

secondary schools



- » 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 edition!

now includes 120 conversation prompts

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: 5000 \$79.95



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

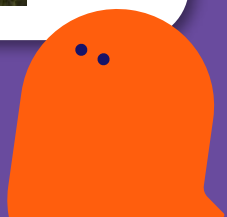


navigating depression

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



new!



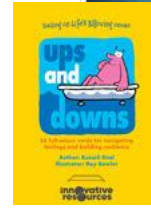
conversation starter bundle

cards that spark lively conversations and encourage storytelling

The *Conversation Starter bundle* has been designed to unlock the therapeutic power of storytelling by helping people find common ground. Use these cards to explore people's stories, values and perspectives. Great for journaling and creative writing. Includes:

- *Deep Speak* (cards)
- *Storycatching* (cards)
- *Everyday Strengths* (cards)
- *Picture This* (cards)
- *Strength Cards Unlimited* (cards)

Cat No: 1179 \$276.10



mental health & wellbeing bundle

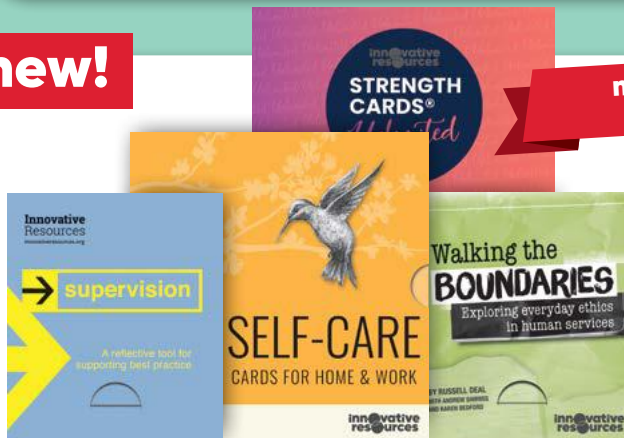
engaging and thoughtful resources for anyone working with young people and adults

The *Mental Health and Wellbeing bundle* includes a range of resources to assist mental health professionals AND individuals to explore feelings, notice warning signs, draw on their strengths, and discover useful strategies for alleviating anxiety. This bundle includes:

- *Choosing Strengths* (cards)
- *Anxiety Solutions* (cards)
- *Reflexions* (cards)
- *Navigating Depression* (cards)
- *Ups and Downs* (cards)

Cat No: 1177 \$348.30

new!



professional practice bundle

supporting professional development, reflective practice and personal wellbeing

This bundle is designed to encourage strengths-based conversations about ethical dilemmas, workplace culture, the role of supervision, and the importance of physical and emotional wellbeing. The bundle includes:

- *supervision* (cards)
- *Walking the Boundaries* (cards)
- *Self-care* (cards)
- *Strength Cards® Unlimited* (cards)

Cat No: 1174 \$260.00

mental health & wellbeing

new!



strengths bundle

resources for unlocking strengths and expanding the notion of what a strength can be

At the heart of the strengths approach is the belief that we all have strengths and capacities that we can draw on to find solutions and help us navigate our way through life. The new *Strengths bundle* has been designed to help people expand their ideas about what a strength can be. This bundle Includes:

- *Strength Cards* (cards)
- *Strength Cards Unlimited* (cards)
- *The Nature of Strengths* (cards)
- *Choosing Strengths* (cards)
- *Strength Cards* (stickers)
- *Everyday Strengths* (cards)

Cat No: 1180 \$445.90

all card sets in bundles can be bought individually
to purchase our resources, please visit our website, phone or email us.

conversation
starters

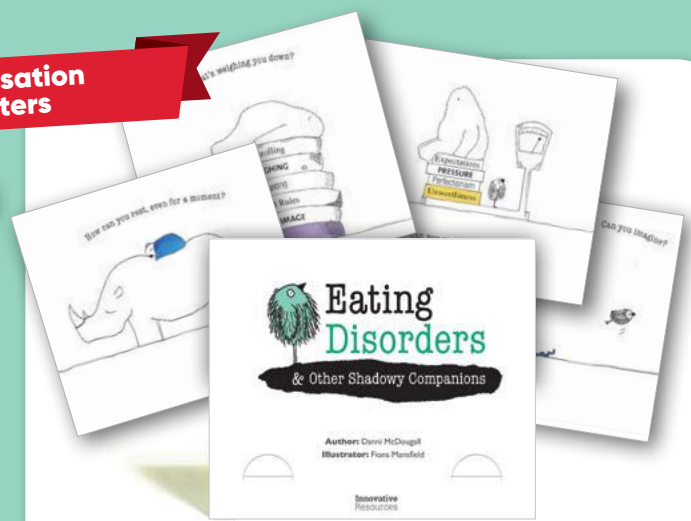


anxiety solutions

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

Each of the 50 unique, beautifully designed cards in *Anxiety Solutions* 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).

Cat No: 4960 \$79.95

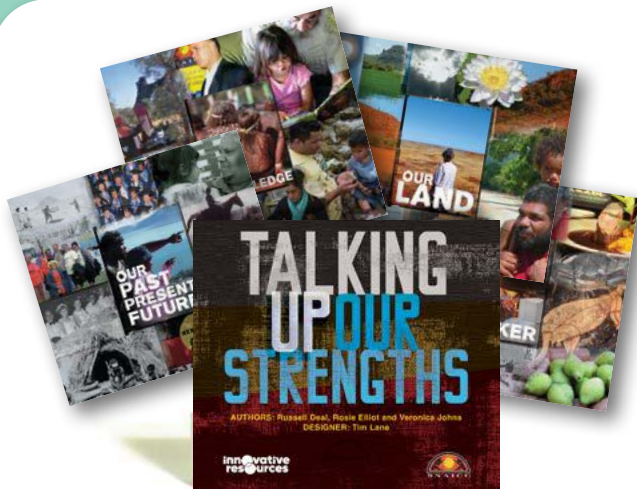


eating disorders and other shadowy companions

conversation cards for breaking the silence around eating disorders

40 hand-drawn cards to stimulate conversations that challenge the silence and shame surrounding eating disorders. Use these cards to help people share their experiences with family, friends, teachers, counsellors and other health professionals. Each card includes a question to encourage people to reflect on and express what it feels like to live with an eating disorder and find ways to move forward.

Cat No: 4630 \$84.95



talking up our strengths

celebrating the strengths and resilience of aboriginal and torres strait islander cultures

This pack includes 22 full-colour images showing Aboriginal and Torres Strait Islander people being 'strong in culture'. Using family snap-style photos, they are designed to foster recognition of Aboriginal peoples' contributions, initiate conversations and storytelling, and build connection and understanding.

Cat No: 4825 \$79.95



exploring shame

a healing resource for identifying, discussing and easing shame

This evocative collection of 30 photo-based cards was created to help people gently name, unpack and process feelings of shame. Topics include addiction, honesty, the body, culture, fairness, forgiveness, relationships and hope. The cards were designed to support constructive, safe and respectful conversations. Each card includes a word on the front and 2 prompting questions on the back.

Cat No: 4640 \$89.95

all card sets in bundles can be bought individually

Phone: (03) 5446 0500 Email: info@innovativeresources.org Website: innovativeresources.org



professional development



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 a happier life. With 50 beautifully-illustrated cards, 100 thought-provoking questions and a booklet full of suggestions, this resource is perfect for use in staffrooms, classrooms, supervision or with teams.

Cat No: 4936 \$89.95



supervision

strengths-based questions to inspire reflective conversations

This 30 card resource provides opportunities to build the capacity of practitioners and supervisors in a range of settings. It covers all aspects of supervision, including setting up strengths-based and solution-focussed processes, focussing on reflective practice, building self-supervision skills, creating spaces to explore best practices, reviewing progress over time, generating opportunities and considering the bigger picture.

Cat No: 4650 \$74.95



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/

