout
- Manage difficult customers

#### Switch on Caring

- Maintain a caring attitude
- Choose caring under pressure
- Manage stress and emotions

#### Switch on Managers

- Develop tolerance for all staff
- Be open and supportive
- Encourage team to improve

#### Switch on Everyone

- Develop effective team attitudes
- Recognize ways to be positive
- Replace negative thinking

#### Switch on Staff

- Take responsibility for attitude
- Use positive thinking
- Discover inner motivation

We all have the  
**power to choose**  
our own  
**mood and attitudes.**

Positive thoughts lead to:

- > positive actions
- > enhanced wellbeing



# 2 MINUTES 2 SUCCESS COURSES

*On the go, on your device, on demand*

**02:00**

**MINUTES  
TO  
SUCCESS**

## > 95 NEW PROGRAMS (2020-22)

### VIDEOS + ELEARNING COURSES

A series of courses with 2 minute videos with powerful, crisp messages to motivate and inspire everyone to improve performance. Developed by psychologists Eve Ash and Peter Quarry.



#### 16 PROGRAMS

##### HEALTH & PSYCHOLOGICAL WELLBEING

- Breaking your Digital Addiction
- CALM Yourself in 4 Steps
- How to Develop Optimism
- Learn to Set Boundaries
- Learn to Worry less
- Mind over Mood
- Overcome a Knockback
- Overcome Anxiety
- Overcome Insomnia
- Overcoming Low Self-esteem
- SNAP out of it!
- Survive a Personal Crisis
- Survive Uncertainty and Fear
- The Psychology of Getting Fit
- The Psychology of Losing Weight
- What to do if Stressed?

#### 16 PROGRAMS

##### MANAGING TEAMS & PROJECTS

- Ask Behavioral Interview Questions
- Avoid a Project Manager's Nightmare
- Encourage your Champions
- FAIR Culture
- Get Ready to be a New Manager
- Implement Reverse Mentoring
- Lead Productive Online Meetings
- LEAD with Empathy
- Manage Change Effectively
- PRICE Mistakes as Opportunities
- Project Management SWOT
- ROI Return on Investment
- SAFE in Emergencies
- Transform into a Star Leader
- UNITE Your Team
- Write a Business Plan

#### 15 PROGRAMS

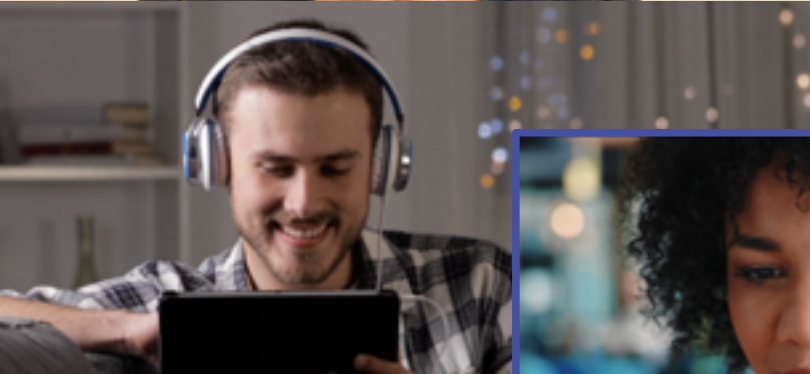
##### PERSONAL DEVELOPMENT

- 4 Steps to Managing Money Better
- ADAPT to Change
- Asking for a Pay Rise
- Be More Decisive
- Build Support for Your Proposal
- Getting out of a Career Rut
- How to Study Effectively
- JOLT- Jump Out of Lazy Thinking
- Managing your Own Anger
- OPEN Mind OPEN Attitude
- Overcome a Writing Block
- Recover from my Mistake
- Stop 4 Time Wasters
- SWOT Boost Your Profile
- Work from Home Productively



# 2 MINUTES 2 SUCCESS COURSES

*Learn on the go, just in time*



**Accept  
Define  
Adjust  
Plan  
Thrive**

## 16 PROGRAMS

### ACHIEVING BEST PERFORMANCE

- ABLE High Achiever
- Answer Tough Interview Questions
- Apply LOGIC
- Be BRAVE at Work
- Be a Forward Thinker
- Be a GEM
- Be a HERO
- FACTS have Impact
- GOALS to Results
- IDEA to Reality
- KPIs are SMART Targets
- Make the World a Better Place
- PLAN to Succeed
- PUSH for Results
- Reach Your Potential
- Take PRIDE in Your Work

## 16 PROGRAMS

### CONFLICT & COMMUNICATION

- A Guide to Whistleblowing
- Be an Outstanding Listener
- Be Assertive with Your Boss
- Build Trust and Credibility
- Call out Inappropriate Behavior
- Dealing with an Incompetent Manager
- HEAL Relationships for Collaboration
- KISS - Keep it Short and Simple
- Motivate a Co-worker
- Motivate Through Storytelling
- PEACE and respect
- Present Online with Impact
- SHARP Presentations
- Surviving an Unreliable Person
- SWAP for Positive Communication
- Working with a Moody Person

## 16 PROGRAMS

### DELIVERING SERVICE EXCELLENCE

- BUILD Relationships
- Call to Action - CTA
- CARE in a Meaningful Way
- CLEAR Service
- Develop Tolerance and Respect
- Engage with Clients Virtually
- Exceed Service Expectations
- GIVE for Good
- Handling a Complainer
- How can You Influence Others?
- KEEP Promises
- PLUS Service Champion
- Remember Names
- Respect Privacy and Confidentiality
- SLA - Service Level Agreement
- Solve Problems in 4 Steps

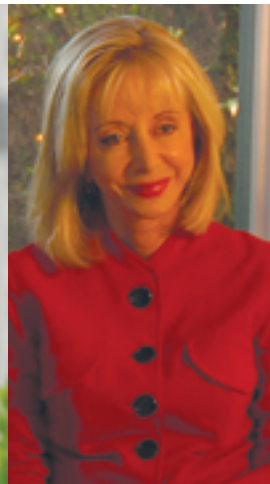
# 104 PROFESSIONAL DEVELOPMENT PROGRAMS

Videos | eLearning courses | Microlearning segments | NEW TITLES 2021

Psychologist Eve Ash interviews experts to explore best practice strategies



**Eve Ash**  
Psychologist



**President Judy Olian**  
Quinnipiac University  
(Former Dean, UCLA Anderson)



**Peter Quarry**  
Psychologist



**Jan Durrans**  
Executive Senior  
Vice President

## 9 PROGRAMS

### COMMUNICATION, CREATIVITY & SOLVING

- 3 Steps to Critical Thinking
- 4 Communication Skills Everyone Needs
- 4 Strategies for Building Collaboration
- 4 Ways to Boost Creativity
- 4 Ways to Develop Your Critical Thinking
- 5 Essentials for Powerful Presentations
- A Positive Approach to Speaking
- Dig Deeper to Get it Right
- Solve Problems with Appreciative Inquiry

## 10 PROGRAMS

### POWERFUL LEADERS & POSITIVE CULTURE

- 4 Essentials for Compassionate Leadership
- 4 Essentials for Respectful Workplace
- 4 Skill Sets for Successful Leadership
- 4 Ways to Boost Your Leadership Skills
- Culture and Oneness
- Inspiring Social Change
- Planning and Scheduling for Results
- Rock Star Leadership
- Working with the Board
- You Manage the Culture

## 9 PROGRAMS

### CONFLICT & PEOPLE PROBLEMS

- 3 Inroads for Handling a Narcissist
- 4 Invaluable Feedback Skills
- 4 Paths to Resolving Conflict
- 4 Perspectives on Bullying and Harassment
- 4 Strategies for Handling Difficult People
- Bullying Even at the Top
- Managing Disruptive Conduct
- Managing Staff Complaints and Grievances
- The Problem of Nightmare Staff

## 11 PROGRAMS

### LEADERSHIP & TEAM SUCCESS

- 4 Pathways to Managing Millennials
- 4 Ways to Build Accountability
- 4 Ways to Create a Results Focused Culture
- 4 Ways to Motivate Your Team
- 5 Ways to Coach for Best Performance
- A Formula for Team Success
- Developing Self-Motivated People
- Emotions at Work
- How to Manage a Task Force
- Managing a Virtual Team
- Setting Goals to Stretch and Grow

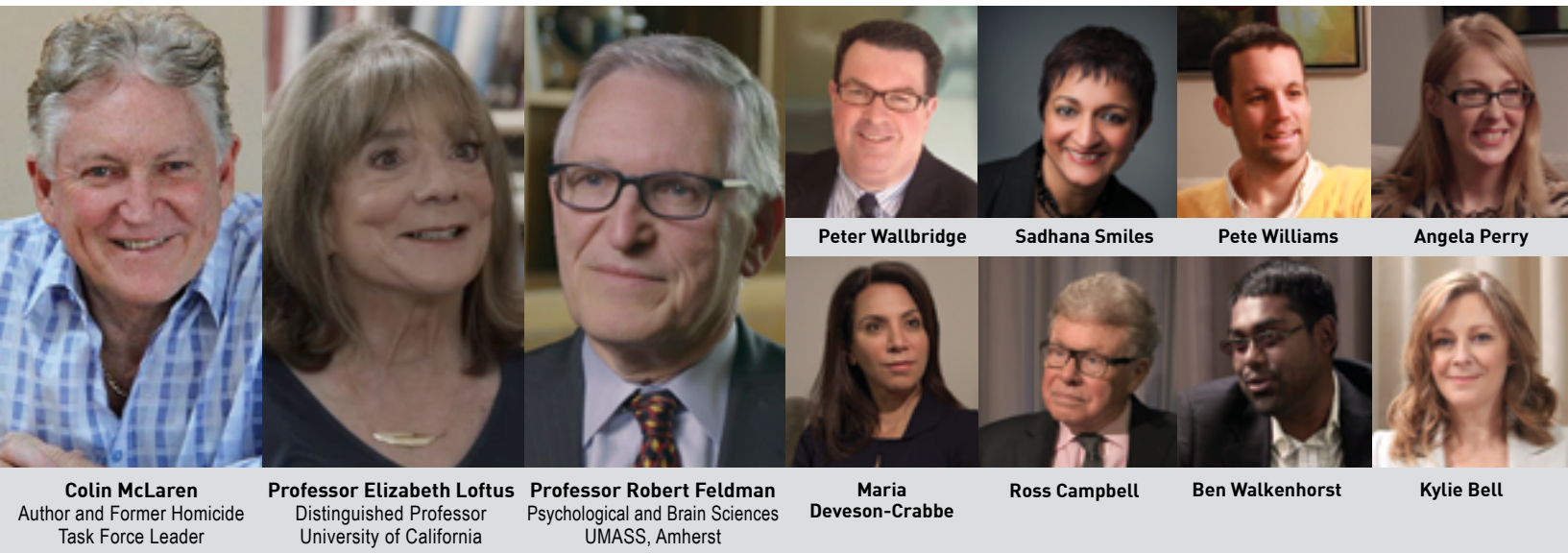


## 13 PROGRAMS

### HR STRATEGY & RECRUITMENT

- Confidentiality Obligations by HR
- Gender Inequality
- HR Dashboard of Metrics and Analytics
- HR Strategy and Management
- Laying off and Redeploying People
- Managing Recruitment Effectively
- Performance Appraisals
- Recruiting High Achievers
- Recruitment Promises
- Reward and Remuneration
- Skills for Managing Redundancy / Layoffs
- Succession Planning and Talent Review
- Terminations – Fair or Unfair

*Be inspired by the experiences of subject matter experts*



**Colin McLaren**  
Author and Former Homicide  
Task Force Leader

**Professor Elizabeth Loftus**  
Distinguished Professor  
University of California

**Professor Robert Feldman**  
Psychological and Brain Sciences  
UMASS, Amherst

**Peter Wallbridge**

**Sadhana Smiles**

**Pete Williams**

**Angela Perry**

**Maria  
Deveson-Crabbe**

**Ross Campbell**

**Ben Walkenhorst**

**Kylie Bell**

## 8 PROGRAMS

### INFLUENCING, SELLING & TRAINING

- 4 Essential Facilitation Skills
- Can I help you?
- Designing and Facilitating Training
- Developing Sales Capabilities
- Elevator Pitch
- Implementing Successful Training
- Lobbying and Influence
- Skills for Lobbying Government

## 6 PROGRAMS

### MARKETING, BRAND & REPUTATION

- Brand Marketing
- Building Brand and Reputation
- Creating Your Brand Proposition
- Stakeholder Reputation Research
- The Value of Podcasts
- Managing Bad Press

## 11 PROGRAMS

### CAREER & WELLBEING

- 4 Career Enhancers
- 4 Ways to Enhance Your Career
- 4 Ways to Take Back Control
- 6 Keys to Wellbeing
- Building Your Personal Brand
- Career Resilience
- Creating a Powerful Resume
- Hope Theory at Work
- How to Increase Resilience
- Mindfulness at Work
- Power up with Strengths

## 8 PROGRAMS

### BUSINESS SUCCESS & PROFIT

- 7 Levers to Success
- Entrepreneur Skills
- Growing a Franchise
- Improving Profitability in Tough Times
- Increasing Website Traffic
- Mergers, Acquisitions and Divestments
- Taking Ideas into Business Reality
- The Value of Employee Ownership

## 10 PROGRAMS

### CRISES, CRIMES & SAFETY

- 4 Paths to a Psychologically Safe Workplace
- Achieving Best Practice in Crisis Management
- Asking Questions in an Investigation
- Crisis Management Strategy Planning
- Managing Crises and Brand Damage
- Proactive About Safety and Security
- Running an Effective Crisis Simulation
- Steps to Solve Workplace Accidents and Crimes
- The Power for Checklists in Crisis Management
- Understanding Crime and Upholding Safety

## 9 PROGRAMS

### LIES, LOVE & LEGAL ISSUES

- An Efficient Approach to Online Dating
- Copyright Warning
- Lies, Crimes and False Confessions
- Living with Lies
- Love, Lies and Exaggeration
- Psychology, Law, Lies and False Memories
- Seeking Legal Advice
- Take Care Giving Expert Legal Advice
- Understanding Intellectual Property

## 9 PROGRAMS

**COMMUNICATION, CREATIVITY & SOLVING****3 Steps to Critical Thinking**

Develop skills to recognize and switch off emotions and improve critical thinking.

**4 Communication Skills Everyone Needs**

Develop lean, adaptable communication, connect with others and ensure professional social media.

**4 Strategies for Building Collaboration**

Discover the collaboration conversation, avoid collaboration killers and improve meeting efficiency.

**4 Ways to Boost Creativity**

Learn to think outside the box, develop mental capacity and leverage power of groups.

**4 Ways to Develop Your Critical Thinking**

Use data effectively, minimize biases, constructively assess views and avoid being manipulated.

**5 Essentials for Powerful Presentations**

Key strategies to make a great presentation, and to be persuasive and end powerfully.

**A Positive Approach to Speaking**

Develop enthusiasm for presenting by unlocking passion and displaying goals.

**Dig Deeper to Get it Right**

Develop pride in getting it right, challenge the process with an open mind and persevere.

**Solve Problems with Appreciative Inquiry**

The five stages of appreciative inquiry with case study applications.

## 10 PROGRAMS

**POWERFUL LEADERS & POSITIVE CULTURE****4 Essentials for Compassionate Leadership**

Show compassion to yourself, really understand others and develop empathy.

**4 Essentials for a Respectful Workplace**

Everyone needs to understand and share respect and leaders need to create a respectful culture.

**4 Skill Sets for Successful Leadership**

Discover leadership skills for a chaotic world, authentic leadership and a simple survival kit.

**4 Ways to Boost Your Leadership Skills**

Judy Olian encourages learning more about yourself, seeking diversity and encouraging truth tellers.

**Culture and Oneness**

Create enabling environment, lead your people to be united and measure engagement.

**Inspiring Social Change**

Creative ideas for championing social change. Link strategy to outcomes, branding and engagement.

**Planning & Scheduling for Results**

Strategies to ensure efficiency and accountability. Commit to plan, prioritize, schedule and review.

**Rock Star Leadership**

Key characteristics of outstanding leaders. The caring, decisive leader is an ambassador.

**Working with the Board**

Governance and accountability, building successful relationships and tips for presenting to boards.

**You Manage the Culture**

Ensure fair and thorough policies, recognize warning signs, re-engage staff and do team building.

## 9 PROGRAMS

**CONFLICT AND PEOPLE PROBLEMS****3 Inroads for Handling a Narcissist**

Gain insights and practical strategies from Peter Quarry on dealing with a narcissist.

**4 Invaluable Feedback Skills**

How to give constructive feedback and deal with negativity, disagreement and emotions.

**4 Paths to Resolving Conflict**

Understand conflict dynamics, defuse emotion, aim for win-win and learn to mediate.

**4 Perspectives on Bullying and Harassment**

A program that clarifies bullying and harassment and provides some case studies.

**4 Strategies for Handling Difficult People**

Learn to change, control your emotion, develop rapport and engage constructively.

**Bullying Even at the Top**

Undermining and bullying at senior levels is unacceptable and requires zero tolerance.

**Managing Disruptive Conduct**

Understand the issues, ensure code of conduct and resolve through consultation.

**Managing Staff Complaints and Grievances**

Steps to manage grievances well and maintain confidentiality obligations.

**The Problem of Nightmare Staff**

Various practical strategies are provided to manage performance of problem staff.

## 11 PROGRAMS

**LEADERSHIP SKILLS & TEAM SUCCESS****4 Pathways to Managing Millennials**

Appreciate millennials' strengths, engage them and give them a say.

**4 Ways to Build Accountability**

Learn how to build personal and team accountability and hold someone accountable.

**4 Ways to Create a Results Focused Culture**

Learn to change the culture and use metrics to drive results.

**4 Ways to Motivate Your Team**

Identify and turn around low motivation, improve team leadership and develop survival skills.

**5 Ways to Coach for Best Performance**

Clarify expectations, build skills, enhance strengths, boost confidence and develop motivation.

**A Formula for Team Success**

Ensure a successful virtual team with A-level attitude and skill, and daily learning.

**Developing Self-Motivated People**

Apply self-determination theory at work and unlock intrinsic motivation.

**Emotions at Work**

Emotions are a powerful tool at work; positive emotions help us perform better.

**How to Manage a Task Force**

Select best people for toughest challenges, motivate and manage pressure.

**Managing a Virtual Team**

Establish clear goals, roles and relationships with planning and commitment.

**Setting Goals to Stretch and Grow**

Use qualitative, quantitative and tier goals. Agree, measure document and review.

## 13 PROGRAMS

**HR STRATEGY & RECRUITMENT****Confidentiality Obligations by HR**

Understanding confidentiality expectations with personnel data and contracts.

**HR Dashboard of Metrics and Analytics**

Performance and remuneration metrics, engagement surveys, OH&S and more.

**HR Strategy and Management**

Managing HR fundamentals in the employment life cycle from recruitment to exit.

**Gender Inequality**

Gender balance is beneficial and a priority requiring strategies and remuneration equality.

**Laying off and Redeploying People**

Manage the challenges and sensitivities with preparation, policy and clear roles.

**Managing Recruitment Effectively**

Determine top criteria, an evaluation matrix, behavioral interviews and work tests.

**Performance Appraisals**

For best outcomes agree goals, KRAs, values, attitudes, achievements and innovations.

**Recruiting High Achievers**

Jan Durrans explains practical strategies to hire problem solvers vs problem bringers.

**Recruitment Promises**

Consistency when talking to recruits ensures no disappointment with overpromising.

**Reward and Remuneration**

Fair and thorough policies require transparency, consistency and creative benefits.

**Skills for Managing Redundancy/ Layoffs**

Skills required when companies and roles change and/or people don't perform.

**Succession Planning and Talent Review**

Practical tips for succession planning and implementing a talent review process.

**Terminations – Fair or Unfair**

Investigating dismissals through documentation and policy implementation.



All new eLearning

8 PROGRAMS

**INFLUENCING, SELLING & TRAINING**

**4 Essential Facilitation Skills**

Facilitate effectively using a gameplan, navigating challenges, and solving problems.

**Can I Help You?**

Avoid service turn-offs and engage customers from the first moment.

**Designing and Facilitating Training**

Considerations when designing training programs and building interactivity.

**Developing Sales Capabilities**

Practical strategies to develop sales people, so they achieve success.

**Elevator Pitch**

Practical tips to impress shown through examples and benefits.

**Implementing Successful Training**

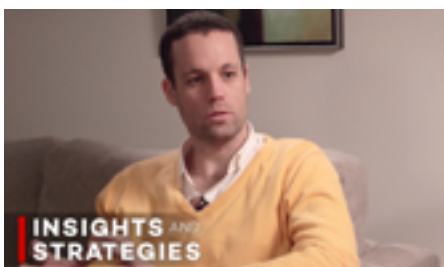
Develop a systematic approach considering business needs, skill gaps and PDPs.

**Lobbying and Influence**

Learn to effectively lobby for change and persist to overcome challenges.

**Skills for Lobbying Government**

Considerations for presenting your case effectively to lobby for change.



8 PROGRAMS

**BUSINESS SUCCESS AND PROFIT**

**7 Levers to Success**

Pete Williams' framework for driving profit. Measure each lever and involve the team.



**Entrepreneur Skills**

Entrepreneurial success requires business and analytical skills, and resilience.

**Growing a Franchise**

Key steps for success growth include systems, brand standards and training.

**Improving Profitability in Tough Times**

Discover compelling insights into financials, fluctuations and tough decisions.

**Increasing Website Traffic**

Explore strategies to boost traffic – Google Adwords, Analytics, SEO and conversions.

**Mergers, Acquisitions and Divestments**

An inside view on M&A activity, covering structure, leadership honesty and new culture.

**Taking Ideas into Business Reality**

Strategies to test ideas, prove viability, use an elevator pitch and source crowdfunding.

**The Value of Employee Ownership**

Practical advice on employee ownership – best practice, business growth and alignment.

6 PROGRAMS

**MARKETING, BRAND & REPUTATION**

**Brand Marketing**

Identify the brand message, create the brand experience and measure success.

**Building Brand and Reputation**

Build a powerful brand and secure your reputation. Consider brand damage and brand experience.



**Creating Your Brand Proposition**

Ensure your brand represents the image you want – value proposition, brand essence and identity.

**Stakeholder Reputation Research**

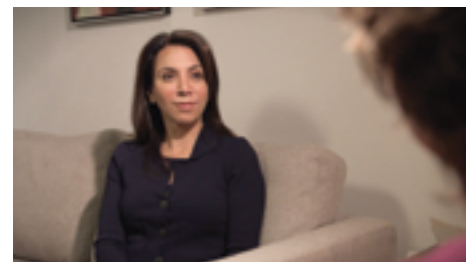
Stakeholder mapping and benchmarking and how to uncover perceptions to build influence.

**The Value of Podcasts**

Practical advice to create and market podcasts – a powerful way to connect with your market.

**Managing Bad Press**

A case study with powerful lessons about media, crisis management and messaging.



## 10 PROGRAMS

**CRISES, CRIMES & SAFETY****4 Paths to a Psychologically Safe Workplace**

Assess and lead for psychological safety, giving care given to virtual teams and monitoring for threats.

**Achieving Best Practice in Crisis Management**

Powerful lessons from unfolding crises requiring reliable specialist communications.

**Asking Questions in an Investigation**

Visualize the Q&A, build rapport, listen openly and ask short questions.

**Crisis Management Strategy Planning**

Identify threats, manage serious risk and ensure top team control and business continuity.

**Managing Crises and Brand Damage**

Plan and rehearse for worst scenarios and failures and prepare a dark site.

**Proactive about Safety and Security**

Be proactive about security, fortify premises, scrutinize people and prevent violence.

**Running an Effective Crisis Simulation**

Create and facilitate crisis scenario training with rehearsals, reviews and improvements.

**Steps to Solve Workplace Accidents and Crimes**

Take control, document evidence efficiently and get agreement and admissions.

**The Power for Checklists in Crisis Management**

Use detailed checklists and strategy to ensure accountability and recovery.

**Understanding Crime and Upholding Safety**

Gain insights into criminals, implement policies and scrutinize people.

## 11 PROGRAMS

**CAREER & WELLBEING****4 Career Enhancers**

Energize your profile and your network, enrich your skillset and have a Plan B.

**4 Ways to Enhance Your Career**

Say YES to assignments, uphold 100% integrity, step out of safe zone and learn from failure.

**4 Ways to Take Back Control**

Assess yourself and your mindset, assertively manage work and stay in the challenge zone.

**6 Keys to Wellbeing**

Learn to apply the PERMAH formula for wellbeing at work.

**Building Your Personal Brand**

A strategic approach to personal branding – the tangibles and intangibles.

**Career Resilience**

Capabilities and competencies to do well in tough times including volunteering.

**Creating a Powerful Resume**

Practical advice for how your resume should stand out and attract recruiters.

**Hope Theory at Work**

Strategies to improve productivity and use 'hope maps' to achieve SMART goals.

**How to Increase Resilience**

Practical strategies to reduce stress and build resilient people and teams.

**Mindfulness at Work**

Insights into the power of mindfulness and practical applications at work.

**Power up with Strengths**

Discover your strengths and manage team performance with strengths.

## 9 PROGRAMS

**LIES, LOVE & LEGAL ISSUES****An Efficient Approach to Online Dating**

Online strategies differentiate yourself and create selection criteria.

**Copyright Warning**

Sound advice to ensure copyright is protected. Covers permissions, logos, and plagiarism.

**Lies, Crimes and False Confessions**

Robert Feldman discusses lies, memories, crimes, false memories and polygraphs.

**Living with Lies**

Robert Feldman's research suggests everyone lies. How do we live with lies?

**Love, Lies and Exaggeration**

Eve Ash and Elizabeth Loftus discuss lying about affairs and Eve shares a personal story.

**Psychology, Law, Lies and False Memories**

Elizabeth Loftus discusses eye-witness problems, wrongful convictions and false memories.

**Seeking Legal Advice**

Key issues including the importance of relationship and outcomes.

**Take Care Giving Expert Advice**

Consider credibility, regulation, accreditation and limitations if offering expert advice.

**Understanding Intellectual Property**

Learn about IP ownership, ©, trademarks and non-disclosure agreements.

# DIFFICULT PEOPLE, MEETINGS AND INTERVIEWS

## 32 Dramatized case study videos

4 ELEARNING | 4 VIDEOS

### DIFFICULT PEOPLE AND SITUATIONS SERIES

#### Leadership Sins

David is unaware of how disempowering his behavior has become. Anne gives David specific feedback and he improves.

#### Personality Clash

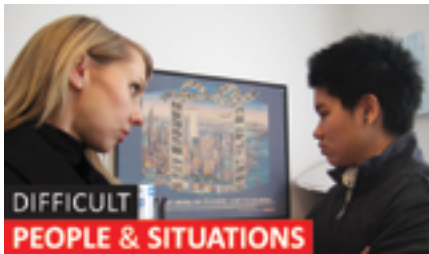
Anne's demands and Kim's mess have created a conflict that must be resolved.

#### Damage Control

Tash is faced with an angry customer, a quality problem and a defensive team.

#### Bullying & Harassment

Four case studies show when the line is crossed with aggression, undermining, criticizing and unwanted advances.



2 VIDEOS

### MEETING SERIES

#### Meeting Case Study

Sadhana's diverse team has trouble agreeing, and must learn meeting skills.

#### Meeting Segments

A trigger series to develop skills - recall, minute-taking, presentation and facilitation. Any segment can be used as a stand-alone.

14 VIDEOS

### JOB INTERVIEW SUCCESS SERIES

#### Job Interviews – No Surprises

Be prepared for questions and challenges.

#### Positive Mindset for Interviews

Use calm positive body language to excel.

#### Skills for Answering Questions

Give winning responses to challenging questions.

#### Show Enthusiasm & Confidence

Be proactive with knowledge and interview skills.

#### Receptionist Interviews

Hear feedback and advice for three job applicants.

#### Café Interviews – Mistakes & Success

Turn mistakes around with enthusiasm and initiative.

#### Event Assistant Interviews

Shine even when you lack skills and experience.

#### Customer Service Role Plays

Learn how to perform well in work-test scenarios.

#### Cadetships – Students Face a Panel

Prepare for panels and scenario questions.

#### Group Assessment Interview

Learn skills for group performance challenges.

#### Graduate Interviews

Discover the key to success for matched applicants.

#### Office Interview – Confidence & Persistence

Success from persistence, confidence and clarity.

#### Success at Every Level

Skills for reception, property and sales jobs.

#### Pitching Your Business

20 practical tips for pitching to a prospective client.

12 VIDEOS

### SELECTION INTERVIEW SKILLS SERIES

#### Body Language & Rapport in Interviewing

Best strategies to put job applicants at ease.

#### Question Types in Interviews

Learn situational, behavioral and probing questions.

#### Office Manager Interview

Powerful case study to evaluate skills on both sides.

#### Anna or Mat?

Compare two applicants and choose the best.

#### Interviewing for Receptionist

Case study with 20 key points for best results.

#### Sales Rep Interview

Challenging questions and tips to assess skills.

#### Property Manager Interview

Powerful case study for specific job challenges.

#### Assessment Centre Interviews

Panels and group techniques to assess skills.

#### Behavioural Interview Triggers

Review behavioral or situational in 18 clips.

#### Role Plays & Work Tests

Develop skills for work tests and role-plays.

#### Interviewing Panels

Dos and Don'ts for effective panel interviews.

#### Reference Check

Effective checklist for interviewing referees.





# PROGRAMS FOR SCHOOLS



“ I thought I was from a normal Jewish migrant family until I found clues that led me to a man on the bus ”

Documentary 84 minutes

Mysterious events unfold and reveal how Martha, a Polish holocaust survivor, managed to lead a double life in Australia.

The film follows her daughter Eve, over a decade, discovering clues, questioning the truth and exploring her father’s heroic escape from a concentration camp. But when a doppelgänger contacts Eve, her life is forever altered, as she uncovers lies, love and the family secret that led her to rewrite her entire life.

*‘Such a delicious, beguiling mystery with an unexpectedly happy ending.’*

Graeme Blundell

*‘Eve’s investigations unearthed one bombshell after another, which she masterfully mines for suspense... there is a strong thread of humour running throughout... a soundtrack composed by award-winning Polish-born Australian Cezary Skubiszewski and compelling archival footage.’*

Greg Callaghan, Good Weekend

## TEACHING & LEARNING SERIES | 4 VIDEOS

This series is designed for teachers, staff and educators of young children.

### Teaching Literacy

Learning to read and write can be fun with creative techniques.

- Rephrase, reinforce and summarize
- Encourage students to predict, reflect, discuss and support each other

### Teaching Numeracy

Create numerical challenges for children.

- Open ended activities and questions
- Encourage trial and error to find solutions

### Peer Mediation

Prevent bullying and improve peer communication for teachers and students.

- Use 5-step mediation strategy
- Build leadership and problem solving skills
- Use active listening, agree and congratulate

### Effective Schools

Implement practical strategies to ensure students are happy and motivated to learn.

- Involve parents and students in strategic planning
- Develop leaders, manage bullying and difficult students

All videos include PDF resources



Peer Mediation is an excellent anti-bullying video for kids

## SEXUAL HEALTH | 2 VIDEOS

### Chlamydia – The Secret is Out

This common STI can cause infertility. Treatment is easy!  
Chloe is shocked by a text from a boy warning of chlamydia. Kane has a secret and must see a doctor.

### Herpes – The Secret is Out

A common virus causing cold sores and genital herpes.  
Avoid embarrassment and find out how you get, avoid and treat herpes. An informative program that promotes open communication and healthy relationships.

All videos include PDF resources

**MULTI AWARD  
WINNER**  
Ten International Awards!



# Finding My Magic



**AGES**  
3-11

## Build confidence in kids

INTRODUCTORY SERIES



CHILDREN'S RIGHTS SERIES



16 CARTOON EPISODES FOR CHILDREN

- > Build confidence and speak up
- > Be respectful and inclusive
- > Care and communicate

- > Learn rights and responsibilities
- > Choose healthy eating options
- > Respond to bullying



**Ep 1: Discovering the Magic** | 5 minutes  
Catherine uses the magic box and 'me' messages to overcome teasing.

**Ep 2: Sharing the Magic** | 4 mins  
Catherine teaches Tom to use the magic box to overcome fear of speaking in public.

**Ep 3: Kate Finds Her Magic** | 5 mins  
Kate makes some big changes around fitness and health and stops eating junk food.

**Ep 4: The Magic at Work** | 4 mins  
The magic of self-talk is put into practice when Catherine competes in the big race.



### TELEVISION | STREAMING

Comprehensive teacher resources and student activities

**Ep 1: Let's Be Fair** | 7 mins  
Vin struggles to speak English as the class learns about fairness.

**Ep 2: Listen to Me** | 5 mins  
Catherine's suggestions are overlooked but she soon makes sure she is heard.

**Ep 3: That's Private** | 4 mins  
Kate crosses a line of confidence when she reads Tom's private diary.

**Ep 4: Don't Bully Me** | 5 mins  
Tom learns that we all have the right to be protected from harm.

**Ep 5: Be at School** | 4 mins  
Catherine notices that Kate has been missing school and is surprised to find out why.

**Ep 6: What's Best For Me** | 5 mins  
After an initial protest, Tom learns about adults deciding what is best for children.



**Ep 7: Let's Be Healthy** | 5 mins  
Kate learns about the right to good health, after a toothache caused by neglect.

**Ep 8: My Right to a Good Home** | 4 mins  
With the help of Catherine, Morko discovers the right to a basic standard of living.

**Ep 9: Respect My Beliefs** | 5 mins  
The children learn to appreciate different cultures after Reema is discriminated against.

**Ep 10: Don't Exploit Me** | 4 mins  
Catherine learns the right to be protected from exploitation.

**Ep 11: Keep Me Safe** | 6 mins  
Kate is very upset and tells Catherine a secret about being hurt by her mum's boyfriend.

**Ep 12: Know My Rights** | 7 mins  
Catherine makes a class presentation about the Stolen Generation.



**Cathy Freeman OAM,**  
The character of Catherine is based on and voiced by Olympic champion Cathy Freeman OAM, Cathy Freeman Foundation.

# THE SEARCH FOR TRUTH AND JUSTICE

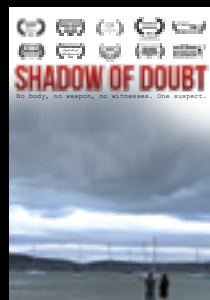
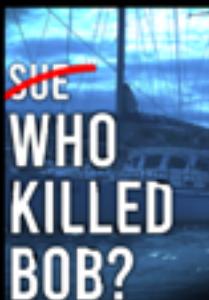


## EVE ASH

FOUNDER, SEVEN DIMENSIONS

Eve Ash has been producing documentaries and creative learning media since she began work as a psychologist, and now has 1000+ titles in worldwide distribution.

Eve produced two multi-award winning documentaries now used in schools – *Man on the Bus* about her own family and *Shadow of Doubt* about the case of Sue Neill-Fraser, convicted of murdering her partner, Bob Chappell, in Tasmania. For over a decade Eve led a team exposing the truth about the murder and also produced the 15 part podcast *Who Killed Bob?* and the 6 ep TV series *Undercurrent: Real Murder Investigation* and she will continue the battle until Sue is released and exonerated.



4 ELEARNING COURSES | 22 VIDEOS



## EXPERT EVIDENCE SERIES

Videos produced for Victoria University

### ELEARNING COURSES

> Learn about presenting evidence in court as an expert witness

#### Giving Expert Evidence 01 – Credibility and Accountability

Videos cover:

- The role of the expert
- Ethics and compliance
- Credentials and technology
- Credibility and experience

#### Giving Expert Evidence 02 – Preparation and Reports

Videos cover:

- Expert witness preparation
- Pre-appearance discussions
- Effective written reports
- Reliability of expert evidence

#### Giving Expert Evidence 03 – Mistakes and Miscarriages of Justice

Videos cover:

- Mistakes and challenges
- 4 Case studies
- Miscarriages of justices

#### Giving Expert Evidence 04 – Effective Presentation in Court

Videos cover:

- Effective court presentation skills
- 6 Case studies – Presentation dos and don'ts
- Top tips – Strategies for improvement

