



# INTERACTIVE eLEARNING COURSES AND VIDEOS 2025-2026

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

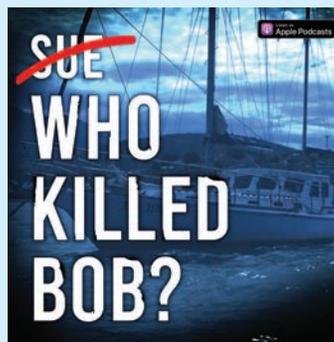
eLearning courses, videos, documentaries, TV series, podcasts, workshops, keynotes, books and learning tools.

## 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
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## 7D eLEARNING COURSES INCLUDE

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

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# 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**

**NEW**

30 mins

### **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**

20 mins

**Understanding Financial Information**

50 mins

**Understanding Workforce Fluidity**

20 mins

**NEW**

## ► **Project Management** 5 courses

### **4 Essentials for Contract Management**

30 mins

**NEW**

### **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



# 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** NEW  
20 mins

**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

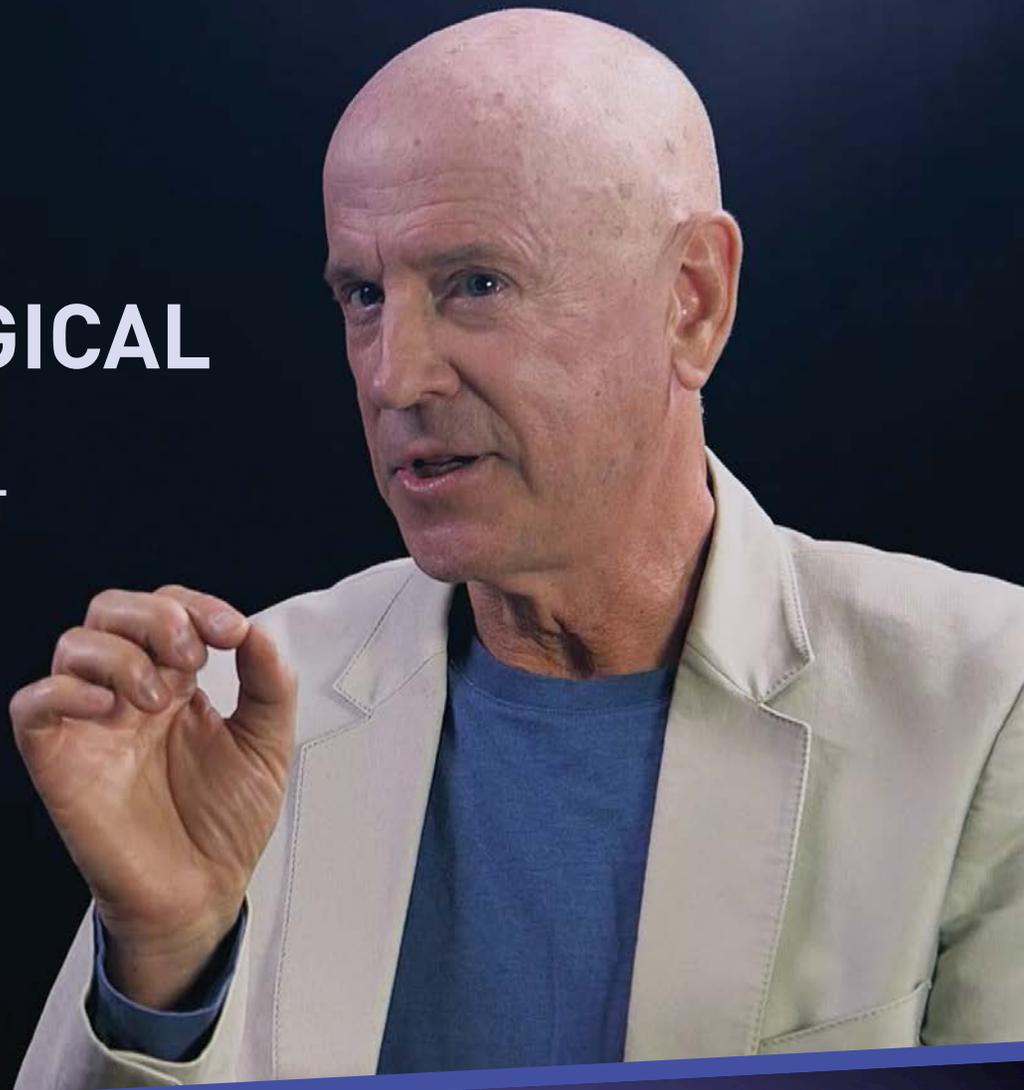
**Seeking Legal Advice**  
30 mins

**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**

**How to Cope in Harsh Times**

40 mins

**Recover from My Mistake**

15 mins

**SKILLS FOR ME – Manage Overload and Relieve Stress**

30 mins

**Survive a Personal Crisis**

15 mins

**Surviving Chronic Stress**

20 mins

**NEW**

**Surviving Stress and Anxiety**

30 mins

**What to do if Stressed**

15 mins

## ▶ **Confidence | Assertiveness | Self-Esteem** 8 courses

**Be Assertive with Your Boss**

15 mins

**Be Confident and Assertive**

20 mins

**How to Build Your Self-Confidence**

20 mins

**NEW**

**Improving Self-Esteem**

20 mins

**Overcome a Knockback**

15 mins

**Overcome a Writing Block**

15 mins

**Overcoming Low Self-Esteem**

15 mins

**Switch on Assertiveness**

30 mins

## ▶ **Physical Wellbeing** 11 courses

**Manage Hygiene Boundaries and Give Feedback**

30 mins

**Overcome Insomnia**

15 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

**Removing Tension**

20 mins

**Stretching the Team**

20 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



**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



**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** NEW  
30 mins

**How to Sell Yourself and Build Your Reputation** NEW  
20 mins

**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

NEW

30 mins

### 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**

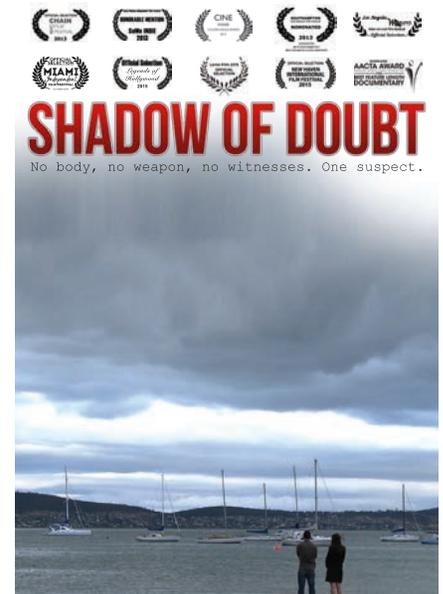
A case study about searching for the truth.  
90 mins

**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 Fluidez 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 Lidiar 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**

