25 Years of Publishing
Conversation-building Resources

Seriously Optimistic Materials

FOR LIFE-CHANGING CONVERSATIONS

Innovative Resources is part of Anglicare Victoria, one of Australia's leading community service organisations. Anglicare Victoria is a not-for-profit organisation providing a range of child, youth, family and community services throughout Victoria and New South Wales. The materials published by Innovative Resources are used by thousands of teachers, social workers, psychologists, counsellors and other human service workers throughout Australia and overseas.

Cover based on artwork by Anna Marrone from the *Positive Parenting Cards*.

www.innovativeresources.org

CONTENTS

Introduction 2

CARD PACKS & STICKERS

Age of Adventure 4
Angels 5
Baby Strengths 6
The Bears 7
Can-Do Dinosaurs 8
Cars'R'Us 9
Change by Design 10
Choosing Strengths 11
Deep Speak 12
Funky Fish 13
Gender Fairness 14
Girltopia 15
Growing Well 16
Inside Out: A Journalling Kit 17
The Kangas and The Koalas 18
Life Tweaking 19
Mates Traits 20
My Feelings 21
The Nature of Strengths 22
Note to Self 23
Optimism Boosters 24
Our Scrapbook of Strengths 25
A Patchwork Life 26
Picture This 27
Positive Parenting Cards ***New!*** 28
Reflexions 29
Respect & Justice Cards 30
Scaling Kit (DVD) 31
Sensitive New Age Cavepersons 32
Shadows and Deeper Shadows 33
Signposts 34
Sometimes Magic 35
Stones…have feelings too! 36
Storycatching 37
Strength Cards 38
Strength Cards for Kids 39
Strengths in Circles ***New!*** 40
Strengths in Teams 41
Symbols 42
Talking Ecological 43
Talking Pictures 44
Talking Up Our Strengths 45
Two Worlds 46
Ups and Downs 47
Views from the Verandah 48
A Vision for Supervision 49
Walking the Boundaries ***New!*** 50
What Works? 51
Words 52

BOOKS & PICTURE BOOKS

Bereaved Mother's Heart 53
Byron and the Chairs 54
Captain Grumpy 55
Caring…and Other Highwire Acts 56
Communities of Hope 57
Creative Yoga for Teenagers 58
Doing Change 59
I See You 60
Kids' Skills 61
Kids' Skills In Action 62
Rosy and Jack 63
Seven Dying Australians 64
Storm in a Teacup 65
The Strengths Approach 66
Violet's Voice 67
The Wrong Stone 68

MORE TREASURES...

Digital Application: The Bears App ***New!*** 69
PaperWorks ***New!*** 70
Value Packs 71
Coming Soon–Posters ***New!*** 73
Our Training 74
Our Showroom and Training Facility 75
Customer Information 76

INTRODUCTION

Welcome to our latest catalogue!

Ummm, why is there a teapot on the front cover?

Well, apart from the fact that it is nearly always a good time for a cup of tea, a teapot means many things to many people. For well-known Australian cartoonist, Michael Leunig, the teapot emerged from his pen spontaneously many years ago to become an enduring and much-loved character in his work:

'One Saturday morning, I was supposed to be doing a Vietnam cartoon, and I just couldn't. I thought Vietnam was such a hideous mess; anything a 23-year old kid said was irrelevant. I wanted to flee from the squalidness and I started drawing an optimistic fantasy about the human spirit ... a man walking along with a teapot on his head, followed by a duck. I'd never drawn such a thing before, the teapot just landed on his head. The editor said he didn't really understand it, but he liked it and ran it. I suppose I was saying that, as the world becomes more disconnected and fragmented, I feel this need to re-state what is constant and the teapot symbolised it. A warm, shared, comforting, familiar thing.'

For many of us, a teapot symbolises comfort, cosiness, friendly conversation around the kitchen table, a relaxed visit from family, friends or neighbours.

In 2015 Innovative Resources published three new card sets. One of them—*Positive Parenting*—picks up on the friendliness of the teapot and other everyday household objects such as a key, torch, toaster, spanner, pet's bowl, jar of jam or pair of sunglasses. These cards were created especially for parents, foster carers, grandparents and guardians to explore how parenting is for them.

Like all of our resources, this card set is based on the idea that people's stories, observations, values, relationships and goals matter. That it is through hearing and sharing stories of strengths, hopes, challenges and next steps that we learn best, rather than going around and around in the problem, or being told what to do.

'We hope that our resources will help create conversations that can, like a teapot, bring comfort. But we also hope they generate insight, understanding, change and positive ways forward in professional and educational settings.'

Anna Marrone's teapot from *Positive Parenting* graces the front cover of this catalogue. Unlike Aladdin's lamp, the treasures that flow from the spout of our teapot are not from exotic, far-away or unreachable places. They are from right here in Bendigo, Central Victoria, Australia–the original home of over 60 cards sets, brewed and published by Innovative Resources.

Watch out for two additional new resources featured in this catalogue as well: *Strengths in Circles* (teachers: this one is especially for you) and *Walking the Boundaries* (for practitioners navigating everyday ethical dilemmas).

We hope that our resources will continue to find a home all over the world with human service practitioners such as teachers, psychologists, counsellors, mentors, children and family workers, youth workers, mental health teams and disability support providers.

Most of all we hope that our resources will help create conversations that can, like a teapot, bring comfort. But we also hope they generate insight, understanding, change and positive ways forward in professional and educational settings, as well as in interactions that can happen on any ordinary day around the kitchen table, in a café, and perhaps even—around a coffee machine!

Best wishes,
The Team at Innovative Resources

'What is the most wonderful thing for people like myself who follow the Way of Tea?
My answer: the oneness of host and guest created through "meeting heart to heart" and sharing a bowl of tea.'

Soshitsu Sen,
Tea Life, Tea Mind

AGE OF ADVENTURE

NEW PRICE!

The strengths of active ageing

Welcome to the age of adventure, a delightful, photography-based card set that celebrates the energy and contribution of older community members. These colour photographs 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. Here are images to make you laugh, reflect, celebrate, and acknowledge the vital roles and diversity offered by older members of our communities.

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

- Which card comes closest to your picture of how you would like to grow old?
- What might stop you growing old in this way?
- Which card represents the most likely picture of yourself in old age?
- Which characters do you admire most? Why?

Foreword by Joan Kirner A.M, former Premier of Victoria

Here are images to make you laugh, reflect, celebrate, and acknowledge the vital roles and diversity offered by older members of our communities.

50 laminated, full-colour cards, 150 x 150mm, polypropylene box, 36-page booklet.
ISBN 978 1 9209452 9 9
Booklet author: Judi Fisher
Designer: Billington Prideaux Partnership

CAT NO: 3400 **AU$24.50**

Back to contents page

CARD PACK

ANGELS

THE STRENGTHS OF EVERYDAY KINDNESS

Inviting hope and resilience into everyday life

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?

CARD PACK

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**

Also available in Finnish
CAT NO: 4951

Back to contents page

BABY STRENGTHS

Understanding baby behaviours, nurturing healthy bonds

CARD PACK

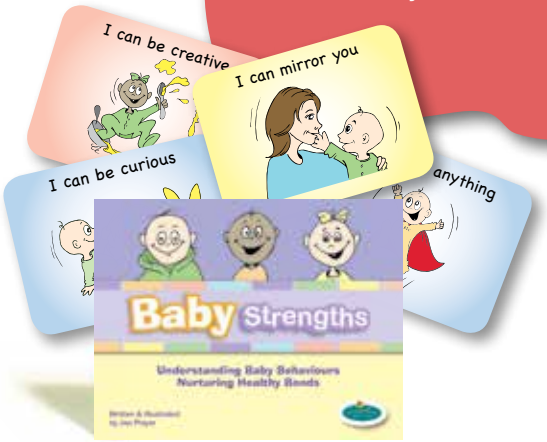
Caring for a baby or toddler can be fun, surprising, challenging, exhausting…the best and most difficult thing you have ever done! *Baby Strengths* is a set of delightfully-illustrated cards to help build or reinforce behaviours crucial for secure attachment between babies and their primary carers. Each card features a 'baby strengths' illustration and a strengths-based statement to help carers:

- recognise baby strengths
- recognise baby and toddler individuality
- understand baby cues
- nurture connections with baby
- build solid foundations for baby development.

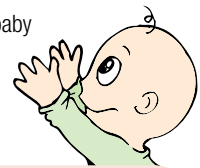
With a fresh and distinctive style, *Baby Strengths* cards can be used as the 'voice' of your baby or toddler, by inviting you to reflect on baby's perspective.

Baby Strengths can be used to build dynamic conversations with anyone who cares for babies and parents, including childcare and family workers, childbirth/parenting educators, health and cultural diversity professionals, couples, family groups, grandparents, caregivers, and mothers and fathers.

- How are the emotions portrayed by the baby pictured on the card different from or similar to the emotions which the baby in your care shows when he or she is behaving this way?



- How do you think the baby in your care feels when he or she is behaving in a similar way to the baby pictured on the card?
- What do you think your baby will need from you when he or she is behaving this way?



25 laminated, full-colour cards, 147 x 105mm, polypropylene box, 36-page booklet
ISBN: 9 781 920945 473
Author and illustrator: Jan Player
Designer: Mat Jones

CAT NO: 2950 **AU$39.50**

Back to contents page

Phone: (03) 5446 0500 (International: +61 3) www.innovativeresources.org

THE BEARS

The absolute classic for talking about feelings with anyone, any age

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 as an App. (See page 69.)

48 laminated, full-colour cards, 105 x 150mm, polypropylene box, 48-page booklet
ISBN: 9 781 920945 428
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**

Back to contents page

CAN-DO DINOSAURS

Tailor-made to help children build competencies and develop skills

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 for children—that they can 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 you want to learn more about over a week/month.
- Notice what your students or children do well. Acknowledge them with the appropriate card or sticker.
- Ask children which friendly dinosaur they would like to invite into the classroom/kitchen/ bathroom/lounge room today. Create a collage/ 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?

Children learn and grow by focussing on what they can do.

28 laminated, full-colour cards, 210 x 148mm, polypropylene box, fold-out 8-page booklet.
ISBN 9 781 920945 398
Author: Russell Deal
Illustrator: Kate Northover

CAT NO: 2200 **AU$49.50**

Back to contents page

CARD PACK

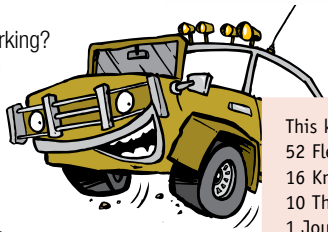
CARS 'R' US

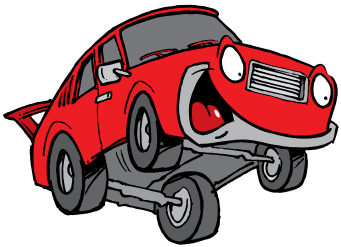
What kind of car are you today?
What kind of car would you like to be?
Be in the driver's seat of your life!

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?





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: 9 781 920945 183
Booklet authors: Russell Deal
with foreword by Ivan Honey
Illustrator and designer: Mat Jones

CAT NO: 4400 **AU$59.50**

CARD PACK

Back to contents page

CHANGE BY DESIGN

THE STRENGTHS OF SHARED LEADERSHIP

Build a culture of cooperation in your team company or organisation

Change by Design uses questions as a medium for talking about change. These questions challenge us to think about how we can enact shared leadership in our groups, teams, organisations and companies. This is a powerful tool for keeping fairness alive in the way we participate and include others in any process of change. It recognises that change happens best when those who are affected are given the opportunity to let their leadership qualities shine. It also recognises that leadership does not come automatically with a particular position, but rather, leadership is a shared responsibility and can be brought to the change process by anyone, at any time.

- Select a card at random. What would your change process be like if this aspect were stronger? How could this be achieved?
- Invite each person to select a card they most want to talk about.
- Select 10 cards that apply to the situation or proposed change. Which card would have the most immediate impact? What can you do to implement this? Arrange the cards in a sequence for action.
- Which card might help your team bring more fun to the change process?

60 laminated, full-colour cards, 200 x 90mm, polypropylene box, 60-page booklet.
ISBN: 9 781 920945 107
Authors: Kevin Vallence and Russell Deal
Illustrator and designer:
Billington Prideaux Partnership

CAT NO: 4100 **AU$59.50**

Back to contents page

CHOOSING STRENGTHS

Learning to make good choices

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 component in 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: 192 0 945687
Authors: Russell Deal with Karen Bedford
Designer and photographer: Tim Lane

CAT NO: 2400 **AU$49.50**

Back to contents page

CARD PACK

DEEP SPEAK

THE WORLD ACCORDING TO YOU

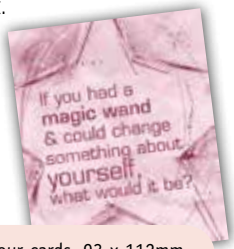
Questions for opening up dynamic conversations with young people

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—so that facilitators can more easily make a selection of cards, if they wish.

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.



120 laminated, full-colour cards, 93 x 112mm, 24-page booklet, presented in a printed tin
235 x 100 x 34mm
ISBN: 9 781 920945 121
Authors: Geoff Barker, Michelle Lane Jenner and Russell Deal
Designer: Bradley Welsh

CAT NO: 4200 **AU$59.50**

Back to contents page

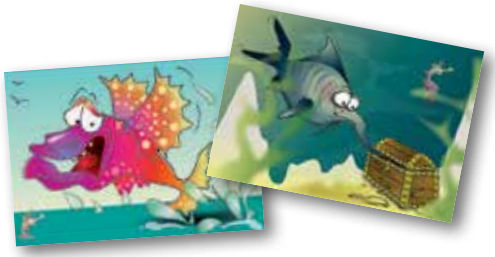
CARD PACK

FUNKY FISH FEELINGS

Fabulous fish characters for helping you describe feelings

Welcome to the fishbowl! *Funky Fish Feelings* is a beautifully illustrated, gently humorous card set full of highly expressive and vibrant aquatic characters created to help you do all the talking. 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 ensuring everyone is given a voice, especially those who, for whatever reason, have traditionally been silenced.

- 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 aquatic characters who might just bear an uncanny resemblance to people you know!

48 laminated, full-colour cards, 210 x 150mm, polypropylene box, 24-page booklet.
ISBN: 9 781 920945 503
Author: Russell Deal
Illustrator and designer: Kate Northover

CAT NO: 2850 **AU$49.50**

Back to contents page

CARD PACK

GENDER FAIRNESS

CONVERSATIONS ABOUT EQUITY

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

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 sessions, HR settings, governance, counselling and policy making for:

- exploring gender roles, stereotypes, and steps towards equity
- discussing how gender unfairness limits opportunities and creates power imbalances
- creating shared learning 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.

Understand the connection with 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**

Back to contents page

GIRLTOPIA

A world of real conversations for real 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 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.

- 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 sexual anatomy; these cards can be easily put aside in contexts where they are not required.)

70 laminated full-colour cards, 150 × 150mm, polypropylene box, 64-page booklet.
ISBN: 9 781 920945 497
Author: Jane Bennett
Illustrator and designer: Robyn Spicer

CAT NO: 4150 **AU$62.50**

Back to contents page

CARD PACK

GROWING WELL

WAYS OF NOTICING OUR EMOTIONAL AND MENTAL WELLBEING

Keep an eye on your mental health!

The *Growing Well* kit is made up of 50 cards with a booklet of suggestions. 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 connected, healthy, active, satisfied or organised you or your clients may be feeling.

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
- Build emotional balance, mental clarity and reflective conversations.

'This practical, simple and highly innovative resource is built around 50 key statements…'

Cards

50 laminated, full-colour, Write-on/ Wipe-off cards, 150 x 150mm, polypropylene box, 32-page booklet.
ISBN: 9 781 920945 145
Booklet author: Russell Deal
Designer: Tim Lane

CAT NO: 4305 **AU$59.50**

Pads

The five suits and 50 statements that make up the Growing Well cards are also available as gummed, A4-sized pads. Each statement is accompanied by the same visual rating scale of a seedling growing into a tree.

CAT NO: 4310 **AU$35.00**

Kit

Purchase the cards and pads together as a set and save over $15.00

CAT NO: 4300 **AU$75.00**

Back to contents page

INSIDE OUT: A JOURNALLING KIT

An inspiring collection of journalling topics and techniques.

Journalling is a powerfully creative 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 a whimsical illustration) appears on one side of the card, while the reverse features a quote and range of simple, yet effective journalling techniques.
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, dialogue and clusters.

'Journalling is a powerfully creative way to name our feelings, tell our stories and navigate life's ups and downs.'

32 laminated, full-colour cards, 300 x 75mm, polypropylene box, 44-page booklet
ISBN: 9 780 957823 174
Author: Deb Western
Illustrator: Sivan Debeljakovic

CAT NO: 3850 **AU$44.50**

Back to contents page

CARD PACK

THE KANGAS AND THE KOALAS

NEW PRICE!

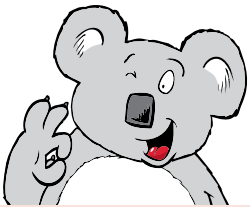
Explore feelings with pocket-sized cards featuring two of Australia's favourite marsupials

Meet *The Kangas* and *The Koalas*—two pocket-sized card sets 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 kangaroo or koala character who expresses 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 *Kanga* or *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* or *Kangas* (or one of each) to play games of 'Snap', matching the same feelings.



The Kangas

CAT NO: 2000

ISBN: 978 1 920945 67 1

The Koalas

CAT NO: 2175

ISBN: 978 1 920945 64 0

Each set has: 20 laminated, full-colour cards, 67 x 96mm, polypropylene box, 36-page booklet.
Authors: Russell Deal and Karen Bedford
Illustration and design: Mat Jones

AU$19.95 each

Back to contents page

LIFE TWEAKING

QUESTIONS FOR COACHING, MENTORING AND INVITING CHANGE

What's important to me?
Where am I heading?
What changes will I make?

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 McGrory, 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 McGrory, Russell Deal & Karen Bedford

CAT NO: 4934 **AU$49.50**

CARD PACK

Back to contents page

MATES TRAITS

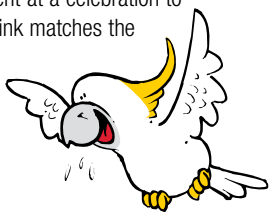
CARDS AND BONUS COLOURING BOOK

VALUE!

Fun ways to build friendships and prevent bullying

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.



Card Pack

32 laminated, full-colour cards, 120 x 120mm, polypropylene box, 24-page booklet.
ISBN: 9 781 958018 814
Author: Russell Deal
Illustrator: Mat Jones

Now comes with a bonus Colouring Book

68pp, 200 x 200mm,
Includes set of stickers

CAT NO: 1012 **AU$49.50**

Back to contents page

MY FEELINGS

Recognising emotions and body signals—in Spanish and English!

Feelings are important yet sometimes it's hard to recognise them. But even very young children can learn to identify emotions—and develop safe responses—by noticing what is happening in their bodies.

The 26 cards in *My Feelings* use clear illustrations to help children talk about emotions and body signals. This resource is bi-lingual; equally at home with Spanish and English speakers. It includes:

- 12 children's faces showing emotions (e.g. happy, sad, angry)
- 12 body signals (e.g. clenched fists, beating heart)
- 2 write-on/wipe-off cards (blank face and whole body)
- Girls on one side, boys on the other
- A booklet of suggestions

Also available are the *My Feelings* Body Outline Activity Pads. Each pad contains 25 sheets featuring a simple line drawing of a body outline without gender, features or clothes. Children can add detail and colour to create their own pictures showing facial expressions, body signals, clothes and backgrounds of their choice. The pads provide an interactive, take-home, engaging, yet therapeutic adjunct to conversations with children about recognising their feelings and body signals.

26 laminated, full-colour cards, 65 x 95mm, 32-page booklet, 3 Body Outline Activity Pads each with 25 tear-off sheets.
ISBN: 9 781 920945 282
Concept and translation: Maggie Escartin
Booklet author: Karen Bedford
Illustrator: Carolyn Marrone
Designer: Jacqui Lynch

Entire Kit
CAT NO: 4610 **AU$36.00**

Card Set Only
CAT NO: 4600 **AU$24.50**

Activity Pads Only
CAT NO: 4605 **AU$16.50**

Back to contents page

THE NATURE OF STRENGTHS

Drawing on nature's genius to build life skills

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?
- 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.

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**

Back to contents page

CARD PACK

NOTE TO SELF

Reminders for self-care and life's choices

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 conscious 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?
- 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.

Right questions at the right time are powerful catalysts for change.

24 laminated, full-colour cards, 140 x 140mm, polypropylene box, 30-page booklet
ISBN: 9 781 920945 407
Author: Gena McLean
Designer: Robyn Spicer

CAT NO: 4750 **AU$44.50**

Back to contents page

CARD PACK

OPTIMISM BOOSTERS

NEW PRICE!

Small cards — powerful questions for big changes

The right question at the right time can stop our negative thought patterns in their tracks. Suddenly, we see optimistic possibilities.
Written by practising psychologist, Selina Byrne, each of the 30 cards in this elegant little 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.

'Soon, all my supervision sessions will begin with: *Pick a card, any card.'*

Chris Iveson,
Solution-focussed trainer, UK

30 laminated, full-colour cards, 105 x 65mm, polypropylene box, 32-page booklet.
ISBN: 9 780 958018 852
Author: Selina Byrne, Designer: Tim Lane

CAT NO: 3750 **AU$14.95**

Back to contents page

CARD PACK

OUR SCRAPBOOK OF STRENGTHS

NEW PRICE!

Strengths that support families, communities and teams

Each of the 42 cards in this set presents a powerful window into the characteristics of strong families, groups and communities. Based on extensive post-graduate research, eight broad topics—communication, togetherness, acceptance, resilience, affection, support, sharing activities and commitment—are explored.

On each card is a 'strengths statement' such as 'We keep each other hopeful', together with a set of small water-colour paintings. The whole card is arranged as if it were a page from a family scrapbook.

- Which cards most represent what you experienced as a child?
- Which ones do you think are representative of your identity now?
- Which strengths would you most like to be present in your family/community/project team today? Create your own scrapbook to illustrate these.
- Are there times when your family/community/workgroup faces adversity? Which strengths do you think are most useful then?
- Is there a card that reminds you of something that happened in your family/a family you know?

'Each of the 42 cards in this set presents a powerful window into the characteristics of strong families, groups and communities.'

42 laminated, full-colour cards, 210 x 150mm, polypropylene box, 32-page booklet.
ISBN: 9 780 957823 181
Authors: Russell Deal & Simone Silberberg
Illustrator: Carolyn Marrone, Designer: Tim Lane

CAT NO: 3825 **AU$32.50**

Back to contents page

CARD PACK

A PATCHWORK LIFE

Archetypal images for storytelling, journalling and transformation

Our lives are a patchwork of many different memories, experiences, dreams and relationships, sewn together to form our unique selves.
The 40 cards in this deck are rich in narrative and imaginative possibilities, and feature the exquisite illustrations of Nicole Reading. The cards are designed to inspire the conversations, storytelling and creativity of women of all ages. They can be used flexibly by individuals and in group settings. These beautiful cards are accompanied by stickers featuring complementary imagery for creative use.

- Choose a card or sticker and use it as a prompt for journalling.
- Ask members of a group to select cards reflecting their values as a team.
- Chose a card representing an important issue in your life. Draw what is happening beyond the picture frame.
- Select five cards and use them to tell a story. What happens when the cards are rearranged?
- Select a card and arrange others around it to form a 'quilt' reflecting your special qualities.

'A beautiful set of cards and stickers to inspire women's conversations and creativity.'

40 laminated, full-colour cards, 120 x 120mm,
5 sheets of stickers, polypropylene box,
38-page booklet.
ISBN: 9 781 920945 466
Illustrator and author: Nicole Reading
Designer: Robyn Spicer

CAT NO: 4225 **AU$54.50**

Back to contents page

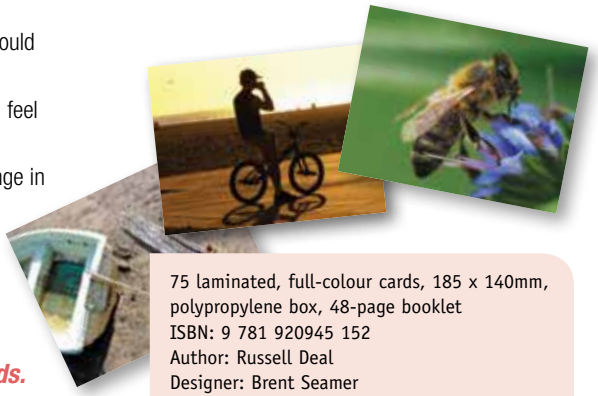
PICTURE THIS

Photographs to stimulate the imagination, memory and emotions

An image, especially a photograph, can have a unique ability to stimulate the imagination, memory and emotions.
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. Some of these full-colour images are 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 points of view.

- 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 picture is worth a thousand words.



75 laminated, full-colour cards, 185 x 140mm, polypropylene box, 48-page booklet
ISBN: 9 781 920945 152
Author: Russell Deal
Designer: Brent Seamer

CAT NO: 2900 **AU$59.50**

Back to contents page

CARD PACK

NEW!

POSITIVE PARENTING CARDS

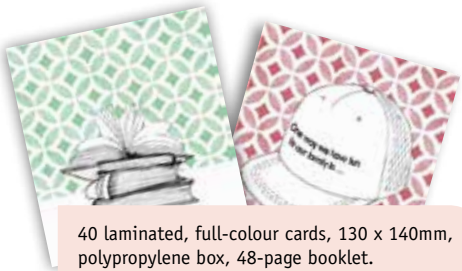
Parents, foster parents and parent educators: This one is for you!

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 parents 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 like:

- 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.



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**

Back to contents page

CARD PACK

REFLEXIONS

Real conversations with young people about feelings, goals and identity

Yes! The right visual edge for adolescents. A set of 32 cards or stickers using street and techno style computer enhanced photography for encouraging adolescents to explore their lives. What do I think? What do I feel? What is important to me? Where am I heading? Each card features a key word and a layer of images to illustrate it.
By encouraging conversations about the good stuff and the hard stuff, this is a powerful tool for building identity, self-esteem and goals.

- 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.
- Which cards represent emotions/thoughts that are easy/difficult for you? Which ones would you like to do better?
- Choose one card as a focus for a week. Paint/collage/collect quotes/write a short story or poem/search the internet about this theme.

32 laminated, full-colour cards, 210 x 148mm, polypropylene box, 24-page booklet.
ISBN: 9 780 957823 112
Author: Russell Deal
Designer & photographer: Tim Lane

CAT NO: 3200 **AU$49.50**

Also available in Finnish CAT NO: 3275

Stickers

5 complete sets on A4 backing sheets, total of 160 stickers, each sticker 65 x 45mm

CAT NO: 3250 **AU$16.95**

Back to contents page

RESPECT & JUSTICE CARDS

NEW PRICE!

Reminders for best practice

Best practice is characterised by genuine collaboration between people. 'Power-with', as it is known, challenges us to address power imbalances and structures that constrain, discriminate and disadvantage. It also challenges us to create conditions that build hope, respect and fairness.

Following the success of The Strengths Approach by Wayne McCashen (see p.65), here is a set of 30 small format cards that act as reminders for doing best practice. Each card features a phrase followed by a question.
For example:

- Keeping optimism alive: How do we help build a hopeful picture of the future?
- Tackling stuckness and friction: How do we notice and build on exceptions to the problem?
- Understanding the power of labels: How do we challenge stereotypes?

These simple cards provide opportunities for trainers, facilitators, teachers, managers, social workers, teams, communities and individuals to engage in lively discussion and reflection on the principles and practices of the best practice.

30 laminated, full-colour cards, 105 x 65mm, polypropylene box, 32-page booklet.
ISBN: 9 781 920945 213
Author: Russell Deal
Designer: Jacqui Lynch

CAT NO: 4900 **AU$14.95**

Back to contents page

Phone: (03) 5446 0500 (International: +61 3) www.innovativeresources.org

THE SCALING KIT DVD

NEW PRICE!

Visual metaphors for noticing change

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 now only available on DVD, and consists of a booklet of suggestions and 10 interactive scaling masters 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. Or…you may want to explore the digital interactivity with your client directly online by opening the master(s) on your computer or ipad, and moving a component (such as an arrow) on the scaling master according to where the client indicates they are at on the scale. There is also a text bubble where such things as the client's plans, comments and goals can be typed.

For example, if you and your client decide to use the ladder scale, there is a little interactive marker at the side of the ladder which can be moved up or down the rungs. When the marker is at the place the client chooses, the scaling sheet can be printed out showing the client's rating choices on the scale and any comments typed in the text bubble. In this way, the scaling sheet is personalised to each client and each session.

The 10 interactive masters on the 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.

Noticing - Anticipating - Describing
Rating - Recording - Managing
Celebrating - Evaluating

A DVD featuring a booklet of suggested uses and 10 interactive scaling masters with moveable components and text bubbles.
Booklet author: Russell Deal
ISBN: 9 781 920945 220

CAT NO: DVD 2500 **AU$19.95**

Back to contents page

INTERACTIVE DVD

SENSITIVE NEW AGE CAVEPERSONS

A tribe of engaging characters inviting conversations about male identity, purpose and fulfillment

NEW PRICE!

Through the ages men have been called upon to juggle an array of roles—partner, father, son, brother, colleague, friend, confidant. The *Sensitive New Age 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 fulfillment, and offers a cue to help build discussions about 'the important stuff'—what it is to be a bloke 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. *Sensitive New Age Cavepersons* support conversations about our skills, strengths, virtues and resources, regardless of gender.

- 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 become the person you really want to be?

54 laminated, full-colour, die-cut cards, 140 x 140mm
polypropylene box, 24-page booklet.
ISBN: 9 781 920945 534
Author: Russell Deal
Illustrator and designer: Ray Bowler

CAT NO: 2875 **AU$32.50**

Back to contents page

SHADOWS AND DEEPER SHADOWS

Seeing the darkness; looking for light

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?

Deep listening is a gift for the listener and the one who is heard.

48 laminated, full-colour cards, 210 x 150mm, polypropylene box, 49-page booklet.
ISBN: 9 781 920945 176
Author: Russell Deal,
Booklet authors: Russell Deal, Fiona Gardner and John Holton
Artist: Carolyn Marrone, Designer: Tim Lane

CAT NO: 3800 **AU$59.50**

Back to contents page

CARD PACK

SIGNPOSTS

EXPLORING EVERYDAY SPIRITUALITY

What's important, meaningful as sacred to you?

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 a powerful 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 learn to practise more often?
- Thinking of a time of transition/challenge, select 3 cards that were strengths you drew on at the time/you now draw on.
- 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?

48 laminated, full-colour cards, 140 x 140mm, polypropylene box, 28-page booklet.
ISBN: 9 780 958018 869
Author: Russell Deal
Designer and photographer: Brent Seamer

CAT NO: 3450 **AU$49.50**

Back to contents page

SOMETIMES MAGIC

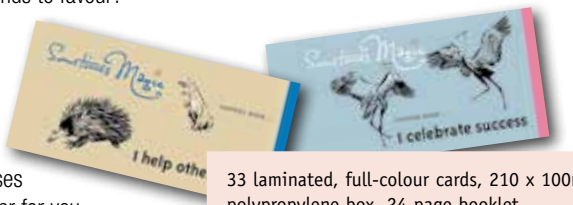
CELEBRATING THE MAGIC OF EVERYDAY LEARNING

Magic happens with the right learning style!

At last—a tool that explores the different, and often surprising, ways that people learn. This set of 33 cards is a highly creative resource for anyone who facilitates learning and development. Each card features a 'learning statement' beginning with, 'Sometimes magic happens when…' together with a beautiful illustration of a native Australian animal or bird. The behaviour of the animal is linked to the learning statement creating a delightful metaphor for discussing our different learning styles.

- Choose a card that best describes how you learnt as a child.
- Choose 3 cards that illustrate learning styles that are important to you now.
- Which cards represent the learning styles that your school or organisation tends to favour? Which ones would you like to see acknowledged/developed more? How will you bring these into your learning environment?
- Thinking of a mentor or role model, choose a card that expresses their primary strengths as a teacher for you.
- Can you think of a learning experience you have had that matches each of the cards?

The behaviour of the animal is linked to the learning statement creating a delightful metaphor for discussing our different learning styles.



33 laminated, full-colour cards, 210 x 100mm, polypropylene box, 24-page booklet.
ISBN: 9 780 957823 136
Authors: Russell Deal and Kevin Vallence
Illustrator: Stuart Billington

CAT NO: 3600 **AU$49.50**

Back to contents page

STONES...HAVE FEELINGS TOO!

Find a stone for every emotion and learn to talk about feelings

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.

52 laminated, full-colour cards, 150 x 100mm, polypropylene box, 44-page booklet.
ISBN: 9 780 957823 198
Author: Russell Deal
Illustrator: Ray Bowler

CAT NO: 3900 **AU$49.50**

Original design available in Japanese

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 our website 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**

Back to contents page

STORYCATCHING

NEW PRICE!

Sharing the joys and struggles of life through storytelling

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!

CARD PACK

80 laminated, full-colour cards, 80 x 110mm, polypropylene box, 24-page online booklet.
ISBN: 9 781 920945 244
Author: John Holton
Designer and illustrator: Ray Bowler

CAT NO: 4700 **AU$45.00**

Back to contents page

STRENGTH CARDS

The one indespensable resource for over 20 years!

For over two decades *Strength Cards* have played a vital self-esteem building role in the lives of countless individuals and families.

Now, with completely new full-colour illustrations, six additional cards, new words, and a booklet with even more suggestions for use, the new edition *Strength Cards* are even more engaging, but with the same life changing potential.

- 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?

54 laminated, full-colour cards, 120 x 150mm, polypropylene box, 41-page booklet.
ISBN: 9 781 920945 305
Author: Russell Deal
Illustrator: Katie Jardine

CAT NO: 0100 **AU$49.50**

Also available in Swedish

CAT NO: 0125

Also available in Finnish

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**

Back to contents page

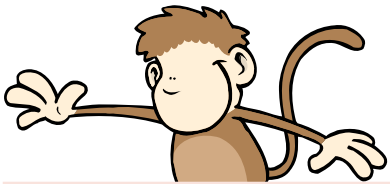
STRENGTH CARDS FOR KIDS

Focus on children's strengths and watch them flourish!

A set of 40 cards or stickers designed for children with practical, positive, affirming statements and fun-loving, cartoon-style graphics. So why do adults like them so much? Maybe it's because they remind us that the most powerful way to solve a problem is to start with what we already do well. These cards are ideal for developing inner strengths and building values and capacities. Teachers love to use these for 'Strengths of the Week' or 'About Me' projects.

- Ask young students to choose a card for each person in the class/their family. On posters, have them place the matching sticker near that person's name.
- Place the cards in a colourful bag. Each day, ask a child to draw out a card from the 'lucky dip'. This is the strength the group will 'notice' today.
- Choose a card for the theme of the week. Notice and reward children with a sticker when they display this skill. Develop a 'skills vocabulary' by talking about this skill.
- 'Reframe' problems (e.g. bullying behaviour) into skills to be learned using the cards as a focus for developing the skill.

These cards are ideal for developing inner strengths and building values and capacities.



40 laminated, full-colour cards, 210 x 150mm, polypropylene box, 24-page booklet.
ISBN: 9 781 875650 767
Author: Russell Deal
Illustrator: Mat Jones

CAT NO: 0400 **AU$49.50**

Stickers

5 complete sets on A4 backing sheets, total of 200 stickers, each sticker 56 x 41mm

CAT NO: 0450 **AU$12.50**

Back to contents page

NEW!

STRENGTHS IN CIRCLES

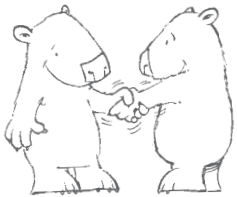
BUILDING GROUPS THAT FLOURISH AND FLY

Creating cohesive, effective teams and groups

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:

- **A**GENCY
- **S**AFETY
- **P**OSITIVITY
- **I**NCLUSION
- **R**ESPECT
- **E**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: 9 781 920945 794
Authors: Sue Roffey and Russell Deal

CAT NO: 4932 **AU$49.50**

Back to contents page

CARD PACK

STRENGTHS IN TEAMS

Building strong, effective teams

Most of us spend a great deal of our lives being part of one team or another—at school, in the community, in clubs, in sport and at work.

We are surrounded by teams and we are bombarded with ideas about how we can make our participation in teams more effective and more satisfying. There are libraries chock-full of books about teamwork and leadership.

Strengths in Teams is not a book, a manual or a training course that promises teamwork enlightenment. It is a set of 30 lavishly illustrated, full-colour cards depicting a zany and delightfully whacky circus. Except this circus looks very familiar—in fact, it shares all the idiosyncrasies and foibles of just about any team. But like any effective team, these characters also demonstrate that they have strengths, and they depend upon the strengths of all members.

Strengths in Teams has two simple messages:

- We all contribute strengths to our teams
- We all gain strengths from our teams.

Strengths in Teams is all about noticing, identifying, mobilising and celebrating these strengths.

If we focus on the problems or deficits in our teams, it is easy to become absorbed in what's not working—much more effective and fun is to focus on our strengths and those of others around us. *Strengths in Teams* is a resource for sharing leadership and aligning strengths.

We hope you will chuckle as you enter the world of these 30 cards. Introduce them to your colleagues and you are likely to unveil rich conversations and insights within your particular team.

30 laminated, full-colour cards,210 x 148mm, polypropylene box, 24-page booklet.
ISBN: 9 781 920945 459
Author: Russell Deal
Illustrator and designer: Andrew Bowler

CAT NO: 2300 **AU$49.50**

Stickers

5 complete sets on A4 backing sheets, total of 150 stickers, each sticker 72 x 50mm

CAT NO: 2350 **AU$12.50**

Back to contents page

SYMBOLS

Simple, potent icons to illuminate almost any situation. Go where words cannot

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 *Symbols* (the card set) has its origins in grief and loss counselling, 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?

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

100 laminated, full-colour cards, 105 x 105mm, polypropylene box, 48-page booklet
ISBN: 9 781 920945 190
Authors: Russell Deal and Linda Espie
Designer: Bradley Welsh

CAT NO: 4575 **AU$49.50**

Back to contents page

TALKING ECOLOGICAL

NEW PRICE!

Environmental educators and change managers: create a buzz, a plan, a culture shift

Families, communities, organisations, businesses, schools, teams and groups: environmental sustainability is 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.

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$59.50**

Back to contents page

CARD PACK

TALKING PICTURES

What happens next?
Scenes young people navigate everyday

We all constantly interpret the world around us. But how do we make sense of the social events that we see or are part of?

Talking Pictures is a unique resource for inviting young people to talk about their experiences, values and identity by presenting a series of 'snapshots' or 'scenes from a movie.' Many young people will relate to the scenes portrayed. Perhaps they themselves have been part of such scenes or perhaps their friends or siblings have experienced such social situations. We are all meaning-makers and these 27 highly interpretable scenes invite young people (and their parents) to describe what they see.

Each scene invites the viewer to make their own meaning out of what is depicted.

- What is happening in the story?
- What has led to this situation?
- What will happen next?
- What are those in the picture feeling?
- What might they be saying?

'Talking Pictures is a unique resource for inviting young people to talk about their experiences…'

27 laminated, full-colour cards, 210 x 150mm, polypropylene box, 23-page booklet.
ISBN: 9 781 920945 527
Author: Russell Deal
Illustrator: Carolyn Marrone

CAT NO: 2975 **AU$44.50**

Back to contents page

CARD PACK

TALKING UP OUR STRENGTHS

Celebrate the strengths of indigenous cultures

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 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 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?

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

22 laminated, full colour cards, 160 x 140mm, polypropylene box, 24-page booklet
ISBN: 9 781 920945 411
Authors: Russell Deal, Rosie Elliott and Veronica Johns; Designer: Tim Lane

CAT NO: 4825 **AU$42.50**

Back to contents page

CARD PACK

TWO WORLDS

WHEN RELATIONSHIPS END AND PARENTS SEPARATE

For those experiencing separation or any significant life changes

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?

48 laminated, full-colour cards, 140 × 140mm, polypropylene box, 44-page booklet
ISBN: 978 1 920945 69 5
Authors and co-publishers: ANGLICARE Diocese of Sydney & St Luke's Innovative Resources
Illustrator: Carolyn Marrone

CAT NO: 2600 **AU$49.50**

Back to contents page

CARD PACK

UPS AND DOWNS

A mental health tool for navigating life's 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, very pink character sailing 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.

Ray Bowler's delightful illustrations appeal to many people of all ages but *Ups and Downs* has the special ability to capture the feelings that many adults, and notably many men, struggle to put into words.

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—drought, bushfires and floods—who find the sailing metaphor a safe way of exploring their emotional ups and downs.

54 laminated, full-colour cards, 95 x 135mm, polypropylene box, 30-page booklet
ISBN: 9 781 920945 336
Author: Russell Deal
Illustrator: Ray Bowler

CAT NO: 4800 **AU$49.50**

Back to contents page

CARD PACK

VIEWS FROM THE VERANDAH

Here's a set of 54 cards for identifying values and planning for the future. Imagine sitting on a verandah surveying the landscape of your life. What lies just around the corner? What do you need to attend to today? What is even further ahead—on the horizon?

Perfect for talking about long and short term goals, *Views from the Verandah* is a card set for career planning, coaching and mentoring, evaluation, relationship counselling, and much more. In the new edition of this much-loved classic, a colourful cast of Australian critters comes to life to help families, teams, individuals and organisations identify aspirations and goals.

Coaches and mentors, career counsellors, educators, managers and social workers: use this card set to build rich, practical conversations about what is important in life, what we might want to change and what we hope for.

- Choose a card at random. What relevance does this card have for you at present? Have there been times in your life when the card has had more (or less) importance? Do you imagine it will be important to you in the future? Why?
- Select a few cards that identify strong themes in your life right now. Select some that identify what you would like to be doing more of in one week/ one month/six months/a year.
- Use the timeframe cards to put your hopes and anticipated changes into priority order. What do you want to change first and what can wait?
- Imagine you are being given an award/recognition. Select a card that shows what you would like to receive the award for.

54 laminated, full-colour cards, 148 x 105mm, polypropylene box, 36-page booklet.
ISBN: 978 1 920945 66 4
Authors: Russell Deal with Karen Bedford
Illustrator and designer: Mat Jones

CAT NO: 2100 **AU$55.00**

Back to contents page

CARD PACK

A VISION FOR SUPERVISION

STRENGTHS-BASED QUESTIONS FOR REFLECTIVE CONVERSATIONS

At last! A tool for strengths-based, solution-focused supervision

Do you supervise others? Do you receive supervision?

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. Here at last is an inspiring, practical tool for building your strengths-based supervision conversations from start to finish.

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.

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

'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 70 1
Authors: Roger Lowe & Russell Deal
Designer: Mat Jones

CAT NO: 4927 **AU$64.50**

Back to contents page

CARD PACK

NEW!

WALKING THE BOUNDARIES

EXPLORING EVERYDAY ETHICS IN HUMAN SERVICES

Would you ever…? Ethical dilemmas faced in everyday practice

Riddle: How do you unleash hours of rich debate and development in your team of practitioners?

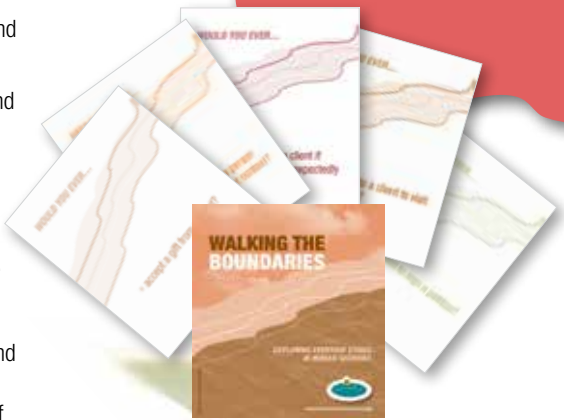
Answer: Open a pack of *Walking the Boundaries* and stand back!

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?

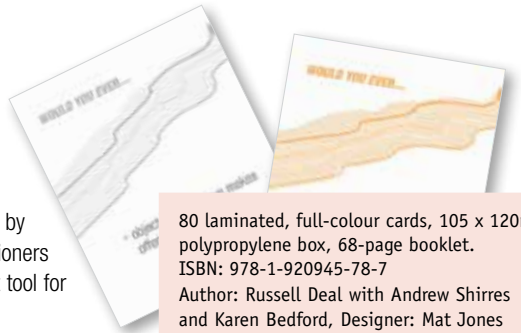
Would you ever:

- 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.



Eighty cards, each with an intriguing question to consider



80 laminated, full-colour cards, 105 x 120mm, polypropylene box, 68-page booklet.
ISBN: 978-1-920945-78-7
Author: Russell Deal with Andrew Shirres and Karen Bedford, Designer: Mat Jones

CAT NO: 4805 **AU$49.50**

Back to contents page

CARD PACK

WHAT WORKS?

The strengths of any organisation

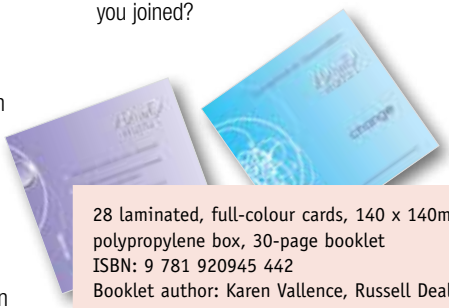
If you were searching for ways to describe the possible strengths of any organisation, what would you notice? Firstly, that organisations vary tremendously in a wide variety of ways! And at the same time, the most successful, creative and dynamic of them also have many strengths in common.

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.

Developed by Kevin Vallence, Russell Deal and Karen Masman (the team who created *Change By Design* and *Sometimes Magic*) with beautiful designs by Robyn Spicer.

- 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: 9 781 920945 442
Booklet author: Karen Vallence, Russell Deal and Karen Bedford
Illustrator and designer: Robyn Spicer

CAT NO: 4850 **AU$49.50**

Back to contents page

CARD PACK

WORDS

Simple, potent words that relate to life's struggles and joys

Single, unadorned words can have power and resonance; they can stand like beacons to illuminate our feelings, memories and stories. Each of the 100 cards in this set features a word that can prompt reflection and conversation about life, struggle, sadness, friendships, dreams, joy, grief and death —the whole gamut of what it means to be human. This card set grew out of discussions with counsellors who work daily with grief and loss. Equally, it can be used to encourage discovery and conversation in group work, workshop facilitation, public speaking, creative writing and narrative work.

- Select a card with a word that interests you for some reason. Why?
- Which cards best describe a life-changing event you have experienced (leaving home, the birth of a child, a great loss, an outstanding success)?
- Which cards best describe the past year (or week or month)?
- Select 7 cards and use one word as a theme for your journal writing each day.

This card set grew out of discussions with counsellors who work daily with grief and loss.

100 laminated, full-colour cards, 105 x 105mm, in a full-colour tin, 48-page booklet.
ISBN: 9 781 920945 206
Booklet authors: Russell Deal and Linda Espie,
Designer: Brad Welsh

CAT NO: 4500 **AU$49.50**

Back to contents page

CARD PACK

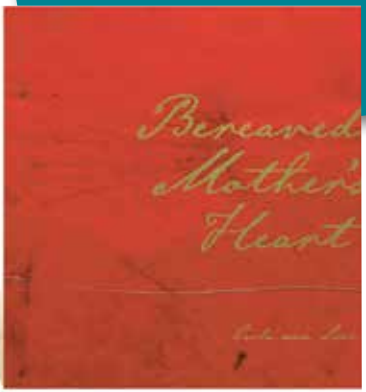
BEREAVED MOTHER'S HEART

NEW PRICE!

Creative and transformative ways to journey with trauma and loss

This deeply moving, but 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.

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



Notes for facilitators and teachers are in the back of this beautiful book.

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

Soft, bi-fold cover, 215 x 228mm, 60pp.
ISBN: 9 781 920945 114
Author: Carla van Laar, Designer: Tim Lane

CAT NO: 6051 **AU$10.00**

Back to contents page

BYRON AND THE CHAIRS

NEW PRICE!

Dealing with sibling jealousy…and other emotional monsters

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

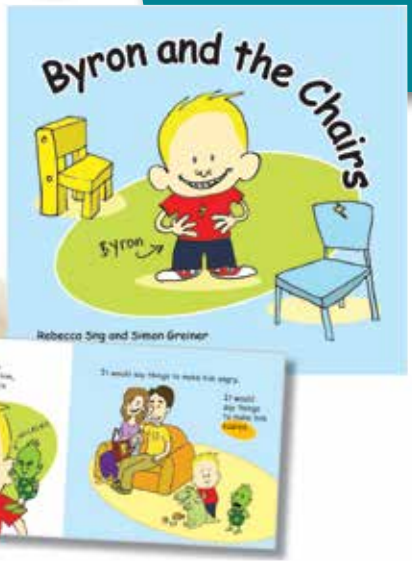
Byron and the Chairs is a delightful story for adults and children to share. Inspired by the techniques of narrative therapy, it invites children to engage directly with the rascally monster of sibling jealousy.

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.



Softcover, 180 x 200mm, 32pp.
ISBN: 9 781 920945 268
Author: Rebecca Sng, Illustrator: Simon Greiner,
Designer: Jacqui Lynch

CAT NO: 6080 **AU$9.90**

Back to contents page

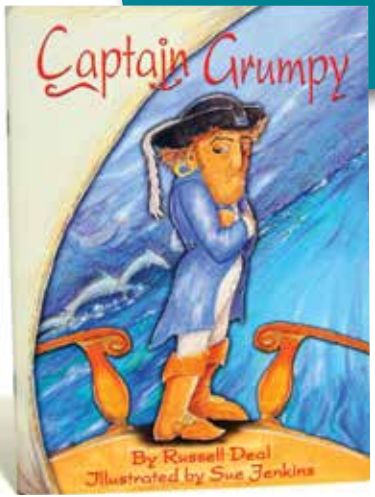
CAPTAIN GRUMPY

NEW PRICE!

Follow your heart and find the real treasure

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.



Softcover picture book, 210 x 280mm, 32pp.
ISBN: 9 780 957823 167
Author: Russell Deal; Illustrator: Sue Jenkins
Designers: John Veeken and Jacqui Lynch

CAT NO: 6075 **AU$12.50**

Back to contents page

CARING...AND OTHER HIGHWIRE ACTS

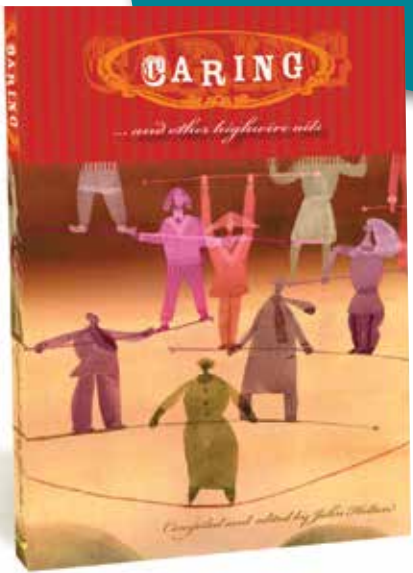
True stories of those caring for someone with a mental illness

Caring…and Other Highwire Acts gives carers in the Loddon Mallee region of Victoria, Australia, a voice; a chance to tell their stories honestly and anonymously. While the stories in this book are drawn from one region, they are also the stories of many families from many places.

There are stories of heartache, stories of grief and loss, and stories of great courage. Walking the tightrope of mental illness can be all these things and more. But amid the pain there can be moments of hope, even exhilaration and humour, when the fear of falling is cast aside and love makes anything seem possible.

'What have I learnt from our experience of mental illness? That you don't always get a choice about what life dishes out to you, but you certainly get a choice about how you will deal with it.'

'I was sure there had to be solutions; solutions that focussed on wellness and health, rather than illness and pathology.'



Honouring the role of carers in our communities.

Softcover, 154 x 234mm, 96pp.
ISBN: 9 781 920945 237
Editor: John Holton; Designer: Jane Prideaux

CAT NO: 8009 **AU$19.95**

Back to contents page

COMMUNITIES OF HOPE

A STRENGTHS-BASED RESOURCE FOR BUILDING COMMUNITY

NEW PRICE!

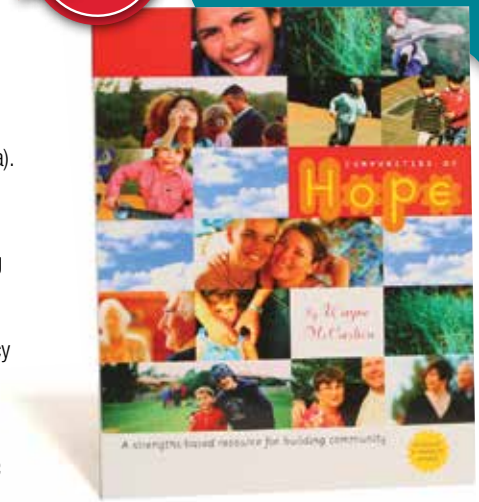
Contains a three-day workshop and 39 handouts for building community

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 (Bendigo, Australia).

This book contains clearly articulated and truly inspiring principles, and includes a guide for a three-day workshop for community leaders focusing 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, its strengths and resource

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: 9 781 920945 008
Author: Wayne McCashen
Designer: Jane Prideaux

CAT NO: 8003 **AU$19.90**

Back to contents page

CREATIVE YOGA FOR TEENAGERS

NEW PRICE!

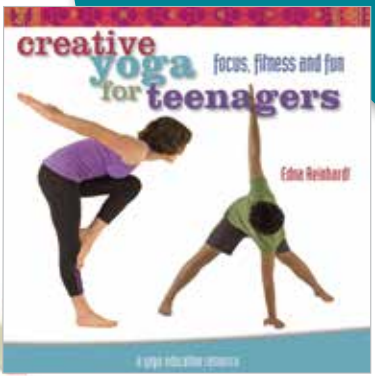
Yoga postures linked to create dance-like sequences that teens love

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 lifelong 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 regularly presents in Department of Education 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.



Focus, fitness and fun for teens

Hardcover, spiral bound, 154 x 234mm, 112pp.
ISBN: 9 781 920945 237
Author: Edna Reinhardt. Designer: Michael Wolfe

CAT NO: 8011 **AU$19.90**

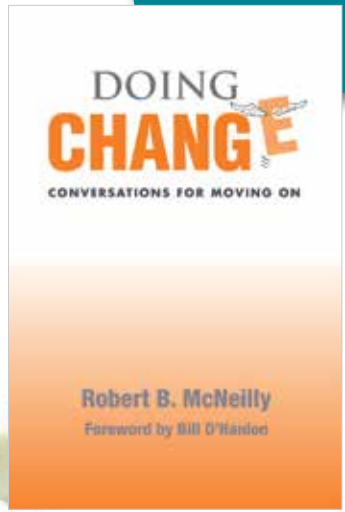
Back to contents page

DOING CHANGE

CONVERSATIONS FOR MOVING ON

NEW PRICE!

Want to shift old patterns and do things differently?



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 McNeilly, 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.

*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: 9 781 920945 626
Author: Robert McNeilly

CAT NO: 8014 **AU$29.95**

Back to contents page

I SEE YOU

MINIATURE PICTURE BOOK

A story for exploring feelings of depression and anxiety

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 can haunt 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: 9 781 920945 558
Author and illustrator: Gayle Crisp

CAT NO: 6077 **AU$9.50**

Back to contents page

KIDS' SKILLS

PLAYFUL AND PRACTICAL SITUATION-FINDING WITH CHILDREN

NEW PRICE!

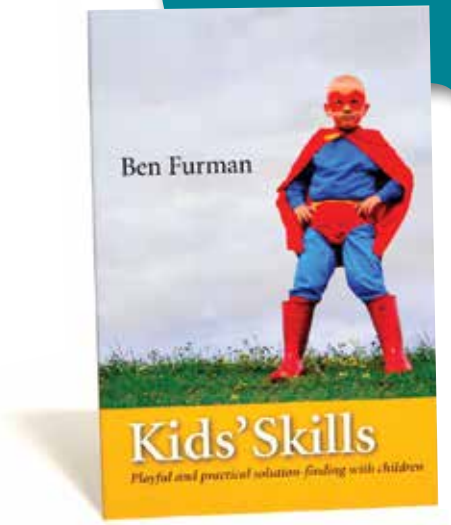
Fun ways of working with children to convert problems into skills

Well-known Finnish psychotherapist and TV presenter, 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. It is surprising what happens when 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. A book buzzing with ideas, stories and suggestions.

- 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



Softcover, 165 x 245mm, 144pp.
ISBN: 9 780 958018 890
Author: Ben Furman

CAT NO: 8004 **AU$19.90**

Back to contents page

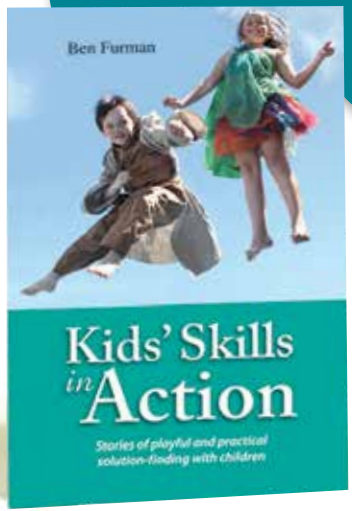
BOOK

KIDS' SKILLS IN ACTION

NEW PRICE!

STORIES OF PLAYFUL AND PRACTICAL SOLUTION-FINDING WITH CHILDREN

Keeping trouble at bay and uncovering strengths for learning and growth



Ever wanted to be a 'fly on the wall' in the consulting rooms of a range of skilled therapists, psychologists and social workers from around the world? Following the great success of *Kids' Skills* (Ben Furman's book outlining his popular 15-step method for working with children) comes this dynamic collection of true stories and conversations between skilled professionals and the children and families with whom they work. At the heart of Furman's method is a simple yet profound reframing of children's problems as skills yet to be learned. The power of his method also rests in his playful approach to working alongside children so that they themselves are their own best teachers, and so that a network of supporters are drawn into the excitement and celebration of the skill as it unfolds within the child's world.

At the heart of Furman's method is a simple yet profound reframing of children's problems as skills yet to be learned.

Softcover, 165 x 245mm, 144pp.
ISBN: 9 780 958018 890
Author: Ben Furman

CAT NO: 8004 **AU$14.95**

Back to contents page

Phone: (03) 5446 0500 (International: +61 3) www.innovativeresources.org

ROSY & JACK

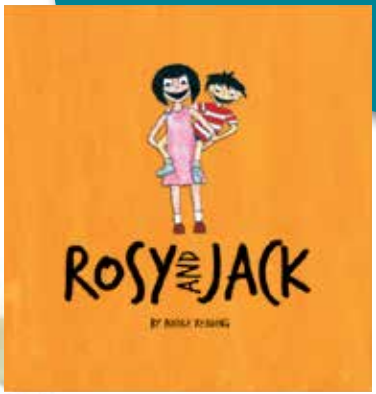
NEW PRICE!

Strategies for working with children who have been sexually assaulted

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: 9 780 958018 821
Author and illustrator: Nicole Reading
Designer: Tim Lane

CAT NO: 6052 **AU$12.50**

Back to contents page

SEVEN DYING AUSTRALIANS

NEW PRICE!

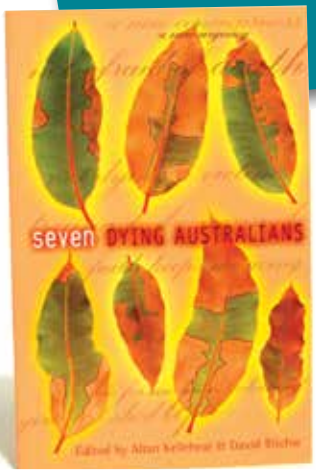
Candid interviews with seven people facing death

This inspiring book 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. 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.

These stories reveal the inner workings of courage and hope. Here is a great book for anyone who works with those experiencing grief and loss and anyone interested in narrative work.



'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 and David Ritchie
Softcover, 140 x 215mm, 136pp.
ISBN: 9 780 958018 804

CAT NO: 8015 **AU$14.95**

Back to contents page

STORM IN A TEACUP

NEW PRICE!

The life cycle in poetry and paintings

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. 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.
- Who are the special people in your world? Write a short letter to someone you care about and tell them how much they mean to you.
- 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.

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**

Back to contents page

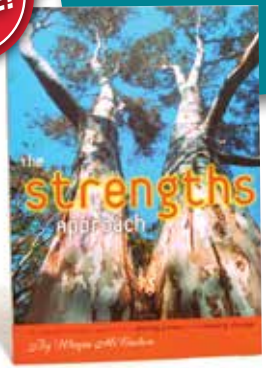
BOOK

THE STRENGTHS APPROACH

A STRENGTHS-BASED RESOURCE FOR SHARING POWER AND CREATING CHANGE

Your one must-have on strengths-based practice!

NEW PRICE!



This comprehensive and insightful book describes the distinctive style of human service delivery known as 'strengths-based practice'. It encapsulates the ground-breaking work that has been done to develop and articulate this approach at St Luke's Anglicare, one of Australia's leading community service organisations. Pivotal to the strengths approach is the principle of equal partnership between people—'power-with'. This dynamic principle acknowledges that people are the experts on their lives and the rightful drivers of their own change processes. Also fundamental is the understanding that everyone has strengths and that mobilising these strengths is the key to finding creative and sustainable solutions.

Innovative Resources (now part of Anglicare Victoria) has provided training and consultancy services in strengths-based practice to hundreds of human service workers and organisations. Author, Wayne McCashen, gathers together care material that is explored in these trainings. He clearly and comprehensively describes the ideas, values, beliefs, and frameworks that help create respectful and socially-just ways of working with people. This book is full of invaluable practice wisdom gathered over many years as well as anecdotes and examples of strengths-based practice in action.

Exploring: principles, skills, tools and frameworks, power-with and power-over, labelling, the competency cycle, strengths and exceptions, pictures of the future, the column approach, client-owned recording, supervision, community building, organisational culture and much more.

A must for social workers, educators, governments, community groups, organisations, businesses, families, teams and anyone interested in socially-just ways of sharing power and creating change.

Innovative Resources gratefully acknowledges the generous support of the Helen Macpherson Smith Trust in the original publication of this book.

Softcover, 240 x 170mm, 208pp,
includes annotated bibliography
ISBN: 9 781 920945 138
Author: Wayne McCashen

CAT NO: 8007 **AU$39.50**

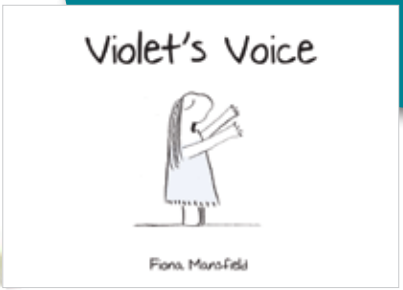
Back to contents page

VIOLET'S VOICE

MINIATURE PICTURE BOOK

Miniature picture book to help children learn the skills of speaking and listening

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!**

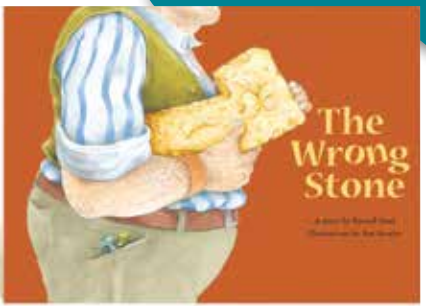
Softcover picture book, 150 x 110mm, 36pp
ISBN: 9 781 920945 541
Author and illustrator: Fiona Mansfield

CAT NO: 6076 **AU$9.50**

Back to contents page

THE WRONG STONE

Celebrating diversity and inclusion—a truly delightful classic



'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 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: 9 780 958018 906
Author: Russell Deal
Illustrator & designer: Ray Bowler

CAT NO: 6050 **AU$24.50**

Original design available in Japanese
CAT NO: 6049

Back to contents page

NEW!

THE BEARS APP

WHEN IT COMES TO FEELINGS, NEVER BE LOST FOR WORDS AGAIN!

The absolute classic for talking about feelings—now available as a simple App for your mobile device!

Make way emoticons—here is a brilliant little iPhone, iPad and Android app that lets you select and share a cartoon bear character to match your every mood!

Want to tell someone how you are feeling? How the party went last night? How you feel about a political issue or the meal you just ate? 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, etc.

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!

AU$1.29 (Apple)

AU$1.99 (Android)

Back to contents page

NEW!

PAPERWORKS

TOOLS FOR THINKING, TALKING, WRITING

Simple, superfast paperwork tools for any situation

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.

AVAILABLE AS A DOWNLOADABLE PDF

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

CAT NO: P1000 **AU$27.50**

Back to contents page

VALUE PACKS

SAVE!

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 together 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 Innovative Resources.

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), *The Bears*, *Cars 'R' Us*, *Ups and Downs*, *Talking Up Our Strengths* and *Respect and Justice* (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$243.50

Normal Retail Price $304.95

SAVE $61.45

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

Back to contents page

VALUE PACKS

SAVE!

CAT NO: 1103

AU$164.95

Normal Retail Price $188.40

SAVE $23.45

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, The Kangas, The Koalas, My Feelings* (card sets), *Stones…Have Feelings Too* (stickers), and *Captain Grumpy* (picturebook)

CAT NO: 1009

AU$92.55

Normal Retail Price $118.95

SAVE $26.40

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)

Back to contents page

COMING SOON— POSTERS

A brand new set of practice posters

Great news! A new set of posters is being developed at Innovative Resources and will be available in July/August 2016. Remember the posters we produced in the past? We know that many of you were big fans, so we are delighted to let you know that a new set of posters called 'Reminders for Doing Best Practice' is currently nearing completion here at Innovative Resources. Each poster in the set will focus on a different subject including feedback, supervision, recording and strengths. Posters are great tools for putting up on noticeboards and walls in offices, workplace kitchens, meeting rooms and reception areas. The simple messages contained in posters help communicate the culture of an organisation and keep core values at the forefront of our attention. They let staff and clients know what is important, and how best practice happens at your organisation.

These posters will be A4 in size so they won't take up too much of your precious wall space. Each one will have a different eye-catching design, so they will add colour, vibrancy and aesthetic appeal to your office and your day.
Order through our website.

POSTER TOPICS INCLUDE:

- RECORDING
- SUPERVISION
- CONTRIBUTORS NOT CLIENTS
- WITH RESPECT TO FEEDBACK
- WHAT JUST HAPPENED? Questions for reflective practice

Back to contents page

OUR TRAINING

Delivering quality practice training and tools workshops for over 25 years!

Are you looking for ways to:

- enhance best practice?
- invigorate your teams?
- build organisational culture?
- bring about better outcomes for clients?

Our training and tools have grown out of a strengths approach to practice. They are also informed by elements of solution-focussed practice, Appreciative Inquiry, Brief Therapy, Choice Theory, Narrative Approaches, Creative Therapies, and Circles approaches to groups and teams. Our workshops honour different learning styles, and the power of metaphors to open up storytelling and other ways to truly connect with adults and children alike.

We specialise in tailoring our highly-interactive training to your needs. Content and format can be adjusted from half-day to two, three or more days as required. Different workshops can be bundled together to create a suite of training for your organisation, delivered at your place or ours. Topics include strengths approach to supervision, client recording, practice reflection, team building and social inclusion. Tools workshops can focus on resources for working with families, children, youth, mental health, journalling and many more.

To explore our strengths-based practice training and tools workshops or to find out more about how you can get the most out of your Innovative Resources' conversation-building materials:

- visit the training page on our website: **www.innovativeresources.org**
- email: **info@innovativeresources.org**
- phone us on **+61 3 5446 0500** and ask to speak to one of our trainers.

Back to contents page

OUR SHOWROOM AND TRAINING FACILITY

Books, picturebooks, card sets... resources to delight and inspire

For many people, Innovative Resources is associated with the publishing of strengths-based tools. 'Oh, you're the people who make the *Strength Cards* and *The Bears*…'

Yes, we certainly are the publishers of these two iconic resources.

But the home of Innovative Resources at 62 Collins Street, Kangaroo Flat, Bendigo, Australia, is much more than that.

As well as showcasing more than 60 of our own published resources, our new showroom features a selection of books, card sets, stickers, non-competitive games, dolls and puppets, play-therapy ideas and other items that are not viewable online.

Register for SOON, our free online newsletter via our website.

Now with a special training room, along with small conversation nooks throughout, we invite you to visit us, or contact us to book your next team meeting or workshop. We can energise your team meetings and planning days with some engaging activities for incorporating resources into your work. And keep a look out for other activities that we host from time to time.

We can also visit you to deliver highly-interactive training and tools workshops tailored to your needs. Please see the training page on our website.

Our workshops cover such topics as strengths-based and solution-focussed approaches to practice, supervision, client recording and ethical dilemmas faced everyday by practitioners. We also offer a variety of unique tools workshops exploring resources for working with children, young people, adults, teams and communities.

ADDRESS
62 Collins St, Kangaroo Flat,
Victoria 3555, Australia

OPENING HOURS:
Monday to Friday 9.00am – 5.00pm
Other times on request.

Back to contents page

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Stories for our newsletter about how you are using our resources are also most welcome.

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- phone
- or call into our shop (office hours are 9.00am - 5.00pm Monday to Friday).

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Back to contents page

THANK YOU

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Many thanks are also due to our valued customers. As a not-for-profit publisher, your support is crucial. Whether you have been using our products for over 25 years or have only just added them to your tool kit—many thanks! We also gratefully acknowledge our colleagues, box manufacturers, resellers, agents, printers and all others who support our publishing and training work in countless ways—big and small. Thank you!

OUR ONLINE NEWSLETTER

Need a fix of inspiration? Looking for our latest publications? Subscribe to SOON!

Our Seriously Optimistic Online Newsletter (SOON) is our forum—and yours—for sharing ideas and stories about using Innovative Resources' books and card sets. From Australia to Nepal, the UK to Japan, our publications are used the world over, and all our SOON readers are invited to join the exchange of experiences and ideas.

Issued every month, SOON provides a sneak peak at forthcoming resources, regular giveaway offers, and news about our latest specials. If you're interested in attending training, or ever wondered how other people are using our tools across the diverse field of human services, then sign up for SOON—it's free!!

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Innovative Resources publishes card sets, stickers, books and picture books to enrich conversations about feelings, hopes, strengths, relationships, values, stories and goals.

Counsellors, teachers, social workers, managers, mentors and anyone who works with others to create positive change: These resources are for you!

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