



INTERACTIVE eLEARNING COURSES AND VIDEOS 2025-2026

7d-tv.com | 7dlearn.com | eveash.com

THE 7D STORY

SEVEN DIMENSIONS

Psychologist Eve Ash founded 7D in 1980, creating comedy business films for impactful, memorable learning. Today, 7D offers 500 NEW eLearning courses and 1000 videos on leadership, communication, ESL, wellbeing, safety, and professional development. Genres include comedy, drama, interviews, case studies, documentaries, and animation – with 150+ new titles in 2024 - 2026.

THE 7D APPROACH

Our unique psychological approach blends business excellence with insights into human behavior, offering practical skills through relatable, engaging content. Humor adds impact, especially in the award-winning **Cutting Edge Communication Comedy** series, filmed in Los Angeles with a talented cast including Erin Brown and Emmy-winner Kim Estes.

AWARDS

170+ awards for creativity and excellence, including Australian Businesswoman of the Year awarded to Eve Ash.

PRODUCTS

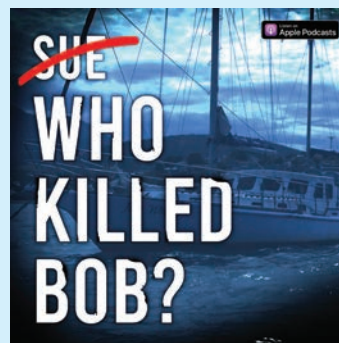
eLearning courses, videos, documentaries, TV series, podcasts, workshops, keynotes, books and learning tools.

EVE ASH

Eve creates 7D content and appears in over 200 videos. She produced the award-winning documentaries **Man on the Bus** and **Shadow of Doubt**, and the 6-part true crime series **Undercurrent: Real Murder Investigation**, in which she also stars. She hosts the 19-part podcast **Who Killed Bob?**, continuing her investigation into the wrongful conviction featured in her documentaries. Eve created the **Finding My Magic** cartoons (with Olympian Cathy Freeman) and is a sought-after speaker and Penguin-published author.



Eve Ash and Peter Quarry, Psychologists
Featured in 200+ recent productions





eLEARNING COURSES

*Also available as videos

- 04 LEADERSHIP SKILLS
- 06 BUSINESS GROWTH, PROJECTS & INNOVATION
- 08 MANAGING TEAMS AND COLLABORATION
- 10 MANAGING PERFORMANCE, LEARNING & TRAINING
- 12 HR, RECRUITMENT & LEGAL
- 14 PSYCHOLOGICAL SAFETY – DIVERSITY & RESPECT
- 16 CONFIDENCE, MENTAL HEALTH & PHYSICAL WELLBEING
- 18 CAREERS, JOB INTERVIEWS & STRENGTHS
- 20 PERSONAL SUCCESS, GOALS & ORGANIZATIONAL SKILLS
- 22 COMMUNICATION SKILLS & CRITICAL THINKING
- 24 LEARN ENGLISH WITH ESL COURSES
- 26 HANDLING CONFLICT & DIFFICULT PEOPLE
- 28 MANAGE CRISES, SECURITY & SAFETY
- 30 SERVICE, SALES, NEGOTIATION & INFLUENCE
- 32 MARKETING, BRAND, REPUTATION & SOCIAL MEDIA
- 33 YOUTH AND COMMUNITY
- 34 FOREIGN LANGUAGE COURSES

7D eLEARNING COURSES INCLUDE

- Key learning points
- Engaging videos
- Practical skills/strategies
- Activities and quizzes
- Closed Captions
- Scripts/Handouts

Seven Dimensions Pty Ltd

South Melbourne, Vic 3205, Australia

Ph: +61 3 9686 9677

info@7dimensions.com.au

www.7dimensions.com.au


7d-tv.com | 7dlearn.com

eveash.com

FOLLOW US

 youtube.com/user/7dimensionsTrailers

 facebook.com/pages/Seven-Dimensions/

 [@7_dimensions](https://twitter.com/@7_dimensions)

© COPYRIGHT WARNING: All programs in this catalog are copyright and cannot be copied, distributed or broadcast internally or externally by any means, without prior purchase of a license.



LEADERSHIP SKILLS

► Powerful Leadership Skills 14 courses

4 E's of Exemplary Leadership NEW
20 mins

4 Essentials for Compassionate Leadership
40 mins

4 Keys to Successful Co-Leadership NEW
30 mins

6 L's of Strategic Leadership NEW
20 mins

4 Skill Sets for Successful Leadership
30 mins



4 Ways to Boost Your Leadership Skills NEW
30 mins

4 Ways to Build Accountability
30 mins

Inspirational Leadership
30 mins

Lead with Purpose – Inspiring Action with Why NEW
20 mins



Outstanding Leadership Skills
40 mins

Rock Star Leadership
30 mins

SKILLS FOR MANAGERS – Inspire with a Vision
40 mins

Vision and Values
30 mins

Working with the Board
30 mins

► Managing Change and Culture 17 courses

4 Ways to Create a Results-Focused Culture

40 mins

Accepting Change

20 mins

Being an Employer of Choice

20 mins

Corporate Social Responsibility

40 mins

Creating a No-Blame Culture

20 mins

Culture and Oneness

30 mins

Employer of Choice

30 mins

Green and Giving

30 mins

How to Manage Change Effectively

15 mins

How You Can Make the World a Better Place

15 mins

Inspiring Social Change

30 mins

Negotiating Workplace Rights: Unions and Collective Bargaining

20 mins

Visionary Leadership Cases

NEW

► Strategic Vision and Adaptability
25 mins

► Purpose-Driven Leadership and Social Responsibility
25 mins

► Inspirational and Accountable Communication
25 mins

► Inclusive Leadership and Innovation
25 mins

You Manage the Culture

30 mins



► New Manager Transition 12 courses

4 Essential Actions for My New Management Role

30 mins

NEW

8 Leadership Sins you Can Avoid

40 mins

Be a GEM: Giver, Enhancer, Motivator

15 mins

Dynamic Leadership – Skills for New Managers

15 mins

Get Ready to be a New Manager

15 mins

LEAD with Empathy

20 mins

New Manager – Meet With Your Staff 1:1

20 mins

New Manager – First Team Meeting

20 mins

SKILLS FOR MANAGERS – Clarify your New Role

40 mins

Skills for New Managers – How to Empower

20 mins

Supervising Effectively

20 mins

Switch on Managers

30 mins



MANAGING TEAMS AND COLLABORATION

► Managing Virtual and Hybrid Teams 5 courses

Building High Performing, Collaborative, Hybrid Teams

NEW

40 mins

Leading a Remote Team

NEW

20 mins

Managing a Virtual Team

30 mins

Thriving Remotely in a Virtual Team

30 mins

Virtual Team Success: A Case Study

30 mins



► Managing and Motivating Teams 16 courses

4 Essential Counseling Skills For Managers NEW

30 mins

4 Pathways to Managing Millennials

30 mins

4 Ways to Motivate Your Team

30 mins

Build Your Team – Support Each Other

30 mins

Developing Self-Motivated People

30 mins

Encourage Your Champions

15 mins

How to Delegate Successfully NEW

20 mins

Motivate a Co-Worker

15 mins

Motivate Your Team with Career Conversations NEW

20 mins

Motivating Fun Workplace

30 mins

Onboarding Young People – Strategies for Success

20 mins

SKILLS FOR MANAGERS – Delegate and Empower

40 mins

SKILLS FOR MANAGERS – Develop People Skills

40 mins

Staying Motivated at Work

20 mins

Understanding Gen Z NEW

20 mins

Welcome New People to Your Team

30 mins



► Team Collaboration and Communication 10 courses

4 Strategies for Building Collaboration

30 mins

5 C's of Collaboration NEW

20 mins

5 Ways to UNITE Your Team

15 mins

HEAL for Collaboration

15 mins

Multiple Agendas, One Goal: Overcoming Collaboration Challenges NEW

30 mins

Open Communication and Teamwork

30 mins

SKILLS FOR MANAGERS – Manage Personality Differences

40 mins

Team Ground Rules For Effective Collaboration NEW

20 mins

Tips for Managing a Dysfunctional Team NEW

20 mins

Transform SILOS into Collaboration

20 mins



BUSINESS GROWTH, PROJECTS & INNOVATION

► Business Growth and Success 19 courses

4 Key Skills for Managing Contractors and Scenario Planning

NEW

30 mins

5 D's of Design Thinking for Managers

NEW

30 mins

7 Levers to Success

30 mins

A Quick Guide: Write a Business Plan

15 mins

Board Roles and Responsibilities

40 mins

Boards and Improving Governance

40 mins

Building Strategic Alliances

40 mins

Creating Workforce Agility

20 mins

Expertise with Managing Multiple Sites

40 mins

Growing a Franchise

30 mins

Improving Profitability in Tough Times

30 mins

Introduction to LEAN SIX SIGMA

20 mins

NEW



Learn to Negotiate with Suppliers

35 mins

Mergers, Acquisitions and Divestments

40 mins

ROI - Return on Investment

15 mins

The Value of Employee Ownership

30 mins

Trends Shaping our Future at Work

NEW

20 mins

Understanding Financial Information

50 mins

Understanding Workforce Fluidity

NEW

20 mins



► Project Management 5 courses

4 Essentials for Contract Management

NEW

30 mins

Avoid a Project Manager's Nightmare

15 mins

How to Manage a Task Force

30 mins

Managing Projects Successfully

30 mins

Project Management SWOT

15 mins

► Decision-Making | Problem-Solving 5 courses

Be More Decisive

20 mins

Dig Deeper to Get it Right

30 mins

Making Decisions and Choices

30 mins

Solve Problems in 4 Steps

15 mins

Solve Problems with Appreciative Inquiry

30 mins

► Creativity | Brainstorming 7 courses

4 Ways to Boost Creativity

30 mins

Brainstorming and Solving Creatively

30 mins

Creative Brainstorming for Innovation

40 mins

Embracing New Ideas

20 mins

Innovation and Continuous Improvement

30 mins

Taking Ideas into Business Reality

30 mins

Turn Your IDEA Into Reality

15 mins

MANAGING PERFORMANCE, LEARNING & TRAINING



► Appraisals | Managing Performance | Feedback 19 courses

10 Steps for Successful Appraisals

35 mins

4 Invaluable Feedback Skills

40 mins

4 Lessons to Turn Around Poor Performers

40 mins

NEW

4 Tactics for Dealing with a Boss Who Drives Me Crazy

20 mins

NEW

Dealing with an Incompetent Manager

15 mins

Give Bad News Effectively

20 mins

NEW

Giving and Receiving Constructive Feedback

20 mins

Giving Managers Feedback

20 mins

Handling Appraisals – Skills for Managers

30 mins

How to Manage Problematic Staff

30 mins

How to Prevent Sub-Standard Work

35 mins

How to Undertake a Disciplinary Discussion

35 mins

I Have to Give Someone Feedback

20 mins

NEW

Performance Appraisals and Ongoing Feedback

40 mins

Recognition and Feedback

30 mins

SKILLS FOR MANAGERS – Appraise and Give Feedback

40 mins

SKILLS FOR ME – Curtail the Rambler

30 mins

SKILLS FOR ME – Give Feedback about Body Odor

30 mins

Surviving an Unreliable Colleague

15 mins

► Coaching | Mentoring | Building Team Strengths 10 courses

5 Ways to Coach for Best Performance
40 mins

6 B's to Build Skills and Strengths in Your Team **NEW**
20 mins

Coaching and Mentoring New People
30 mins

How to be a Good Mentor
35 mins

How to Best Develop Your People
35 mins

Implement Reverse Mentoring
15 mins

Planning Performance – Set Goals and Build Strengths **NEW**
30 mins

Power up with Strengths
30 mins

Setting Goals to Stretch and Grow Your Team
30 mins

Trying Myers-Briggs
20 mins

► Learning | Training | Facilitating 8 courses

3 Principles for Creating a Learning Culture **NEW**
40 mins

4 Essential Facilitation Skills
40 mins

4 Levels of Evaluating Learning **NEW**
20 mins

70:20:10 Learning and the OSF Ratio **NEW**
20 mins

Designing and Facilitating Training
30 mins

Developing Trainer Skills
20 mins

Implementing Successful Training
30 mins

Train with Impact – Engage Learners
30 mins

MANAGING PERFORMANCE, LEARNING & TRAINING

A woman with curly hair, wearing a tan blazer over a light blue shirt, is smiling and gesturing with her hands while sitting at a desk. She is looking towards a man whose back is to the camera. On the desk are some papers and a laptop. The background is a bright office space with large windows.

HR, RECRUITMENT & LEGAL

► Recruitment | Succession

9 courses

Ask Behavioral Interview Questions

15 mins

HR Recruitment Skills – Promises and Consistency

30 mins

Managing Recruitment Effectively

40 mins

Recruiting Effective Managers

20 mins

NEW

Recruiting High Achievers

50 mins

Reward and Remuneration

40 mins

Select the Best Person for the Job

30 mins

Succession Planning and Talent Review

30 mins

Succession Planning Insights

40 mins

► Practical HR Management Skills 9 courses

Confidentiality Obligations of HR
30 mins

Get the Best from Exit Interviews
35 mins

HR Dashboard of Metrics and Analytics
30 mins



HR Essentials – Managing Complaints and Allegations
40 mins

HR Strategy and Management
30 mins

Managing Disruptive Conduct
40 mins

Restructuring and Preparing for Layoffs
45 mins

Skills for Managing Redundancy / Layoffs
40 mins

Terminations – Fair or Unfair
40 mins



► Privacy | Ethics | Compliance 10 courses

Be a Compliance Champion NEW
20 mins

Ethical Behavior: Privacy, Confidentiality and Integrity
20 mins

Leading with Integrity NEW
20 mins

Managing Conflicts of Interest NEW
20 mins

Privacy Issues
40 mins

Protecting Data and Sensitive Information at Work NEW
20 mins

Respecting a Professional Code of Conduct NEW
20 mins

Respect Privacy and Confidentiality
15 mins



SKILLS FOR MANAGERS – Ensure Ethics and Integrity
40 mins

Understanding and Respecting Compliance NEW
20 mins



► Legal Issues for Organizations and Experts 13 courses



5T Model for AI Governance NEW
20 mins

A Checklist for Reviewing Your Employment Contract
30 mins

A Guide to Whistleblowing
15 mins

Copyright Warning
30 mins

Giving Expert Evidence Series

- **01 Credibility and Accountability**
70 mins
- **02 Preparation and Reports**
60 mins
- **03 Mistakes and Miscarriages Of Justice**
60 mins
- **04 Effective Presentation In Court**
70 mins

Lies, Crimes and False Confessions
30 mins

Psychology, Law, Lies and False Memories
30 mins

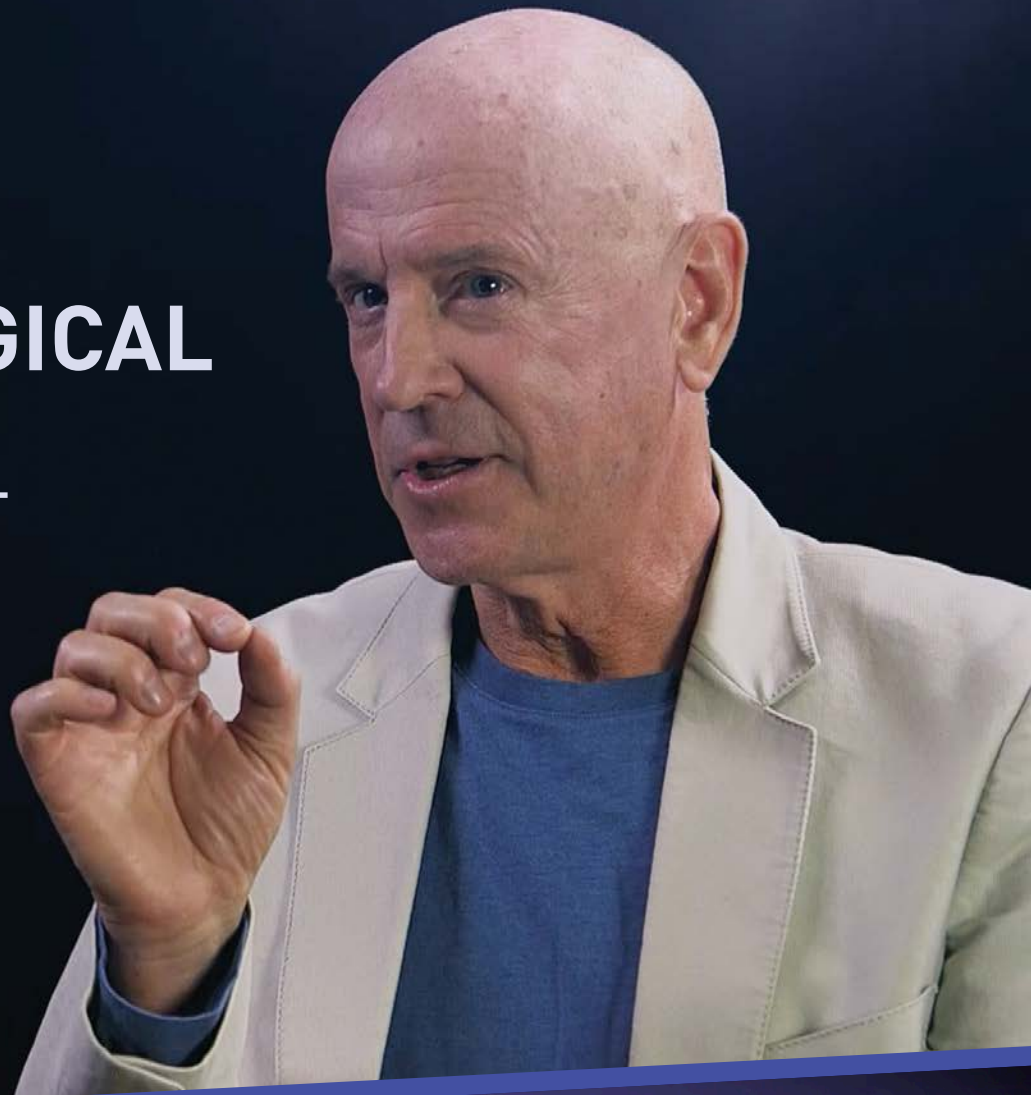
Seeking Legal Advice
30 mins

Take Care Giving Expert Advice
30 mins

Understanding Intellectual Property
30 mins

PSYCHOLOGICAL SAFETY

– DIVERSITY & RESPECT



► Bias | Bullying | Discrimination 7 courses

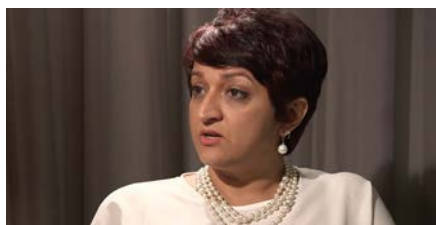
4 Lessons about Inclusion and Unconscious Bias

NEW

40 mins

4 Perspectives on Bullying and Harassment

30 mins



Bullying Even at the Top

30 mins

Cases of Bullying and Harassment

40 mins

Prejudice, Discrimination and Inclusion

30 mins

SKILLS FOR MANAGERS – Avoid Discrimination

40 mins

Stop Bullying – Raise Awareness

30 mins



► Diversity | Inclusion | Cultural Competence 12 courses

4 Lessons to Manage Diverse Personalities and Work Styles NEW

40 mins

4 Steps to Cultural Competence NEW

30 mins

Appreciate Diversity and Inclusion

30 mins

Gender Inequality

30 mins

Global and Cultural Sensitivity

30 mins

Pronouns, LGBTQIA+ and Identity Part 1: Pronouns

20 mins

Pronouns, LGBTQIA+ and Identity Part 2: Gender Identity

20 mins

SKILLS FOR ME – Overcome Feeling Excluded

30 mins

Stereotyping and Diversity

20 mins

Understanding Ableism NEW

20 mins

Understanding Intersectionality NEW

20 mins

Understanding Neurodiversity at Work NEW

20 mins



► Respect | Psychological Safety 11 courses

4 Essentials for a Respectful Workplace

30 mins

4 Keys to a FAIR Culture

20 mins

4 Paths to a Psychologically Safe Workplace

40 mins

Arrogance and Humility

20 mins

Be a HERO – Honest, Ethical, Respectful and Optimistic

15 mins

Behaving Unprofessionally

20 mins

Develop Tolerance and Respect

10 mins

Ensuring a Respectful Workplace

20 mins



OPEN Mind OPEN Attitude

15 mins

PEACE and Respect

15 mins

Switch on Respect

30 mins



► Managing Mental Health 10 courses

4 Ways to Manage Staff with Mental Health Issues

NEW

30 mins

Being Aware of Common Mental Health Issues

NEW

20 mins

Managing a Midlife Crisis

NEW

20 mins

Leap out of Loneliness

NEW

20 mins

Overcome Anxiety

20 mins

Overcoming Loneliness

NEW

20 mins

Prioritizing My Mental Health

NEW

20 mins

The Role of Emotional Healing

NEW

20 mins

Understanding and Dealing with Panic Attacks

NEW

20 mins

Understanding Depression

NEW

20 mins



CONFIDENCE, MENTAL HEALTH & PHYSICAL WELLBEING

► Take Back Control Of Your Life 18 courses

4 Steps to Managing Money Better

15 mins

4 Ways to Take Back Control

40 mins

6 Keys to Wellbeing

30 mins

ADAPT to Change

15 mins

An Efficient Approach to Online Dating

30 mins

Breaking your Digital Addiction

15 mins

Controlling Credit Card Debt

40 mins

Develop 10 Healthy Work Habits

35 mins

How to Increase Resilience

30 mins

Learn to Set Boundaries

15 mins

Learn to Worry Less

15 mins

Love, Lies and Exaggeration

30 mins

Managing Personal Finances

40 mins

Overcoming Fears

20 mins

Overcoming Setbacks

20 mins

SNAP Out of a Slump

15 mins

Survive Uncertainty and Fear

15 mins

Understanding Lying and its Impact

30 mins



► Manage Stress and Overload 8 courses

Dealing with Overload and Burnout

20 mins

NEW

Survive a Personal Crisis

15 mins

How to Cope in Harsh Times

40 mins

Surviving Chronic Stress

20 mins

NEW

Recover from My Mistake

15 mins

Surviving Stress and Anxiety

30 mins

SKILLS FOR ME – Manage Overload and Relieve Stress

30 mins

What to do if Stressed

15 mins

► Confidence | Assertiveness | Self-Esteem 8 courses

Be Assertive with Your Boss

15 mins

Overcome a Knockback

15 mins

Be Confident and Assertive

20 mins

Overcome a Writing Block

15 mins

How to Build Your Self-Confidence

20 mins

NEW

Overcoming Low Self-Esteem

15 mins

Improving Self-Esteem

20 mins

Switch on Assertiveness

30 mins

► Physical Wellbeing 11 courses

Manage Hygiene Boundaries and Give Feedback

30 mins

Removing Tension

20 mins

Overcome Insomnia

15 mins

Stretching the Team

20 mins

Pick Me Up Series

► 01: Revive at Your Desk

10 mins

► 02: Stand and Stretch

10 mins

► 03: Stretch Break in the Hallway

10 mins

Taking a Power Nap at Work

20 mins

NEW

The Psychology of Getting Fit

15 mins

The Psychology of Losing Weight

15 mins

Wellbeing and Balance

30 mins

CAREERS, JOB INTERVIEWS & STRENGTHS



► Career Development | Resumes | Job Interviews 16 courses

4 Career Enhancers

40 mins

4 Essentials for Staff to Navigate Matrix Management

NEW

30 mins

4 Ways to Enhance Your Career

30 mins

Answer Tough Interview Questions

15 mins

Asking for a Pay Rise: Helpful Tips

15 mins

Career Resilience: Confidence to Bounce Back

30 mins

Creating a Powerful Resume

30 mins

How to Do Well at Job Interviews

20 mins

NEW

Impress at Job Interviews

20 mins

Make a Great Impression

20 mins

Make your New Job a Success

NEW

20 mins

Navigating Career Change

20 mins

Preparing for My Appraisal

20 mins

Reinvent Yourself and Break Out of a Career Rut

15 mins

Start a New Job Impressively from Day 1

NEW

20 mins

SWOT: Elevate Your Resume and Profile

15 mins





► Develop Strengths | Self-Awareness | Employability Skills 22 courses

ABLE: A Formula to be a High Achiever

15 mins

Appreciate Feedback

20 mins

Be a Forward Thinker: Develop Strategic Foresight

15 mins

Be BRAVE at Work: Unleash Your Strengths

15 mins

Build Employability Skills

20 mins

Build Trust and Credibility

15 mins

Contribute to the Team

20 mins

Demonstrate Your Strengths

20 mins

Develop Insight and Self-Awareness

20 mins

Entrepreneur Skills

30 mins

GIVE for Good

15 mins

How to Study Effectively

15 mins

I Uncovered My Blind Spots and Transformed Myself

30 mins

Identify and Implement Your Personal Values

20 mins

JOLT- Jump Out of Lazy Thinking

15 mins

Presenting Your Business Case

40 mins

NEW

PRICE Mistakes as Opportunities

15 mins

Find Your Purpose and Reach Your Potential

15 mins

Pay Attention to Detail and Accuracy

20 mins

NEW

Remembering Names

15 mins

Report Writing Made Simple

20 mins

NEW

Self-Reflection for Insight and Growth

40 mins

NEW

PERSONAL SUCCESS, GOALS & ORGANIZATIONAL SKILLS

► **Set Goals | Achieve Results | Be Accountable** 12 courses

Achieve SMART Goals with Hope Theory
30 mins

Always Take PRIDE in Your Work
15 mins

Developing Personal Accountability
20 mins

GOALS to Results
15 mins

How to Achieve SMART Goals
30 mins

KPIs are SMART Targets
15 mins

PUSH for Results
15 mins

Set and Achieve Goals
20 mins

**Understanding and Demonstrating
Accountability**
30 mins

Using Goals to GROW
20 mins

What is OKR? Objectives and Key Results
20 mins

Work from Home Productively
15 mins



► Get Organized | Plan | Manage Time 10 courses

4 Essential Skills – Planning, Organizing, Prioritizing and Completing NEW

40 mins

ABCDEFGH – Planning and Time Management

35 mins

De-Cluttering the Office

20 mins

Effective Time Management Strategies NEW

20 mins

How to Manage Your Time Successfully

20 mins

PLAN to Succeed

15 mins

Planning and Organizing

20 mins

Planning and Scheduling for Results

30 mins

Prioritize and Organize

20 mins

Stop 4 Time Wasters

15 mins



► Positive Mindset | Motivation 9 courses

Developing Successful Mindsets

15 mins

Emotions at Work

30 mins

Getting Motivated – It's all in the mind

25 mins

How to Develop Optimism

15 mins

Mind Over Mood

15 mins

Mindfulness at Work

30 mins

Reviving Your Motivation NEW

20 mins

SWAP for Positive Communication

15 mins

Switch on Your Motivation

30 mins

► Communication Skills | Emotional Intelligence 10 courses

3 Core Skills to Communicate Clearly NEW

30 mins

4 Communication Skills Everyone Needs

30 mins

6 A's of Active Communication NEW

20 mins

Be an Outstanding Listener

15 mins

Boosting Emotional Intelligence

20 mins

Communicate Effectively

20 mins

Listening Actively

20 mins

Responding Thoughtfully NEW

20 mins

Speak Clearly and Concisely NEW

15 mins

Ways to Increase Your Emotional Intelligence NEW

30 mins

COMMUNICATION SKILLS & CRITICAL THINKING



► Conversation Skills | Empathy | Relationships 14 courses

4 Ways to Build Strong Relationships NEW

30 mins

5 Lessons in Understanding and Developing Empathy NEW

30 mins

BUILD Relationships

15 mins

Building Relationships

20 mins

Conversation Skills Series NEW

- **01 Starting a Conversation**
30 mins
- **02 Introducing and Describing Yourself**
30 mins
- **03 Building Rapport**
30 mins
- **04 Asking Questions in Conversation**
40 mins
- **05 Listening and Showing Empathy**
40 mins
- **06 Guiding the Conversation**
40 mins
- **07 Making Suggestions**
40 mins
- **08 Sharing Stories and Experiences**
40 mins
- **09 Discussing Sensitive Topics**
40 mins
- **10 Ending a Conversation**
30 mins

► Presentation Skills 9 courses

4 Ways to Overcome Public Speaking Anxiety

NEW

30 mins

5 Essentials for Powerful Presentations

30 mins

A Positive Approach To Public Speaking

30 mins

Explaining Skillfully

20 mins

How to Present to Camera

NEW

20 mins

KISS – Keep it Short and Simple

15 mins

Present Online with Impact

15 mins

Presenting with Passion

20 mins

SHARP Presentations

15 mins



► Critical Thinking | Logic 4 courses

3 Steps to Critical Thinking

30 mins

4 Ways to Develop Your Critical Thinking

40 mins

Apply LOGIC

15 mins

FACTS Have Impact

15 mins



► Meeting Skills 5 courses

Effective Meetings with Agendas and Minutes

35 mins

Formal Meeting Procedures

NEW

20 mins

Lead Productive Online Meetings

20 mins

Meeting for Results – Improve Your Meetings

20 mins

Running a Fast Meeting

NEW

20 mins





LEARNING ENGLISH WITH ESL COURSES

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

90 INTERACTIVE COURSES (40-60 mins)

Courses include:

- Dramatized situations
- Grammar and language tips
- Vocabulary and idioms
- Practice activities
- Quizzes
- Learning resources

Developed by psychologist Eve Ash with linguistics expert Dr Fran Byrnes. Featuring the talented Cutting Edge team.

IELTS 3.0-4.0

SIMPLE ENGLISH

Learn English – Beginners

20 x 1-hour courses

1. Hello
2. Numbers
3. Can you spell that?
4. About us
5. Where is it?
6. When?
7. How much? How many?
8. Meal time
9. Work
10. At the market
11. The weekend
12. At home
13. Vacation time
14. Online
15. I don't know
16. I love it
17. Doing things
18. Fun with friends
19. Are you OK?
20. Emergency!



90 CUTTING EDGE ENGLISH COMEDY COURSES + VIDEOS

Steps to success with learning English

IELTS 4.0-4.5

IELTS 5.0-5.5

IELTS 5.0-6.5

BASIC ENGLISH

ENGLISH AT WORK

ADVANCED ENGLISH

NEW

Learn English – Intermediate 20 x 1-hour courses

1. Meeting people
2. Family and friends
3. Giving information
4. Thanks!
5. What do you do?
6. A typical day
7. Where can we meet?
8. What's happening?
9. Instructions and advice
10. You choose
11. Asking for help
12. How do you feel?
13. Let's go
14. How was your week?
15. Comparing
16. Do you like them?
17. Be careful
18. Chatting
19. Can I help?
20. What are you going to do?



Learn English – Upper Intermediate 20 x 1-hour courses

1. Greeting and introducing
2. Saying where people are
3. Describing people
4. Asking questions
5. Saying what's needed
6. Giving reasons
7. Describing feelings
8. Making suggestions
9. Talking about rules
10. Communicating feedback
11. Complaining and criticizing
12. Clarifying and explaining
13. Agreeing and disagreeing
14. Discussing responsibilities
15. Giving warnings
16. Expressing ideas and attitudes
17. Apologizing
18. Encouraging others
19. Comparing and contrasting
20. Considering options



Learn English – Advanced 30 x 40-minute courses

1. Building rapport at work
2. Making small talk
3. Communicating clearly
4. Asserting yourself
5. Dealing with stress and anxiety
6. Bridging cultural differences
7. Dealing with indecision
8. Providing excellent service
9. Clarifying expectations
10. Collaborating for success
11. Planning at work
12. Managing time and deadlines
13. Leading and participating in meetings
14. Presenting information
15. Reporting on progress
16. Giving constructive feedback
17. Providing support and encouragement
18. Mentoring and coaching
19. Delegating
20. Preparing well for appraisals
21. Taking and demonstrating responsibility
22. Leading by example
23. Inspiring others
24. Encouraging innovation
25. Dealing with change
26. Persuading and influencing
27. Negotiating outcomes
28. Handling resistance and objections
29. Resolving disagreements
30. Reporting inappropriate behavior

HANDLING CONFLICT & DIFFICULT PEOPLE



► Conflicts | Difficult People 18 courses



3 Inroads for Handling a Narcissist
30 mins

3 Strategies to Help Because I am Being Abused **NEW**
30 mins

4 Paths to Resolving Conflict
30 mins

4 Strategies for Handling Difficult People
30 mins

5 Steps to Mend a Strained Relationship **NEW**
30 mins

Call out Inappropriate Behavior
20 mins

Dealing with Offensive Behavior **NEW**
20 mins

Handle Difficult Behavior with Empathy and Accountability **NEW**
20 mins

Handling Anyone Difficult
20 mins

How to Challenge Fake News **NEW**
20 mins

How to Confront Someone **NEW**
20 mins

How to Deal with Extreme Views **NEW**
20 mins

How to Mediate Conflicts
30 mins



How to Resolve a Personality Clash
40 mins

How to Resolve Team Conflicts
30 mins

Resolving Conflict
20 mins

Responding to Awkward Personal Comments **NEW**
30 mins

Working with a Moody Person
20 mins



► Complaints | Anger | Microaggression | Apologizing 10 courses

Apologize and Take Responsibility

20 mins

Calming a Complainer

30 mins

CALM Yourself in 4 Steps

20 mins

Coping with Unfairness **NEW**

20 mins

Diffusing Anger

20 mins

Handling a Complainer

20 mins

Managing Your Own Anger

20 mins

Resolve Complaints for Damage Control

40 mins

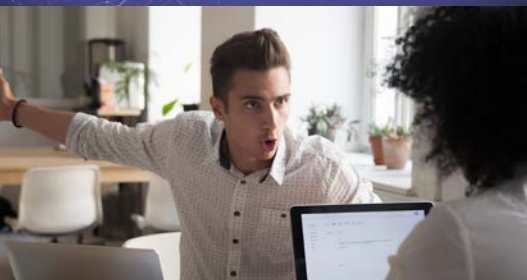
Responding to Microaggression **NEW**

20 mins

SKILLS FOR ME – Apologize and Reduce Conflict

30 mins

Count
Accept
Loosen
Meditate





MANAGE CRISES, SECURITY & SAFETY

► OH&S | Crisis Management | Safety Strategies 9 courses

Achieving Best Practice in Crisis Management

30 mins

Crisis Management Strategy Planning

30 mins

Managing Crises

20 mins

Minimize Risk – Be Prepared

30 mins

Preparing for Emergencies

20 mins

Running an Effective Crisis Simulation

30 mins

SAFE in Emergencies

15 mins

The Power of Checklists in Crisis Management

30 mins

Working Safely

20 mins





► Security | Crime | Investigation

6 courses

6S Strategy for Security Against Scams

NEW

30 mins

Asking Questions in an Investigation

30 mins

Ensuring Security

20 mins

Proactive About Safety and Security

30 mins

Steps to Solve Workplace Accidents and Crimes

30 mins

Understanding Crime and Upholding Safety

30 mins

SERVICE, SALES, NEGOTIATION & INFLUENCE



► Customer Service | Sales 20 courses

4 Key Skill Sets for Salespeople **NEW**

30 mins

4 Top Skills for Customer Service Excellence **NEW**

30 mins

6 P's for Powerful Salespeople **NEW**

20 mins

Boomerang – The Power of Reciprocity

25 mins

Can I Help You?

30 mins

CARE in a Meaningful Way

20 mins

CLEAR Service

20 mins



Complaint Turnaround: Elevating the Customer Experience **NEW**

20 mins

Consistent Sensational Service

30 mins

Creating Positive Impressions

20 mins

Engage with Clients Virtually

20 mins

Enhancing Service

20 mins

Exceed Service Expectations

20 mins

Kangaroo – Helping to be Happy

25 mins

KEEP Promises

20 mins



Proactive
Listen
Understand
Special

Passion for Service Excellence

30 mins

PLUS Service Champion

20 mins

Starting Relationship Selling

20 mins

Switch on Caring

30 mins

Switch on Service

30 mins



► Managing Sales/Service Staff 3 courses

Service Level Agreement

SLA – Service Level Agreement

20 mins



Developing Sales Capabilities

30 mins



Teaching Basic Customer Service Greetings

20 mins



► Influence | Negotiation 11 courses

Build Support for Your Proposal

30 mins

Elevator Pitch

30 mins

How Can You Influence Others?

20 mins



How to Negotiate Successfully

30 mins

NEW

How to Sell Yourself and Build Your Reputation

20 mins

NEW

Inspire and Motivate Through Storytelling

20 mins

Lobbying and Influence

30 mins

Negotiating for Results – A Checklist

20 mins

Negotiating for Success

20 mins

Pitching and Influencing

20 mins

Skills for Lobbying Government

30 mins

MARKETING, BRAND, REPUTATION & SOCIAL MEDIA

► Brand | Reputation 8 courses

Brand Marketing

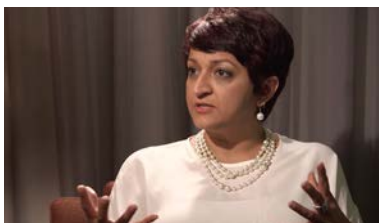
30 mins

Building Brand and Reputation

30 mins

Building Your Personal Brand

30 mins



Creating Your Brand Proposition

30 mins

Managing Bad Press

30 mins

Managing Crises and Brand Damage

30 mins



Stakeholder Reputation Research

30 mins

Verbal Branding

40 mins

► Marketing | Media | Social Media 7 courses

4 Essential Skills for Media Interviews

30 mins

NEW

Call to Action - CTA

15 mins

Increasing Website Traffic

30 mins

Learning from 10 Marketing Mistakes

40 mins

Mastering Social Media

20 mins

Professional Social Media

30 mins

The Value of Podcasts

30 mins



► Community 3 courses

Man on the Bus – How to Tell Your Own Story

Be inspired to document and tell your own story.

90 mins

Shadow of Doubt – Citizen Investigation

A case study about searching for the truth.

90 mins

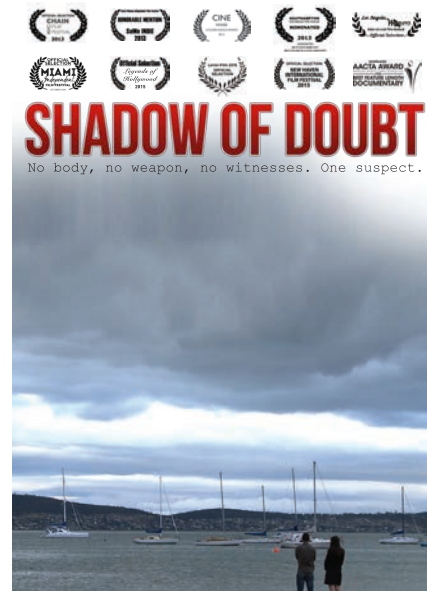
Genital Herpes and Cold Sores

All you need to know about HSV.

40 mins



MAN ON THE BUS
The secret history of an Australian Jewish family



YOUTH AND COMMUNITY

► Teaching Young Children 6 courses

Effective Schools for Children

30 mins

Finding My Magic – Children's Confidence

30 mins

Finding My Magic – Children's Rights

90 mins

Teaching Literacy to Children

40 mins

Teaching Numeracy to Children

40 mins

Training Children for Peer Mediation

40 mins



FOREIGN LANGUAGE COURSES

An exciting range of eLearning courses – mainly Spanish (15-30 minutes)

Leadership Skills

10 Spanish courses | 1 French

8 Leadership Sins you Can Avoid

- 8 Pecados de Liderazgo que Puedes Evitar - Español
- 8 Péchés de Leadership que Vous Pouvez Éviter - Français
- Gestionar el Cambio con Eficacia (Manage Change Effectively)
- Hacer del Mundo un Lugar Mejor (Make the World a Better Place)
- Liderar con Integridad **NEW** (Leading with Integrity)
- Liderar con Propósito – Inspirar Acciones con un Propósito **NEW** (Lead with Purpose – Inspiring Action with Why)
- Nuevo Gerente – Primera Reunión de Equipo **NEW** (New Manager – First Team Meeting)
- Nuevo Gerente – Reunión 1:1 con su Personal **NEW** (New Manager – Meet With Your Staff 1:1)
- Prepararse para ser un Nuevo Gerente (Get Ready to be a New Manager)
- Transformarse en un Líder Estrella (Transform into a Star Leader)
- Visión y Valores (Vision & Values)

Compliance | Security | Safety

6 Spanish courses

- Comprender y Respetar el Cumplimiento Normativo **NEW** (Understanding and Respecting Compliance)
- Gestión de Conflictos de Interés **NEW** (Managing Conflicts of Interest)
- Protección de Datos e Información Confidencial en el Trabajo **NEW** (Protecting Data and Sensitive Information at Work)
- Respetar la Privacidad y Confidencialidad (Respect Privacy and Confidentiality)
- Respetar un Código de Conducta Profesional **NEW** (Respecting a Professional Code of Conduct)
- Una Guía para la Denuncia de Irregularidades **NEW** (A Guide to Whistleblowing)

Managing Teams | Collaboration

8 Spanish courses

- Anime a sus Campeones (Encourage Your Champions)
- Cómo Delegar con Éxito **NEW** (How to Delegate Successfully)
- Consejos para Gestionar un Equipo Disfuncional **NEW** (Tips for Managing a Dysfunctional Team)
- Dirigir un Equipo a Distancia **NEW** (Leading a Remote Team)
- Entendiendo a la Generación Z **NEW** (Understanding Gen Z)
- Motivar a su Equipo con Conversaciones sobre su Carrera Profesional **NEW** (Motivate Your Team with Career Conversations)
- Motivar a un Compañero de Trabajo (Motivate a Co-Worker)
- Reglas Básicas del Equipo para una Colaboración Eficaz **NEW** (Team Ground Rules For Collaboration)

Managing Performance | Learning

9 Spanish courses

- 4 Niveles de Evaluación del Aprendizaje **NEW** (4 Levels of Evaluating Learning)
- ¿Cómo Estudiar de Forma Eficaz? (How to Study Effectively)
- Dar Malas Noticias con Eficacia **NEW** (Give Bad News Effectively)
- Implementar la Tutoría Inversa (Implement Reverse Mentoring)
- Modelo 70:20:10 (70:20:10 Learning) **NEW**
- Planificación del Rendimiento – Establecer Objetivos y Construir Fortalezas **NEW** (Planning Performance – Set Goals and Build Strengths)
- Sobrevivir a un Colega Poco Fiable (Surviving an Unreliable Colleague)
- Tengo que Dar Retroalimentación a Alguien **NEW** (I Have to Give Someone Feedback)
- Tratando con un Gerente Incompetente (Dealing with an Incompetent Manager)

Recruitment | Diversity | Respect

9 Spanish courses | 9 others

Appreciating Diversity and Inclusion

10 foreign languages: Chinese, Dutch, French, German, Hindi, Japanese, Polish, Portuguese, Spanish, Turkish

- Cómo Reclutar Gerentes Efectivos **NEW** (Recruiting Effective Managers)
- Comprender la Interseccionalidad **NEW** (Understanding Intersectionality)
- Comprender la Neurodiversidad en el Trabajo **NEW** (Understanding Neurodiversity at Work)
- Conéctate con el Respeto (Switch On Respect)
- Desarrollar la Perspicacia y la Autoconciencia **NEW** (Develop Insight and Self-Awareness)
- Desarrollar la Tolerancia y el Respeto (Develop Tolerance and Respect)
- Entender el Capacitismo **NEW** (Understanding Ableism)
- Entrevista – Hacer Preguntas del Comportamiento (Ask Behavioral Interview Questions)

Business Growth | Projects | Innovation

6 Spanish courses

- Comprender la Fluididez del Personal **NEW** (Understanding Workforce Fluidity)
- Escribir un plan de Negocios (Write a Business Plan)
- Evite la Pesadilla de un director de Proyecto (Avoid a Project Manager's Nightmare)
- Introducción a LEAN SIX SIGMA **NEW** (Introduction to LEAN SIX SIGMA)
- Resolver Problemas en 4 pasos (Solve Problems in 4 Steps)
- Tendencias que Determinan Nuestro Futuro en el Trabajo **NEW** (Trends Shaping Our Future at Work)

Handling Conflict | Difficult People

9 Spanish courses

- **Cómo Confrontar a Alguien** (How to Confront Someone) **NEW**
- **Cómo Cuestionar las Noticias Falsas** (How to Challenge Fake news) **NEW**
- **Cómo Lidar con Opiniones Extremas** (How to Deal with Extreme Views) **NEW**
- **¿Cómo Tratar las Quejas?** (Handling a Complainer)
- **Denuncia el Comportamiento Inapropiado** (Call Out Inappropriate Behavior)
- **Hacer Frente a la Injusticia** (Coping with Unfairness) **NEW**
- **Manejando Tu propia Ira** (Managing Your Own Anger)
- **Responder a las Microagresiones** (Responding to Microaggression) **NEW**
- **Trabajar con una Persona de mal Humor** (Working with a Moody Person)

Careers | Job Interviews | Motivation

11 Spanish courses | 1 French

- **Cómo Tener Éxito en las Entrevistas de Trabajo** (How to Do Well at Job Interviews) **NEW**
- **Empieza un Nuevo Empleo de Forma Impresionante Desde el Primer Día** (Start a New Job Impressively from Day 1) **NEW**
- **Haz que tu Nuevo Empleo sea un Éxito** (Make your New Job a Success) **NEW**
- **La redacción de informes al alcance de todos** (Report Writing Made Simple) **NEW**
- **Pedir un Aumento de Sueldo** (Asking for a Pay Rise)
- **Piensa en el Futuro** (Be a Forward Thinker)
- **Reavivar tu Motivación** (Reviving Your Motivation) **NEW**
- **Responda Preguntas Difíciles de la Entrevista** (Answer Tough Interview Questions)
- **Salir de la Rutina Profesional** (Getting out of a Career Rut)
- **Sea Asertivo con su Jefe** (Be Assertive with your Boss)

Getting Motivated – It's all in the mind

- **Motivarse, Todo está en la Mente** - Español
- **Se Motiver – Tout est dans la Tête** - Français

Communication | Presentations | Meetings

9 Spanish courses

- **Cómo presentarse a Cámara** (How to Present to Camera) **NEW**
- **Conéctate con la Asertividad** (Switch On Assertiveness)
- **Hablar claro y Conciso** (Speak Clearly and Concisely) **NEW**
- **Liderazgo Productivo Reuniones en Línea** (Lead Productive Online Meetings)
- **Organizando una Reunión Rápida** (Running a Fast Meeting) **NEW**
- **Presentación en Línea con Impacto** (Present Online with Impact)
- **Procedimientos de una Reunión Formal** (Formal Meeting Procedures) **NEW**
- **Recordando Nombres** (Remembering Names)
- **Sea un Oyente Excepcional** (Be an Outstanding Listener)

Personal Success | Goals | Time | Challenges

15 Spanish courses

- **4 Pasos para Administrar Mejor el Dinero** (4 Steps to Managing Money Better)
- **Alcanza tu Potencial** (Reach Your Potential)
- **Alto 4 Tipos de Pérdida de Tiempo** (Stop 4 Time Wasters)
- **Cómo Desarrollar la Confianza en Uno Mismo** (How to Build Your Self-Confidence) **NEW**
- **¿Cómo Desarrollar el Optimismo?** (How to Develop Optimism)
- **Construir Confianza y Credibilidad** (Build Trust and Credibility)
- **Estrategias Efectivas de Gestión del Tiempo** (Effective Time Management Strategies) **NEW**
- **Prestar Atención a los Detalles y la Precisión** (Pay Attention to Detail and Accuracy) **NEW**
- **Recuperarme de mi Error** (Recover From My Mistake)
- **Sea Más Decisivo** (Be More Decisive)
- **Sobrevivir a la Incertidumbre y el Miedo** (Survive Uncertainty and Fear)
- **Superar el Bloqueo de la Escritura** (Overcome a Writing Block)
- **Superar la Baja Autoestima** (Overcoming Low Self-Esteem)
- **Superar un Rechazo** (Overcome a Knockback)
- **Trabajar desde Casa de Forma Productiva** (Work from Home Productively)

Service | Sales | Negotiation | Influence

9 Spanish courses

- **¿Cómo Puede Influir en los Demás?** (How Can You Influence Others?)
- **Comprometerse con los Clientes de Forma Virtual** (Engage with Clients Virtually)
- **Cómo Negociar con Éxito** (How to Negotiate Successfully) **NEW**
- **Cómo Venderse a Sí Mismo y Construir su Reputación** (How to Sell Yourself and Build Your Reputation) **NEW**
- **Conéctate con el Servicio** (Switch on Service)
- **Conéctate con la Amabilidad** (Switch on Caring)
- **Consigue Apoyo para tu Propuesta** (Build Support for Your Proposal)
- **Motivar Contando Historias** (Motivate Through Storytelling)
- **Superar las Expectativas de Servicio** (Exceed Service Expectations)

Mental Health | Physical Wellbeing

18 Spanish courses

- **Aprender a Poner Límites** (Learn to Set Boundaries)
- **Aprender a Preocuparse Menos** (Learn to Worry Less)
- **Cómo Superar el Estrés Crónico** (Surviving Chronic Stress) **NEW**
- **Conciencia de los Problemas Comunes de Salud Mental** (Being Aware of Common Mental Health Issues) **NEW**
- **Entender y Afrontar los Ataques de Pánico** (Understanding and Dealing with Panic Attacks) **NEW**
- **Entendiendo la Depresión** (Understanding Depression) **NEW**
- **La Psicología de la Pérdida de Peso** (The Psychology of Losing Weight)
- **La Psicología de Ponerse en Forma** (The Psychology of Getting Fit)
- **Lidiando con la Sobrecarga y el Agotamiento** (Dealing with Overload and Burnout) **NEW**
- **Manejar la Crisis de los 40's** (Managing a Midlife Crisis) **NEW**
- **Priorizar mi Salud Mental** (Prioritizing My Mental Health) **NEW**
- **¿Qué hacer si estás Estresado?** (What to Do if Stressed)
- **Rompe tu Adicción Digital** (Breaking Your Digital Addiction)
- **Sobrevivir a una Crisis Personal** (Survive a Personal Crisis)
- **Superar el Insomnio** (Overcome Insomnia)
- **Superar la Ansiedad** (Overcome Anxiety)
- **Superar la Soledad** (Overcoming Loneliness) **NEW**
- **Tomar una Siesta Energética en el Trabajo** (Taking a Power Nap at Work) **NEW**

