

SOCIAL WORK & COUNSELLING

- » Do you believe everyone has strengths?
- » Are you looking for high quality resources to bring conversations alive?

We have a range of engaging, evidence-based tools you can use to create connection, build trust and explore challenging topics with children, young people or adults!

NEW RELEASE!

Strength Cards® Unlimited

Ideal for supporting people to notice, name and celebrate their strengths

Did you know that strengths are more than personal qualities? They can also include our relationships, culture, health, community, and the natural world. *Strength Cards® Unlimited* is perfect for having conversations about all the different types of strengths people can draw upon to overcome challenges, reconnect with others and create a more optimistic picture of the future.

Cat No: 0900 \$59.99



NEW EDITION!

Deep Speak - Second Edition

The right question at the right time can change people's lives

The *Deep Speak* cards invite us to explore some of life's big questions—who we are, what we value, how we define ourselves, what we believe and who is important to us. The pack includes 120 visually unique cards divided into 6 suits—openers, relationships, identity, emotions, beliefs and values.

This new edition has over 30 new questions covering topics like the environment, gender, culture, social media and the future.

Cat No: 4201 \$79.95



COMING SOON!

Navigating Depression

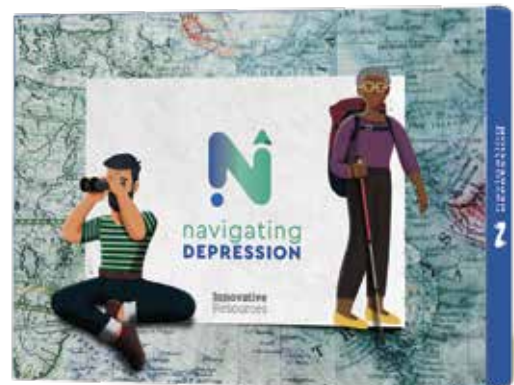
An uplifting tool to help people navigate low moods or emotional distress

Using the metaphor of journeying through a landscape, these 40 beautifully designed cards include five illustrated characters exploring the challenging terrain of depression.

Use the cards to help people share their stories and experiences, build social and emotional literacy, proactively notice and address early warning signs, create healthy, protective habits and recognise when to seek support.

Cat No: 4990 \$89.95

**INTRODUCTORY
OFFER!**



VALUE PACKS FOR WORKING WITH CHILDREN & FAMILIES



The Bears & Body Signals® Value Pack

The bears and meerkats team up!

Our body signals give us important clues about our emotional triggers. Equally, our emotions often trigger involuntary physical responses, like blushing or sweating. Use *The Bears* and *Body Signals®* cards together to support people to recognise and understand the relationship between their feelings and body signals. Both sets feature a range of colourful, fun and engaging characters. Perfect for children and adults alike.

Cat No: 1140 \$95.00



Anxiety Solutions Pack

Fun, easy strategies for managing anxious thoughts...anywhere, anytime!

Each card in *Anxiety Solutions* and *Anxiety Solutions for Kids – 50 Ways to Ride the Wave* includes a simple, practical activity for exploring and managing anxious thoughts and feelings. Developed by psychologist, Selina Byrne, the cards are based on clinically proven techniques drawn from a range of approaches including mindfulness, art therapy, positive psychology and cognitive behavioural therapy (CBT). Try them out and notice which strategies work for you.

Cat No: 1144 \$99.00



Supporting Families Value Pack

For building connection and understanding within families

When working with families who are navigating their way through challenges, it can be helpful to have a range of tools that cater to different ages, life stages and learning styles. Use with families to explore feelings, identify and celebrate the strengths of different family members, and talk about the idea that all families are unique. Includes:

- *Can-Do Dinosaurs* (cards)
- *Positive Parenting* (cards)
- *Two Worlds* (cards)
- *Strength Cards Unlimited* (cards)

PLUS FREE BONUS! *The Bears* cube (tactile)

20% OFF
SAVE \$31.77

Cat No: 1150 \$ 190.00



Trauma Informed Care Value Pack

For having gentle conversations about how trauma impacts on behaviour and emotions

These resources are ideal for exploring where trauma sits in the body, naming strengths, managing feelings and talking about protective behaviours and safety.

Includes:

- *Tell a Trusted Adult* (cards)
- *Body Signals®* (cards)
- *Anxiety Solutions for Kids* (cards)
- *Strength Cards® for Kids* (cards)
- *Cars R Us* (cards)
- *Rosy and Jack* (picture book)

20% OFF
SAVE \$58.35

Cat No: 1138 \$255.00

To purchase our resources, please visit our website, phone or email us.

BEST
SELLER!



Picture This

Captivating photography that can
prompt conversation and reflection

Picture This is a set of 75 full-colour photographs capturing different aspects of our journey through life. Use them with individuals or groups to encourage reflection, introspection and the exploration of different themes. These cards may be particularly useful for culturally and linguistically diverse communities as they don't include words.

Cat No: 2900 \$59.95

BEST
SELLER!



Choosing Strengths

An inspiring tool for
exploring life choices

When we feel disempowered and stuck, we often feel as if we have no choices. However, when we recognise our strengths and capacities, we are much more likely to focus on what we can change rather than what we can't. Use these 36 beautiful, hand-crafted cards to support people to notice and activate their strengths and skills, enabling them to make more positive decisions, look for possibilities and build a hopeful picture of the future.

Cat No: 2400 \$55.00



Counselling & Therapy Value Pack

Perfect for getting to the heart of things
and finding positive ways forward

Add to your client resources with this collection of bestselling card sets, available as a pack for a limited time. This family focused value pack includes:

- *Choosing Strengths* (cards)
- *Stones...have Feelings Too!* (cards)
- *Anxiety Solutions* (cards)
- *Shadows and Deeper Shadows* (cards)
- *Eating Disorders & other shadowy companions* (cards)

PLUS FREE BONUS! *Ups and Downs* (cards)

20% OFF
SAVE \$80.00

Cat No: 1149 \$285.00



No Room for Family Violence

A resource for exploring what positive,
respectful relationships look like

In intimate partner relationships, 'power-with' and 'power-over' manifest in our attitudes to gender roles, sexuality, finances, friends, family and decision-making. *No Room for Family Violence* includes 30 text-based cards divided into 3 suits: what I want MORE of, what I want NONE of and, what CONCERNS me. The cards empower people to engage in open conversations about their situation by exploring 10 key aspects of intimate relationships.

Cat No: 4945 \$55.00

FOR PROFESSIONAL
DEVELOPMENT



Professional Practice Value Pack

Supervision & Walking the Boundaries

The perfect pair of professional resources to support strengths-based, reflective conversations about practice approaches, ethical grey areas, values and beliefs, self-care and work challenges.

Cat No: 1141 \$102.00



Self-Care Cards

A reflective tool to inspire conversations about self-care

Self-care is critical for teachers, counsellors, social workers, managers, carers, parents and anyone who cares for others. The *Self-care* cards can help individuals, and teams, enhance their health and wellbeing, better manage stress, maintain professionalism at work and live happier lives.

Cat No: 4936 \$59.95



Training: In-person and online

We can deliver workshops and training sessions in-person, remotely or as a hybrid of both. All courses feature our range of colourful, interactive (digital or hardcopy) 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 a more positive 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 workshops to the needs of your organisation or school. We also offer a range of online courses you can do anywhere, anytime.

More information:

w: innovativeresources.org/training/

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