



Premium Resources

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

2) *A Collaborative Approach* | resolving conflict & building trust with your kids (Article Review)

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

4) *Communication 101* | activity for trust, love & happiness (Worksheet)

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

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

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

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

9) *Teaching discipline* | a guide to managing children's behaviour (Tip Sheet)

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

11) *Listen or Tell* | a different approach to diffusing conflict (Article Review)



- 12) *A letter for letting go* | an anger and forgiveness process (Tip Sheet)
- 13) *Asking for a promotion* | six simple steps (Tip Sheet)
- 14) *Brain Fit* | healthy brain, happy life (Blog)
- 15) *Combating Procrastination* | tips to master how you manage your time (Podcast)
- 16) *Considered Communication* | Know Yourself, Choose Yourself, Give Yourself | (Worksheet)
- 17) *Maintaining positive relationships* | ways to initiate and grow meaningful connections (Tip Sheet)
- 18) *Developing positive relationships at work* | tips to turning toxic relationships into positive ones (Tip Sheet)
- 19) *Emotions at work* | an interview with Joshua Freeman (Podcast)
- 20) *Feeling down? Treat someone else* | boost your mood through random acts of kindness (Article Review)
- 21) *Dealing with Grief and loss* | tips to support yourself through testing times (Tip Sheet)
- 22) *Growth Mindsets for Resilience* | creating the link (Worksheet)
- 23) *Using neuroscience to boost productivity* | tips to finding your flow (Blog)
- 24) *Improving your mood* | tips to turning that frown upside down (Blog)
- 25) *Knowing and showing your value* | how to make sure you get the job (Tip Sheet)
- 26) *Life Balance* | what it is and how to achieve it (Tip Sheet)
- 27) *Life Balance & Overwhelm* | an interview with Rory Callaghan (Podcast)
- 28) *Love Thyself* | the power of self compassion (Tip Sheet)



- 29) *Maintaining friendships matters* | why being too busy for friends won't help your career (Article Review)
- 30) *Managing your time* | productivity tips from busy people (Tip Sheet)
- 31) *Prioritising: Urgent VS Important* | managing your time and tasks (Worksheet)
- 32) *Messy house, messy life* | tips to clearing your space, to clear your mind (Tip Sheet)
- 33) *Mindful colouring in* | calm your mind, reduce stress (Worksheet)
- 34) *My Better Self Project* | modelling resilience (Tip Sheet)
- 35) *Mindful Mood Boosters* | using mindfulness to elevate your mood (Tip Sheet)
- 36) *Normalising stress* | calming the farm (video)
- 37) *Practicing EQ for wellbeing* | improve your resilience (Blog)
- 38) *Warning off stress through meditation* | five tips to help you start, and stick with it (Article Review)
- 39) *Taking control of sleep to reduce worry* | pre-occupied with worry (Tip Sheet)
- 40) *Prioritising* | urgent VS important (Podcast)
- 41) *Resilience & Stress* | transforming stress with resilience (Article Review)
- 42) *Reframing stress* | making it your friend, not foe (Tip Sheet)
- 43) *Taking control* | taking control of your Life Balance (Video)
- 44) *Tips for a sounder sleep* | taking control (Tip Sheet)
- 45) *Taking control of your worry* | tips to warn off the worry (Tip Sheet)



- 46) *The Dear Diary Process* | growing resilience through journaling (Blog)
- 47) *The Third space* | overview of Dr Adam Fraser's concept (Video)
- 48) *Managing your time like a Boss* | the art of time management (Blog)
- 49) *Looking after ourselves* | self care (Blog)
- 50) *Sleep hygiene* | unpacking sleep (Video)
- 51) *Routine for a sounder sleep* | tips for sleep hygiene (Tip Sheet)
- 52) *Sleep: the Secret to Success* | some tips for a better nights' sleep (Tip Sheet)
- 53) *Stress is good* | surprising new science about stress (Article Review)
- 54) *Supporting ourselves through grief* | reaching out in times of despair (Podcast)
- 55) *Supporting others through grief* | tips to being there (Podcast)
- 56) *Switching off worry* | tips to gain and stay in control (Tip Sheet)
- 57) *Warning off stress with gratitude* | an actionable guide to practicing Emotional Intelligence for wellbeing, one day at a time (Blog)
- 58) *Ways to warn off stress* | an interview with Rory Callaghan (Podcast)
- 59) *Shifting your Worry Energy* | helping you shift your worry (Worksheet)
- 60) *What's mood got to do with it* | using Character Strengths to flourish (Tip Sheet)
- 61) *Your gut is an interesting place* | understanding your gut brain (Blog)



- 63) *A Collaborative Approach* | resolving conflict and building trust in your teams (Tip Sheet)
- 64) *Active Listening* | what, why and how (Video)
- 65) *Attention Training* | a neuroscience approach to reframing mindfulness (Tip Sheet)
- 66) *Brain friendly emails* | how to increase open rates and get your message across (Tip Sheet)
- 67) *Building Team Rituals* | using the A.W.A.R.E Framework (Worksheet)
- 68) *Collaborative Performance Turnaround Plan* | an approach to challenging conversations (Worksheet)
- 69) *Challenging Conversations* | controlling your emotions (Article Review)
- 70) *Flipping Performance Management on its head* | tips for giving constructive feedback (Tip Sheet)
- 71) *Clear Goal Setting* | setting up your team for success (Article Review)
- 72) *A brain friendly approach to communication* | some simple tips to get your message across (Tip Sheet)
- 73) *Decision Making using Emotional Intelligence* | the Six Seconds KCG Model (Worksheet)
- 74) *A Guide to Exceptional Teams* | an emotionally intelligence ritual to guide success (Worksheet)
- 75) *Goal Setting using the GROW Model* | using the GROW model to coach your team in goal setting (Worksheet)
- 76) *Growing trust in teams* | a guide for leaders wanting to grow trust, quickly (Tip Sheet)
- 77) *Leaning into uncomfortable conversations* | tips to prepare you (Tip Sheet)



- 78) *Hiring for Emotional Intelligence* | interview questions for the right hire (Tip Sheet)
- 79) *Inbox Zero* | five simple steps to conquering your email (Tip Sheet)
- 80) *Kicking Goals* | a framework for setting and achieving your goals (Worksheet)
- 81) *Leadershift* | from high potential managers to high performing leaders (Video)
- 82) *Top tips for leadership in 2020* | looking at the future of leaders (Article Review)
- 83) *Leading in a VUCA World* | an interview with Joshua Freeman, CEO of Six Seconds (Podcast)
- 84) *Leading with Emotional Intelligence* | unlocking potential (Video)
- 85) *Leading with Optimism* | the role optimism plays in successful teams (Video)
- 86) *Leading teams with EQ* | an emotionally intelligent approach (Worksheet)
- 87) *Leaning into difficult conversations* | why nipping it early will save you a lot of angst in the long run (Video)
- 88) *Management VS Leadership* | understanding the difference (Tip Sheet)
- 89) *Using humour to reduce stress* | maybe stress is a laughing matter (Article Review)
- 90) *Navigating difficult leaders* | a framework to navigate power dynamics (Worksheet)
- 91) *Promoting peak performance through Wellbeing* | tips to supporting well-being in the workplace (Tip Sheet)
- 92) *Optimism in the workplace* | an interview with Joshua Freeman, CEO of Six Seconds (Podcast)
- 93) *Performance conversations* | thinking about how you approach it differently (Video)
- 94) *Performance feedback conversations* | how to get a positive result (Podcast)



- 95) *The importance of quality conversations* | how to grow trust in your team (Video)
- 96) *The presence of performance* | how to be present to boost performance (Tip Sheet)
- 97) *The science behind productivity* | tips to being more effective (video)
- 98) *Think, Feel, Act* | an overview of the Six Seconds Model (Video)
- 99) *Tips to achieve a win-win-situation in a difficult conversation* | challenging conversations (Tip Sheet)
- 100) *Sharpening your conversational skills* | ways to get your message across (Podcast)
- 101) *Productivity Tips* | take control of multi-tasking (Tip Sheet)
- 102) *Happy Leaders* | what does it take for leaders to be happy (Tip Sheet)
- 103) *Self-care in Leadership* | getting off autopilot to avoid burnout (Tip Sheet)
- 104) *Seven habits of highly effective people* | summary of Stephen R Covey's world famous book (Book Review)
- 105) *Embracing the Third Space* | a powerful way to reduce stress (Tip Sheet)
- 106) *Uncomfortable Conversations* | tips to having uncomfortable conversations well (Video)
- 107) *Values and Emotional Intelligence* | the powerful link for performance (Video)
- 108) *Writing your vision* | step into the future, to find out your why (Worksheet)
- 109) *Leadershift* | exploring a leadershift in today's working environment (Podcast)
- 110) *Intrinsic VS Extrinsic Motivation* | understanding the difference when motivating your team (Video)