

## *Premium Resources List*

*Building trust* | the importance of building trust in parenting (Blog)

*Collaborative parenting* | resolving conflict & building trust with your kids (Tip Sheet)

*Communication is key* | tips to creating a strong family unit (Blog)

*Communicating with your family* | trust, love & happiness (Worksheet)

*Infusing manners into the daily routine* | a framework for improving manners & discipline (Blog)

*Manners & discipline* | an interview with Joshua Freeman (Podcast)

*Parenting with Emotional Intelligence* | collaborate & connect with your children (Tip Sheet)

*Setting your kids up for a good night's sleep* | tips to get your kids to sleep, with no fuss (Tip Sheet)

*Teaching discipline* | a guide to managing children's behaviour (Worksheet)

*The Melatonin link* | helping your kids get to sleep (Tip Sheet)

## Premium Resources List

*A letter for letting go* | an anger and forgiveness process (Tip Sheet)

*Asking for a promotion* | six simple steps (Tip Sheet)

*Brain Fit* | healthy brain, happy life (BLOG)

*Combating Procrastination* | tips to master how you manage your time (Podcast)

*Considered Communication* | Know Yourself, Choose Yourself, Give Yourself | (Worksheet)

*Developing positive relationships* | ways to initiate and grow meaningful connections (Blog)

*Developing positive relationships at work* | tips to turning toxic relationships into positive ones (Tip Sheet)

*Emotions at work* | an interview with Joshua Freeman (Podcast)

*Feeling down? Treat someone else* | boost your mood through random acts of kindness (Article Review)

*Grief and loss* | tips to support yourself through testing times (Tip Sheet)

*Growth Mindsets for Resilience* | creating the link (Worksheet)

*How neuroscience can make you more productive* | tips to finding your flow (Blog)

*Improving your mood* | tips to turning that frown upside down (Blog)

*Knowing and showing your value* | how to make sure you get the job (Tip Sheet)

*Life Balance* | what it is and how to achieve it (Tip Sheet)

*Life Balance & Overwhelm* | an interview with Rory Callaghan (Podcast)

*Love Thyself* | the power of self compassion (Tip Sheet)

## Premium Resources List

*Maintaining positive relationships* | why being too busy for friends won't help your career  
(Article Review)

*Managing your time* | productivity tips from busy people (Tip Sheet)

*Managing your time & tasks* | prioritising – urgent VS important (Worksheet)

*Messy house, messy life* | tips to clearing your space, to clear your mind (Tip Sheet)

*Mindful colouring in* | calm your mind, reduce stress (Worksheet)

*Modelling resilience* | my better self project (Tip Sheet)

*Mood boosters* | using mindfulness to elevate your mood (Tip Sheet)

*Normalising stress* | calming the farm (video)

*Practicing Emotional Intelligence for wellbeing* | one day at a time... (Blog)

*Practice meditation to warn off stress* | five tips to help you start, and stick  
with it (Article Review)

*Preoccupied with worry* | taking control of your sleep to reduce worry (Tip Sheet)

*Prioritising* | urgent VS important (Podcast)

*Resilience & Stress* | transforming stress with resilience (Article Review)

*Reframing stress* | making it your friend, not foe (Tip Sheet)

*Taking control* | taking control of your Life Balance (Video)

*Taking control of your sleep* | tips for a sounder nights rest (Tip Sheet)

*Taking control of your worry* | tips to warn off the worry (Tip Sheet)

## *Premium Resources List*

*The Dear Diary Process* | growing resilience through journaling (Blog)

*The Third space* | overview of Dr Adam Fraser's concept (Video)

*Time Management* | give it to a busy person (Blog)

*Self care* | looking after ourselves (Blog)

*Sleep hygiene* | unpacking sleep (Video)

*Sleep hygiene* | tips to help you create a routine for a sounder sleep (Tip Sheet)

*Sleep, the secret to success* | some tips for a better nights' sleep (Tip Sheet)

*Stress is good* | surprising new science about stress (Article Review)

*Supporting ourselves through grief* | reaching out in times of despair (Podcast)

*Supporting others through grief* | tips to being there (Podcast)

*Switch off the worry* | tips to gain and stay in control (Tip Sheet)

*Warning off stress with gratitude* | an actionable guide to practicing Emotional Intelligence for wellbeing, one day at a time (Blog)

*Ways to warn off stress* | an interview with Rory Callaghan (Podcast)

*Ways to warn off the worry* | helping you shift your energy (Worksheet)

*What's mood got to do with it* | using Character Strengths to flourish (Tip Sheet)

*Your gut is an interesting place* | understanding your gut brain (Blog)

## Premium Resources List

*A Collaborative Approach* | resolving conflict and building trust in your teams (Tip Sheet)

*Active Listening* | what, why and how (Video)

*Attention Training* | a neuroscience approach to reframing mindfulness (Tip Sheet)

*Brain friendly emails* | how to increase open rates and get your message across (Tip Sheet)

*Building Rituals* | using the A.W.A.R.E Framework (Worksheet)

*Challenging Conversations* | controlling your emotions (Article Review)

*Challenging Conversations* | flipping performance management on it's head (Tip Sheet)

*Challenging Conversations* | a collaborative performance turnaround plan (Worksheet)

*Clear VS Smart Goals* | setting up your team for success (Article Review)

*Communicating clearly* | a brain friendly approach (Tip Sheet)

*Decision Making using Emotional Intelligence* | the Six Seconds KCG Model (Worksheet)

*Exceptional Teams* | an emotionally intelligence ritual to guide success (Worksheet)

*Focus, Goal Setting and Success* | using the GROW model to coach your team in goal setting (Worksheet)

*Growing trust in teams* | a guide for leaders wanting to grow trust, quickly (Tip Sheet)

*Having uncomfortable conversations* | leaning into the rumble (Tip Sheet)

*Hiring for Emotional Intelligence* | interview questions for the right hire (Tip Sheet)

*How neuroscience can make you more productive* | tips to finding your flow (Blog)

*Inbox Zero* | five simple steps to conquering your email (Tip Sheet)

## Premium Resources List

*Intrinsic VS Extrinsic Motivation* | understanding the difference when motivating your team (Tip Sheet)

*Kicking Goals* | a framework for setting and achieving your goals (Worksheet)

*Knowing and showing your value* | how to make sure you get the job (Tip Sheet)

*Leadershift* | from high potential managers to high performing leaders (Video)

*Leading in a VUCA World* | an interview with Joshua Freeman, CEO of Six Seconds (Podcast)

*Leading with Emotional Intelligence* | unlocking potential (Video)

*Leading with Optimism* | the role optimism plays in successful teams (Video)

*Leading teams* | an emotionally intelligent approach (Worksheet)

*Leaning into difficult conversations, early* | why nipping it early will save you a lot of angst in the long run (Video)

*Management VS Leadership* | understanding the difference (Tip Sheet)

*Management VS Leadership* | top tips for leadership in 2020 (Article Review)

*Maybe stress is a laughing matter* | using humour to reduce stress (Article Review)

*Navigating difficult leaders* | a framework to navigate power dynamics (Worksheet)

*Promoting peak performance* | tips to supporting well-being in the workplace (Tip Sheet)

*Optimism in the workplace* | an interview with Joshua Freeman, CEO of Six Seconds (Podcast)

*Performance conversations* | thinking about how you approach it differently (Video)

*Performance feedback conversations* | how to get a positive result (Podcast)

## Premium Resources List

*The importance of quality conversations* | how to grow trust in your team (Video)

*The presence of performance* | how to be present to boost performance (Tip Sheet)

*The science behind productivity* | tips to being more effective (video)

*Think, Feel, Act* | an overview of the Six Seconds Model (Video)

*Tips to achieve a win-win-situation* | challenging conversations (Tip Sheet)

*Time Management - Productivity Tips* | take control of multi-tasking (Tip Sheet)

*True Happiness* | what does it take for leaders to be happy (Tip Sheet)

*Self care in Leadership* | getting off autopilot to avoid burnout (Blog)

*Seven habits of highly effective people* | summary of Stephen R Covey's world famous book (Blog)

*Sharpening your conversational skills* | ways to get your message across (Podcast)

*Stress less* | by embracing the third space (Tip Sheet)

*Uncomfortable Conversations* | tips to having uncomfortable conversations well (Video)

*Values and Emotional Intelligence* | the powerful link for performance (Video)

*Writing your vision* | step into the future, to find out your why (Worksheet)