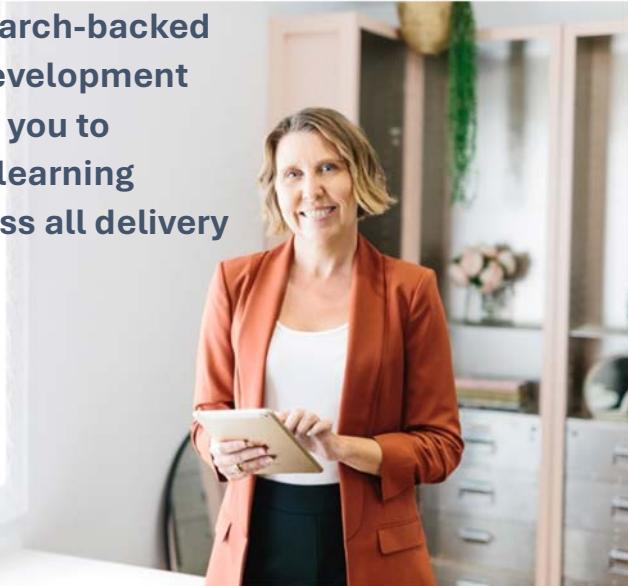# TeachingOnline
.com.au

with Dr Deniese Cox

Delivering research-backed professional development that empowers you to achieve better learning outcomes across all delivery modes

Complete PD Video Catalogue

As at **January 2026**

Your comprehensive guide to all videos in the platform. Browse detailed descriptions organised by category, use the Essential/Recommended/Optional ratings to prioritise your viewing, and use the clickable links to jump straight to topics that spark your interest.

All content is research-driven, and designed for you to dip in and out as time permits. You are in control of your learning journey, engaging with topics as you need them.

To start watching, simply sign in here using the password you were issued

OnDemand.TeachingOnline.com.au /Sign-In

Where to start?

Hi – Deniese here – welcome to my members-only on-demand professional development video platform.

Browse like you mean it

With around 100 videos available, I've got you covered with multiple ways to find what you need. Videos are organised into 'topic sets' within these 10 categories:

- Welcome! Start Here
- Maximising Your PD Effectiveness
- Teaching Online: Foundations
- Learning Design Essentials
- Engaging Online Content

- Facilitating Live Online Sessions
- Designing Effective Assessments
- Generative AI for Educators
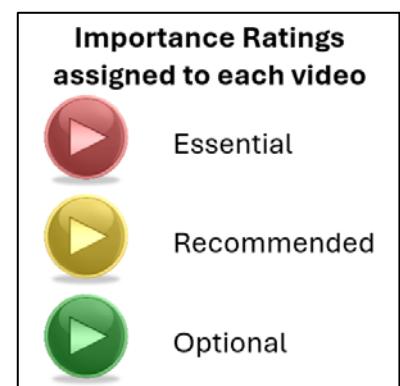- Content Production
- Professional Wellbeing

For example, 'What can and can't be delivered online' is a set of 3 videos within the "Foundations" category.

The video catalogue flows from foundational to more advanced topics which creates an ideal learning pathway - but **you're in control**, there's no requirement to work through sequentially. You can craft your own journey by jumping to what's most relevant for you right now and each month going forward, dipping in and out as time permits.

My advice? Print this catalogue out, grab a cuppa, and skim through the descriptions to highlight ones that spark your interest – those "oh, that looks interesting" videos are a great place to start. To further help guide your choices, you'll notice that each individual video has been labelled Essential, Recommended, or Optional.

Importance Ratings assigned to each video

- Essential
- Recommended
- Optional

Create your own watchlist

Just like Netflix, you can build your own watchlist! When you see a video or set in the platform that you're keen to watch, use the **Add To Favourites** button and your personal watchlist will then feature at the very top of your home screen. You might like to explore the **Filters** and **Keyword Search** features too – *click here* for a video that demonstrates how.

Need help?
- **Signing in?** The firewalls at larger organisations tend to block the 'send me a link' option which is why we recommend always **Sign in with password** (*here*).

- **Lost your password?** Click 'set new password' on the sign-in page (*here*). If your firewall blocks that reset email, just drop me an email and I'll reset it manually for you.

- **Questions or thoughts?** I always love hearing from people who are enthusiastic about supporting adult learners – reach me at Deniese@TeachingOnline.com.au

Once again, welcome aboard, and I look forward to supporting you through your learning journey here.

All the best,
Deniese

Welcome! Start here

☐ **Welcome! Start here** (10-mins)

Welcome aboard! This getting-started video shares a little about my background along with your recommended first 4 steps for getting started (▶click to play) | **Recommended** | 10-mins

☐ **Acknowledgement of country** (2-mins)

(▶click to play) | **Optional** | 2-mins

☐ **What does 'research backed' actually involve?** (9-mins)

A quick glimpse behind the scenes to see the extensive, hands-on research path we undertake before bringing you these professional development insights (▶click to play) | **Recommended** | 9-mins

☐ **Navigation tips; Using filters; Creating your personal watch list** (7-mins)

Here I'll share some navigation tips for getting around this platform, including using filters to find content, and creating your very own watchlist (▶click to play) | **Recommended** | 7-mins

☐ **Reference: Matrix of videos by role**

This at-a-glance tool is for team leaders and decision makers. See which videos are Essential, Recommended, or Optional for different educator roles – from learning designers to unit coordinators, from brand new educators to seasoned pros. This tool helps PD planning and identifying priorities (▶click to open) | **Optional** | 0-mins

☐ **Reference: Videos mapped to RTO standards**

For VET providers who want to identify alignment with regulatory requirements, this document maps our videos to RTO Standards (▶click to open) | **Optional** | 0-mins

Maximising Your PD Effectiveness

☐ **Sticky PD: Transforming today's insights into tomorrow's action**   **Essential set** ▶
(7 videos; 45-minutes)

A great place to start, these bite-sized videos feature game-changing insights to transform how you approach professional development. It's time to avoid 'PD Amnesia' and embrace practical techniques that transform learning into lasting practice. Don't forget to download the printable notes! (▶**click to play**)

☐ **1 The 3 enemies of PD effectiveness**   **Essential**   5-mins

Discover the three research-backed barriers that stop PD from improving your practice: PD Amnesia, PD Inertia, and PD Paralysis. Understanding these enemies is the first step to making your professional learning worth your time.

☐ **2 A practical framework for choosing PD that's right for you**   **Essential**   7-mins

Stop wasting time on PD that doesn't address what you need. This simple framework helps you choose professional learning that builds knowledge in areas you truly care about.

☐ **3 Calendar your PD: From good intention to scheduled action**   **Recommended**   6-mins

Let's face it, if it's not in your calendar, it probably won't happen. Learn practical strategies for making PD a regular part of your work plan, and see how watch parties and topic-of-the-month concepts are driving up PD engagement across teams.

☐ **4 Notetaking – the thing we don't know that we aren't getting right**   **Essential**   9-mins

Did you know that most people take notes wrong during PD? Yes, most of us are capturing content when we should be capturing meaning. Learn how to take strategic notes that lead to action rather than forgotten notes.

☐ **5 Transform your PD into action through 1-minute impact chats**   **Essential**   4-mins

Just a 1-minute conversation with a colleague can help transform your PD insights into practice. Discover the practical structure for an efficient and effective chat that has impact.

☐ **6 Document your growth: Quick strategies for currency requirements**   **Recommended**   6-mins

A major enemy of PD is its relegation to an administrative or compliance burden. PD should never be just a box-ticking exercise. These simple strategies will help you capture your professional growth in ways that serve you while coincidentally meeting documentation requirements.

☐ **7 The practice-ideal gap: Why good educators struggle (and what it means for PD)**   **Optional**   12-mins

Ever feel frustrated that your teaching doesn't match your ideal? Discover why there's often a gap between the educator you want to be and the educator you are day to day.

☐ **Driving PD engagement up, and transforming PD into action – For team leaders and PD Champions** (12-mins)

Developed specially for Team Leaders and PD Champions, this video shares proven strategies for increasing authentic engagement with PD across your team. Not to be missed. (▶**click to play)**	**Recommended** 12-mins

Be sure to also watch the full Sticky PD video set (see previous page)

Teaching Online: Foundations

☐ **A few teaching online foundations** (6 videos; 1-hour)   **Recommended set** ▶

This video set is a great place to start. It's recommended most for those who are newer to online education, and educators who want to build a solid understanding about teaching online. This set of videos introduces you to the spectrum of online education modes, and shares why there's no such thing as a one-size-fits-all version of the 'right' way to teach online.

Don't forget to download the printable notes!

(▶**click to play**)

1 ☐ Yes, teaching online *is* different   **Essential**   11-mins

Welcome to this video set. In this first video, I discuss why it is that teaching online does feel like such a different space in which to work, and why many educators feel as though their 'teaching senses' have been switched off. Here you'll learn why conscious choices are such a big part of teaching well online, and why it's important to really understand the 'why' behind each element of your teaching practice.

2 ☐ Which mode is right?   **Essential**   8-mins

From fully live online to repository style automated self-paced content, there's a whole spectrum of online education. In this video you'll learn important points when considering your unique context and what's right for you.

3 ☐ Busting 5 myths   **Recommended**   6-mins

In this video I'll help you bust 5 pervasive myths about teaching and learning online.

4 ☐ A framework for selecting the right technology   **Essential**   8-mins

Trainers and teams often feel overwhelmed with noise when it comes to technology. So many products are touted as must-have, yet the reality is some of these tools add to our workload without benefit.

During this essential video, you'll learn a practical framework for selecting the tools that are right for you and your context.

5 ☐ From sceptics to superstars: How two trainers found their way online   **Optional**   9-mins

For this video, I spoke with two educators who were previously very unhappy with the move to online. Now that they're fully embracing teaching online and thriving in this space, I asked them what tips they wanted to share with you.

6 ☐ Low-tech magic: How two trainers are making old tools shine in new ways   **Optional**   13-mins

See how two trainers have found low-tech creative solutions that give learners the tools they need

☐ **The 4 roles of online educators** (6 videos: 1-hour)   **Recommended set** ▶

Breaking the online educator role down into four memorable components (C.O.T.E.) is an effective way of understanding what adult online learners need and want from their online educator. In this video set you'll learn an easy-to-use framework and accompanying must-have reflection tools.

Don't forget to download the printable notes!

(▶**click to play**)

1 ☐ Introducing the framework   **Recommended**   4-mins

Within this first video, you'll be introduced to the 4 Roles. Then, each role will be explored in more detail within the subsequent videos.

2 ☐ C: Critical concepts   **Essential**   12-mins

Learn about the role of engaging our students with the critical concepts, knowledge, and skills that they're here with us to learn. Includes: Foundations of this role; The 4-step practical inquiry process; Teacher-centred or student-centred content; Independent or collaborative opportunities; Real-time or own-pace; and a good practice checklist.

3 ☐ O: Organisation   **Essential**   7-mins

Learn about the role of providing our students with clear organisation, communication, and expectations. When we as educators fail to fulfill this role well, students become frustrated, confused, and disengaged.

4 ☐ T: Tools   **Essential**   12-mins

Learn about the role of purposefully selecting tools and technologies that support and enhance the learning journey. Understanding this role is critical for avoiding many common pitfalls associated with teaching online.

5 ☐ E: Environment   **Essential**   10-mins

Learn about the role of creating an encouraging and safe learning environment for students. This role in particular requires more proactive and conscious choices when teaching online.

6 ☐ Reflecting on your practice and role balance   **Optional**   10-mins

This video presents a reflection tool, with variations, that was developed for the C.O.T.E. framework. We also talk about reasons for the gap between ideal and actual practice.

Many educators report that using these reflection tools has noticeably improved their practice, and reduced the time spent planning or reviewing content.

☐ **What can and can't be delivered online** (3 videos; 30-minutes)   **Essential set** ▶

We know that there's growing demand from learners for more and more online content. Yet most teams continue to wrangle with very real dilemmas around what 'can' or 'cannot' be taught online.

Drawn from research and insights developed by a team of experts for one of the regulators, this video set should be an essential part of the conversation for any educator or team with practical, hands-on components in their qualifications. You'll learn the major influences on what can't be delivered online, along with a simple framework for breaking content down into can-cannot for online, which helps you conceptualise your content.

(▶**click to play**)

1 ☐ Introduction   **Optional**   3-mins

Introduction to the topic including the list of supporting publications.

2 ☐ Influencers and decision framework   **Essential**   20-mins

Within this critical video, that core question will be answered – what can and can't be delivered online. In particular, you'll learn the major influences on what can't be delivered online. To support this, you'll be introduced to a simple, reliable framework to evaluate your own modules, units, and elements. Not to be missed!

3 ☐ Secondary considerations for online content   **Essential**   7-mins

In this 3rd video you'll learn the recommended secondary considerations that you navigate when deciding the nature of those elements that will be delivered or facilitated online.

☐ Learner digital skills: What do we know, what can we do (4 videos; 50-minutes)   **Essential set** ⏵

Learner Digital Skills are the hot topic in vocational education and workplace training right now, and for good reason! Digital Skills have been identified as a barrier for many learners seeking to engage with learning opportunities. This isn't an online versus on-campus discussion. Regardless the format being delivered, digital skills are necessary for participation in education today.

Not only are aspiring learners impacted, but so are educators and trainers. I researched this issue for two years, and found that up to 87% of teaching workload in some weeks is being spent on providing remedial digital skill support. Educators reported that support provision is outside their job role, their expertise, and the scope of content assigned for them to deliver.

To address learner and educator challenges, a **Good Practice Guide** has been developed for vocational education and workplace training providers. It contains 10 guidelines to inform your selection and implementation of digital skills support systems.

As a Teaching Online member, you have exclusive access to these three accompanying videos which present key elements from the guide.

Don't forget to download the Good Practice Guide

(⏵click to play)

1 ☐ Why focus on learner digital skills   **Recommended**   10-mins

Digital skills presents a barrier to education for some learners. In this video you'll also learn about the significant impact on educator time and workload.

2 ☐ Categorising and identifying digital skills   **Essential**   9-mins

Here you'll learn (a) the ideal way of categorising learner digital skills, (b) example digital skills that are presenting barriers to education participation, and (c) ways of identifying what digital skills are relevant in your teaching and learning context.

3 ☐ Successful support systems   **Essential**   17-mins

In this 3rd video you'll learn the digital skill support system approach that was found to be successful. I also share what commercial resources performed best in our trials.

BONUS: Critical insights from new research   **Essential**   15-mins

We followed a group of 100 aspiring learners through their enrolment and getting-started process. Without support, these learners would never have gotten through enrolment. You'll also see the strategies that increase attendance at those all-important pre-course upskilling events (e.g. digital skill orientations).

NOTE: These videos are exclusively presented for Teaching Online members. However, the Good Practice Guide is available FREE for all educators, education organisations, and relevant stakeholders. To share that guide with your colleagues, simply send them to https://www.teachingonline.com.au/digital-skills-gpg to download their copy.

No commercial gain was realised in the development of this guide; distribution of it and the insights therein are not for commercial use by any party. Drawing on or referring to this work should be accurately cited in all instances:

Cox, D. (2023). Digital skills for education and training: A good practice guide.

Learning Design Essentials

☐ Learning design essentials (19 videos; 4½ hours)   Essential set ▶

This video set is absolutely essential for everyone involved in the learning design process – whether you're a dedicated learning designer, or an educator who does a lot of their own learning design – this video set is for you. With 19 videos across 6 learning design stages, this video set has been designed to be approached in pieces rather than in a single sitting.

(▶ **click to play**)

Don't forget to download the comprehensive participant notes

Introduction

1 ☐ Introduction   **Essential**   13-mins

Let's talk about what learning design is and why it's such an essential component that we all need to pay attention to.

2 ☐ The Learning Journey Framework   **Essential**   9-mins

Many learning design approaches fail because they start with the content rather than the learner experience. In this video, you'll be introduced to the 6-Stage Learning Journey Framework. You'll consider whether your influence sits at course level or organisational level, and you'll be introduced to the foundational w.w.w-how principle.

Learning Journey Stage 1: Explore + Enrol

3 ☐ Common pitfalls   **Essential**   10-mins

The learning journey commences with our target learners exploring their options. They're wondering what to learn and who to learn it with. They're asking themselves what learning with us will be like. And of course, they're navigating (trying to survive) the enrolment experience. This video presents some common pitfalls being experienced by learners during this crucial first stage.

4 ☐ Strategies for success   **Essential**   8-mins

Following on from 'common pitfalls', this video presents strategies for success. Yes, there are things we all can be doing at both course level and organisation level to improve the experience for our target learners. The goal here is to stop the exploration and enrolment stage feeling like a stressful hurdle or perhaps even an impenetrable barrier.

Learning Journey Stage 2: Welcome + Orient

5 ☐ First messages after enrolment   **Essential**   13-mins

Now that our learner has enrolled, it's time to welcome them. However, this is where our major communication pitfalls generally begin, and learner optimism and excitement about their new starts to wane. Learn critical ways to develop welcome emails and messages that generate learner action and momentum.

6 ☐ Let's talk orientations (and student support)   **Essential**   10-mins

Evern wondered why learners don't attend orientations? Or why your various student support services aren't accessed when needed? In this video, you'll learn why changing the name of our orientations can increase attendance, and how to clean up the alphabet soup of support so that learners know where to go and why.

7 ☐ Your unit/subject welcome   **Essential**   7-mins

One of the most overlooked opportunities to create connection and momentum with our learners is the welcome we send out for our unit or subject. See the difference a change in tone and language can make.

Learning Journey Stage 3: Roadmap + Expectations

8 ☐ Reduce skipped content

Essential   21-mins

Do you get frustrated with learners skipping content? You're not alone! It's common or adult learners to skip content (which affects our workload and their learning outcomes). Here you'll learn the deceptively simple Importance Rating system that is an absolutely essential core feature of effective learning design.

9 ☐ Study guides

Essential   19-mins

You might call it a study guide, learning plan, content pathway, etc – regardless of its name, there are 5 mistakes most templates are making. In this absolutely essential video, you'll learn what not to do and we'll identify features that will make your study guide template an effective learning tool for your learners.

Learning Journey Stage 4: Active Learning

10 ☐ Six principles of active learning design

Essential   34-mins

We start this video with a quick review of content that fails to engage learners. We then move methodically through the Six Principles of Active Learning Design. These principles apply to whole courses and all individual learning content elements within. We finish this video with two questions to continuously ask ourselves throughout the learning design process.

11 ☐ Consistently communicating 'why'

Essential   10-mins

One of the most powerful shifts you can make in your learning design is communicating the 'why' behind what you're asking learners to do. When learners understand the purpose and relevance of content and activities, engagement and completion rates increase dramatically. This video shows you a practical formula for communicating 'why' throughout your course.

12 ☐ Spectrum of teaching approaches

Optional   10-mins

You've likely heard 'teacher-centred' used as criticism, but here's the truth: foundational content often requires structured presentation before exploration makes sense. This video introduces a 9-dimension reflection tool to help you identify where your beliefs sit versus where your current practice sits for specific units. You'll discover that intentional balance - not elimination of structured teaching - is the goal, and that balance looks different depending on your content, learners, and context.

Learning Journey Stage 5: Assessment + Feedback

13 ☐ Before assessment

Essential   22-mins

Set your learners up for assessment success by dismantling barriers before they become problems. This video reveals the hidden success steps that often trip learners up, how to build confidence through strategic preparation, and how to reframe support services so students actually use them – plus the magic ingredient you don't want to miss.

14 ☐ During assessment submission

Essential   13-mins

Good learning design proactively removes friction from the submission process. In this video you'll learn essential, simple strategies to do just that.

15 ☐ After assessment - Feedback to move forward

Essential   25-mins

Assessment is more than providing and justifying a grade. Our role when providing feedback is to help move the learning journey forward. In this video, you'll learn techniques to do just that, and you'll see how your feedback in one assessment directly affects the timeliness and quality of the next assessment submission.

Learning Journey Stage 6: Closure + Next Steps

16 ☐ Completion messages matter   **Essential**   7-mins

Completion messages are often overlooked yet they represent an important opportunity to help learners know what comes next.

17 ☐ Capturing meaningful feedback   **Essential**   8-mins

Many organisations fall into the same pitfalls when it comes to student surveys. In this video you'll see the tested questions that yield actionable insights that genuinely help improve our content and courses.

18 ☐ Transferring workplace training into practice   **Optional**   8-mins

Targets get hit when training-transfer is designed, not assumed. Here you'll learn two strategies that pay dividends long after your course has ended.

19 ☐ Staying connected has benefits   **Recommended**   10-mins

Staying connected with participants and learners is one of the most frequently overlooked opportunities in learning design. However, when we stay connected in the right way, our learners are more likely to recommend us and more likely to return to us in the future. This video shares a variety of proven, low-cost strategies.

☐ **Inclusive Design: Good for some, better for all** (7 videos; 50-minutes)   **Essential set** ▶

Inclusive design doesn't require a complete overhaul or a dedicated budget line. It's woven into the everyday decisions we make about how we structure content, facilitate discussions, and respond to our learners.

In this video series, guest expert Shaheen shares her practical P.O.W.E.R. framework – a straightforward approach to making your learning materials work better for everyone. You'll discover simple adjustments that improve access without adding complexity: rethinking how you present information, embedding opportunities for diverse voices, and making responsiveness visible in your day-to-day practice.

These aren't grand gestures. They're the small, strategic choices that create learning environments where everyone can participate fully – and that's exactly what makes them so powerful.

(▶**click to play**)

1 ☐ Introduction to inclusive design   **Essential**   9-mins

Meet our guest speaker – Shaheen – and hear your first piece of practical inclusive design advice (that's easy to implement, and doesn't need extra budgets).

2 ☐ Introducing the P.O.W.E.R. framework   **Recommended**   7-mins

Shaheen introduces the foundation concepts that underpin the P.O.W.E.R. inclusive design framework

3 ☐ O: Access to learning opportunities   **Essential**   5-mins

Unpacking the first element of the P.O.W.E.R. framework, we discuss access to learning opportunities and accessibility within learning

4 ☐ W: Visible, wide representation   **Essential**   9-mins

Wider representation isn't an onerous undertaking – there are several practical, simple strategies we can use to ensure diverse groups see themselves reflected in our learning materials.

5 ☐ E: Opportunities for learner expression   **Essential**   5-mins

There are several ways we can better embed opportunities for learner expression in both synchronous and asynchronous learning

6 ☐ R: Responsive action   **Essential**   5-mins

Do your learners know that they've been seen and heard? Let's talk practical strategies for visible responsiveness.

7 ☐ P: Shared and distributed power   **Essential**   10-mins

With loads of practical tips about sharing and distributing power, this final video for the P.O.W.E.R. inclusive design framework also offers some final words of wisdom on making progress with inclusive design.

☐ **WCAG Essentials: Your accessibility compliance base** (13-mins)

The Web Content Accessibility Guidelines (WCAG) define how to make web content (and therefore online learning content) accessible across a range of disabilities. This video introduces you to the four principles of WCAG along with essential learning design tips. The checklists featured in your downloadable notes will help you get started. (▶click to play)	**Essential**	13-mins

☐ **Supporting First Nations learners** (5-mins)

This curated resource guide connects you with quality materials developed by First Nations organisations leading work in culturally responsive education. These frameworks are starting points, not scripts - context matters enormously, and genuine listening and relationship-building with the communities and learners you're working with is what makes the real difference. (▶click to play)	**Essential**	5-mins

Engaging Online Content

☐ **Craft a trainer self-introduction that captivates** (6 videos; 1-hour, plus writing)   **Essential set** ▶

Did you know that your 'about me' bio (sometimes called your intro or contact-me page) is one of the very first things your online students go looking for? Did you know students report those bio's aren't resonating with them, and are actually blocking engagement? With this essential video set you'll be guided step-by-step through a proven formula for writing an introduction that immediately resonates with learners, improving their trust, optimism, and engagement.

Note: This video set is best watched in the order it's presented. Allow a few minutes writing time after each video – you'll find the printable notebook is essential.

(▶**click to play**)

1 ☐ Introduction   **Recommended**   11-mins+

This video shares some important background about your self-introduction, and shows you common pitfalls to avoid.

2 ☐ Let's write your opening sentence   **Essential**   9-mins+

The opening language in your self-introduction makes an immediate impression on your students – it's critical that first impression is a good one! This video guides you through the process of developing the opening sentence of your new self-introduction. This sentence resonates with the student perspective and motivation.

3 ☐ Now for your second sentence   **Essential**   5-mins+

Continuing with the theme of making an excellent first impression with your students, this video guides you through the process of developing the second sentence of your new self-introduction. This sentence resonates with the learner-perceived obstacles.

4 ☐ The critical third sentence   **Essential**   5-mins+

This video guides you through the process of developing the third sentence of your new self-introduction. This sentence frames you, the educator, as 'the solution'. Here you are reassuring students that you are the educator who will meet their learning needs and get them through this module.

5 ☐ Time to start bringing it all together   **Essential**   8-mins+

Now that you've brainstormed several all-important baseline key phrases, it's time to start weaving those elements into cohesive opening sentences. This video guides you through how to start bringing those opening sentences together and shares examples for you to be inspired by.

6 ☐ Let's add your relevant qualifications and experience, and a few finishing touches   **Essential**   17-mins+

I know! You're wanting to add more detail!! This video guides you the detailed steps for adding extra information such as your background and qualifications. You'll brainstorm all the things you want to include, and will refine that list down to relevant items. Then, you'll learn how to frame those elements so that they resonate with students.

☐ **Master your webcam to unlock learner engagement & raise learning outcomes** (3 videos; 45-minutes)   **Recommended set** ▶

Did you know that your camera feed might secretly be sabotaging your success? During this short video set, you'll discover how to transform your onscreen image from amateur to irresistible!

In this absolutely essential video set, you'll learn:

- Common pitfalls that erode learner trust and drive down engagement
- Research-backed insights to drive up your credibility and skyrocket learner engagement
- Ways of leveraging your existing tools to maximise your on-screen presence

Don't let easily fixed poor camera technique cost your learners. Let this video set help you master the art of captivating your audience through the lens.

(▶**Click to play**)

1 ☐ See the measurable difference your camera feed format has on learning engagement and outcomes   **Essential**   18-mins

> During this essential opening video, you'll experience the most common camera feed formats in use today. Then I'll share the results of extensive research which revealed measurable differences in both learning engagement and learning outcomes.

2 ☐ Practical tips for improving your current camera feed   **Essential**   17-mins

> Don't have access to the green screen equipment and software? Don't worry! This range of practical tips is essential for getting the most out of your everyday equipment, and making videos and live streaming classes that learners find engaging (because your face is as visible as possible).

3 ☐ Green screen – easier than you think (a brief introduction to equipment and software)   **Optional**   8-mins

> Interested in green screen? Take a look at this short video to get a brief overview of the equipment and software.

☐ **Essential insights for good slide design** (6 videos: 1-hour)   **Essential set** ▶

We all know how to use PowerPoint for creating content ... or do we? Many educators don't realise how much of an impact their slide design has on learner engagement and learning outcomes. In this video set, you'll learn practical insights from established cognitive load theories and newly conducted research.

Don't forget to download the printable notes

(▶**click to play**)

1 ☐ Welcome and overview   **Optional**   3-mins

Welcome to the topic and an overview of the content ahead.

2 ☐ Your new time saving planning strategy   **Essential**   10-mins

This essential video explains the critical first step in developing learner-friendly cognitively-friendly slides. The planning technique shared here was developed in cooperation with experienced educators, and was shown to result in better quality presentations. Educators also found it quicker to use this planning strategy rather than simply diving straight into slide creation.

3 ☐ Eight must-know design principles   **Essential**   20-mins

Here you'll learn eight critical design features. These practical insights are absolutely essential, are easily applied, and will make a noticeable difference for learners. Yes, it includes examples of how to enact this within your own content.

4 ☐ Images and diagrams   **Essential**   10-mins

Within this video you'll learn that certain image types are a massive distraction for learners. Dive in and learn how to best utilise images and diagrams so that they add value without distracting from core content and messages.

5 ☐ Presenting your slides   **Essential**   12-mins

Yes! The way you present your slides also affects learner engagement and learning outcomes. Here you'll learn practical tips for presenting on camera (live online or via recorded video).

6 ☐ Underpinning theory   **Optional**   11-mins

This final video is completely optional. It's for those of you who are curious to know more about some of the underpinning theory related to the concepts and recommendations presented throughout this slide design video set.

☐ **Video Content Mastery: Creating video content that goes from skip-it to can't-miss-it** (8 videos; 90-minutes)   **Essential set** ▶

Are your content videos collecting digital dust? Are you reluctant or confused how to efficiently create great content? During this game-changing video set you'll discover the secrets to creating captivating content that learners can't resist!

You'll uncover:

- Why video content is so in demand, and how to dominate this medium
- Research-backed strategies behind getting learners to click 'play' (and stay)
- Time-saving techniques to produce pro-level videos with zero editing skills and zero gimmicks

But wait, there's more! You'll also learn why enticing AI and avatar tools might save you a dollar but cost you ten.

(▶Click to play) Don't forget to download the printable notes.

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1 ☐ Introduction, and why learners want more video content   **Recommended**   6-mins

During this highly recommend opening video, you'll learn the Top 5 Reasons why learners choose to learn online instead of face-to-face. You'll also see learn about preferences for digestible video content.

2 ☐ Use your video title and description to trigger ▶ play   **Essential**   9-mins

Learn not only why it's critical that we leverage our video title and video description to trigger learners to click play, but also learn how exactly to achieve those increased play rates just by following a simple formula.

3 ☐ Importance ratings increase ▶ play   **Essential**   8-mins

If you've learned importance ratings with me before and are currently using them with great success, feel free to skip this video. If you're new to the traffic light system (or want a refresher), you're going to love this simple, reliable strategy that consistently results in higher play rates.

4 ☐ Chunk content for shorter video durations   **Essential**   12-mins

Duration matters! Keeping videos to less than 10-minutes each is a critical strategy for learner engagement. See how chunking works and why it's important.

5 ☐ Show your face to get them to stay   **Essential**   21-mins

All our strategies so far have been about getting learners to click play. Now we're shifting gears and focusing on getting them to stay. That is, watching your video all the way through.

6 ☐ Practical tips for creating engaging videos using everyday equipment   **Essential**   15-mins

Don't have access to the green screen equipment and software? Don't worry! This range of practical tips is essential for getting the most out of your everyday equipment, and making videos that learners find engaging (because your face is as visible as possible).

7 ☐ Captions   **Essential**   8-mins

Captioning is an important feature to offer on all video content. See why that is, and what 3 common pitfalls you absolutely must avoid.

8 ☐ Your wrap-up checklist, and one final key ingredient   **Essential**   5-mins

Yes! I've written you a simple checklist to keep handy when you're developing and recording video content ... and in this video we're add one final ingredient that just happens to be the icing on the cake when it comes to triggering those all-important 'play' clicks

☐ Discussion Forums: From dreaded to dynamic in 6 simple steps (4 videos; 45-mins)

Recommended set ▶

Did you know that discussion forums are a great way to create safe and inclusive learning environments? When thoughtfully designed, they provide space for all learners to contribute at their own pace, using text-based engagement that can reduce social barriers and enable more equitable participation.

However, many trainers struggle to realise this potential, and their discussion forums are met with crickets instead of conversation. It's time to turn those digital graveyards into thriving communities of engaged learners!

In this set of videos, you'll learn

- The research-backed 6-step formula for discussion forum success
- Actionable strategies you can immediately implement
- PLUS, you'll receive the simple planning tool that'll save you time.

Don't let another term go by with discussion forums that just fall flat. Join me to unlock the secrets of creating dynamic, engaging online conversations that your learners will actually appreciate!

Don't forget to download the printable notes

(▶Click to play)

1 ☐ Introducing text-based discussion forums	**Recommended**	8-mins
During this highly recommend opening video, you'll learn about different types of online teaching and learning spaces, along with learner perceptions of discussion forums.		
2 ☐ Purpose of discussion, and the different types of discussion content	**Essential**	7-mins
During this essential video we'll discuss the many different discussion forum purposes – understanding your purpose is the crucial first step to hosting an effective discussion. Then, we'll dive into step 2, which is knowing what type of content you are seeking from learner.		
3 ☐ Types of learner participation	**Essential**	8-mins
You're going to love this framework that presents the different types of learner participation – that is, how frequently you want them to post, and with what level of complexity. Understanding this framework (and your ideal participation type) enables you to coach learners toward that ideal.		
4 ☐ Discussion durations; Trainer role, Framing the discussion	**Essential**	14-mins
In our final video, we're moving through steps 4, 5, and 6 of the 6-step practical approach to effective discussions.		
This video includes the ideal duration of your discussion, what your role will be as the discussion host / trainer, and how to frame up your discussion to trigger that all-important participation.		

☐ Transform your online messages and nudges from white noise into effective action-triggers (5 videos; 45-minutes)

Essential set ▶

So many online trainers today are struggling with learners who aren't progressing through the content on time or hitting their milestone dates. And those automated messages and nudges you're sending out? You're right that they aren't working!

Don't worry – you're not alone – and the solution is here.

My most recent research has found that most learners are indeed ignoring those automated messages, and, worryingly, many everyday messages going out from learning portals were found to lower learner engagement!

During this 5-part video set, you'll learn why different standard messages do and don't work, and we'll be talking about those much-ignored assessment due date reminders. Best of all, you'll learn the four characteristics of messages/nudges that do trigger action.

Don't forget to download the printable notes

(▶**click to play**)

1 ☐ Topic introduction   **Recommended**   4-mins

This video welcomes you to the video set, and introduces the importance of this topic along with what to expect in each video

2 ☐ Characteristics 1 & 2 of effective nudges   **Essential**   7-mins

Learn the first two characteristics of effective nudges:

- #1: WHO (learners perceive is sending the message)
- #2: WHAT (is the desired outcome clear)

3 ☐ Characteristic 3 of effective nudges   **Essential**   19-mins

Learn the third characteristic of effective nudges, along with some practical learning design tips and examples

- #3: WHEN (strategies that set learners up for success well *before* the reminder message or nudge)

4 ☐ Characteristic 4 of effective nudges   **Essential**   12-mins

Learn the fourth and final characteristic of effective nudges

- #4: WHY (how to appeal to learner self-interest)

5 ☐ Summary and practice   **Recommended**   4-mins

In this final video, we bring everything together and you can take the opportunity to practice re-wording some common nudges

☐ Interviewing John Cowan: Promoting exemplary inquiry (18-mins)

Meet the extraordinary John Cowan and hear his insights on promoting exemplary inquiry and 'questioning mindsets' with your learners. (▶click to play)

Optional   18-mins

☐ Interviewing Dr Cathy Stone: How and why are you measuring learner engagement (12-mins)

Chances are that you, or someone around you, is using data from the learning management system to measure learner engagement. In this video you'll hear research-driven insights from the fantastic Dr Cathy Stone which will prompt you to consider what you measure and why you're measuring it. (▶click to play)

Optional   12-mins

Facilitating Live Online Sessions

☐ **Engaging Live Online: Session design fundamentals** (5 videos; 65-minutes)   **Essential set** ▶

Transform your live online training sessions with these core design principles that drive real results. This focused video series dives into what learners actually want from synchronous sessions, and how to design experiences that deliver. You'll discover evidence-based approaches to structure your sessions with maximum impact – from nailing those first 5 minutes, to understanding how session duration affects learning outcomes. Ever wonder why participants aren't asking questions? We tackle the silence puzzle head-on with practical solutions drawn from extensive trials and learner feedback. Trainers who have mastered these fundamentals are creating and delivering online sessions that learners genuinely value and remember.

(▶**Click to play**)

1 ☐ Learner feedback: What they really want from live online sessions   **Essential**   15-mins

    Drawing on learner surveys, interviews, and focus groups, this video reveals what learners think the purpose of live sessions ideally is, along with their top likes and dislikes.

2 ☐ Getting the critical first 5 minutes of your live session right   **Essential**   21-mins

    During this video, you'll see the difference that is made when you spend the first 5 minutes of a session making learners comfortable with being involved in the conversation and the learning content ahead.

3 ☐ Session duration does impact learning outcomes   **Essential**   15-mins

    See the results of an extensive project where we measured how the duration of online classes affects adult learners – we tracked not just their learning outcomes, but we also captured changing engagement patterns across different length sessions, and observed how fatigue accumulates over time.

4 ☐ The silence puzzle: Why learners don't ask their question   **Essential**   6-mins

    Ever hosted a live session, asked "Any questions?" and been met with complete silence? This common experience frustrates trainers everywhere, especially when those same learners later make mistakes that could have been avoided with a simple question.

    After extensive research with focus groups involving hundreds of learners, we've uncovered a fundamental insight: adult learners need more processing time than we trainers and learning designers typically provide.

5 ☐ Learner cameras – on or off – it does make a difference!   **Essential**   7-mins

    Yes, those learner cameras do make a difference! This short video reveals absolutely essential insights that will most certainly inform your camera policy going forward.

Be sure to also see **Master your webcam to unlock learner engagement & raise learning outcomes** featured in the previous section (3 videos; 45-minutes)

☐ **Participation and interaction: Helping every voice find its volume in live online classes, lectures, and tutorials** (4 videos; 50-minutes)   **Essential set** ▶

Move beyond passive viewing with proven strategies to spark meaningful participation. This must-watch video set equips you with diverse techniques to engage learners – from quick participation boosters to engaging, anonymous digital tools that break down barriers and drive up participation. Discover how to create valuable support spaces that extend learning beyond formal instruction, and transform role plays from awkward activities into authentic learning experiences.

Each video offers practical, immediately applicable approaches that have been tested across diverse training environments. Whether you're struggling with silent participants or looking to elevate interaction, these easy-to-implement techniques will help you create truly participatory live online learning experiences.

(▶**Click to play**)

1 ☐ Participation boosting activities   **Essential**   15-mins

You're going to love these tried and test activities that are simple to implement and result in increased participation. Don't miss the top success tips.

2 ☐ Beyond instruction: Create valuable support spaces   **Essential**   6-mins

Boost your assessment completion rates while dramatically reducing your preparation time with the simple "Accountability Hour" approach to online learning support. This video reveals how educators are achieving better results with less effort by creating structured spaces where students do the work they'd otherwise procrastinate on—all while providing the real-time support learners crave.

3 ☐ Digital interaction tools: Engaging, anonymous, barrier-breaking participation amplifiers   **Essential**   20-mins

Discover how digital polling and interaction tools create safe spaces for motivated and reluctant participants alike to contribute meaningfully. This video explores practical ways to leverage anonymity features to increase authentic participation.

Learn to select and implement the right poll type for different learning scenarios, transforming silent observers into active contributors without putting anyone on the spot.

4 ☐ Role plays: From awkward to authentic   **Essential**   10-mins

Role plays are a very common strategy for online learning. During this video you'll see the technique that was developed in conjunction with learners to take their role participation from awkward to authentic.

Note: You may have seen these insights before within the Proven Strategies for Improving Assessment Engagement & Completions video set.

☐ Getting started with Poll Everywhere (5 videos; 45-minutes)   **Optional set** ▶

After engaging with the Live Online video sets, many educators are keen to then incorporate polling tools into their live sessions. This set of 5 videos walks you through from setting up your Poll Everywhere account to launching your first polls. I recommend you watch these videos in the order they're presented. They're designed for you to follow along, working with the Poll Everywhere website along the way. (▶**click to play**)

Don't forget to download the accompanying notes

1 ☐ Welcome and overview **Optional** 3-mins

Welcome to the topic and an overview of the content ahead.

2 ☐ Getting started **Essential** 9-mins

Starting with setting up your account (and choosing a free or paid plan), this video also includes a couple of important settings you want to dive into up front.

3 ☐ Creating your first polls **Essential** 12-mins

Within this video I walk you through setting up your first two polls. Here you'll see some important features and options, as well as a couple of must-have tricks.

4 ☐ Common poll types **Recommended** 10-mins

There are lots of poll types for you to explore in Poll Everywhere. In this video I share with you some tips and settings for multiple choice, word clouds, Q+A upvote, clickable image, survey, open-ended, emotion scales, and ranking questions.

5 ☐ Presenting your polls **Essential** 10-mins

With this video you'll learn how to facilitate your polls during a live session. I also share helpful tips for getting the most out of this tool.

Designing Effective Assessments

☐ **Proven strategies to improve assessment engagement and outcomes** (5 videos; 1-hour)   **Essential set** ▶

Ever wondered why learners only half complete an assessment question? Or perhaps you've gotten frustrated when learners give you a throwaway answer? Don't worry, you're not alone and there are solutions! I spent a year working with learners to investigate their assessment perceptions and behaviours. You definitely don't want to miss these crucial insights and tips to transform your assessments.

Don't forget to download the printable notes

(▶click to play)

1 ☐ Introduction   **Recommended**   4-mins

This video welcomes you to the topic and introduces you to the research behind these insights.

2 ☐ Barriers identified by learners   **Essential**   16-mins

During this essential video you'll learn the 3 issues that were most frequently cited by learners as a barrier to their assessment participation. You'll also learn some strategies for overcoming these barriers.

3 ☐ Transforming your assessment questions   **Essential**   16-mins

Learn about common problematic assessment questions and see how to transform them to significantly improve the experience and outcomes for learners.

4 ☐ Leveraging feedback for improved performance   **Essential**   12-mins

The quantity of feedback given to learners, and the quality of that feedback affects how they perform on the next assessment task. Learn how to make your feedback improve learner performance.

5 ☐ Role plays: From awkward to authentic   **Optional**   14-mins

Role plays are a very common strategy for online learning and assessment. During this video you'll see the technique that was developed in conjunction with learners to take their participation from awkward to authentic.

COMING SOON

Drawing on newly completed research and updated trials, a wholly new **replacement** video set is currently being filmed for release in early 2026:

Contemporary Assessment Design – clear, authentic, achievable

Generative AI For Educators

COMING SOON

Brand new content is currently being developed and filmed – due for release in early 2026

Content Production

☐ **Green Screen: Equipment & Software Essentials** (3 videos; 45-minutes)
    Optional set ▶

Ready to level-up your on screen presence? Ready to maximise your learner's engagement and learning outcomes? Let's talk green screen! In this 3-part video set, you'll be introduced to the necessary software and equipment, along with some tips for setting up your scenes. (Click ▶ to play)

While these videos introduce you to what's needed – it's the 100-page Getting Started Guide that really walks you through everything in detail, complete with loads of screenshots to guide you through the software setup. Be sure to download that while you're here.

1 ☐ **Green Screen: Easier than you think. Step 1 - Software**
    Essential   11-mins

See how green screen works, and learn what *free* software I use and recommend. I'll also talk about what level of I.T. skills are ideal before you start.

2 ☐ **Necessary equipment (and ideal room layout)**
    Essential   23-mins

As I walk you through every piece of equipment that's necessary to create your own green screen studio in your home or office, I also share tips and tricks for getting your room layout just right.

Essential viewing before you spend a cent on equipment!

3 ☐ **Tips for getting your scene settings just right**
    Recommended   11-mins

Once you've bought your equipment and downloaded the software, you'll be ready to start building your 'scenes'. During this video, I demonstrate some of the pitfalls to be avoided, and explain the key features you'll want to emulate to maximise the quality of your presentations, leading to great audience/learner engagement.

The accompanying Getting Started Guide is now on Version 5 (February 2025)

Professional Wellbeing

☐ Take control with RIGOR (5 videos; 90-mins)   **Recommended set** ▶

Do you feel like your mental bandwidth is constantly being drained by problems? Are you ready for some professional development that arms you with a powerful problem-processing technique to reclaim control and focus on what truly matters. The RIGOR technique helps you efficiently identify ideals, clarify options, optimise decision-making, and connect with what's important – at work, home, and anywhere in between.

Team members who've completed this training consistently report greater day-to-day satisfaction and feeling better equipped to navigate our dynamic world.

(▶**click to play**)

As a webinar, RIGOR experienced unprecedented demand in 2025, with nearly every organisation that's previously hosted it requesting a repeat session. Teams are finding the RIGOR technique especially valuable right now as they navigate increased workplace complexity and ongoing change.

1 ☐ Introducing the RIGOR technique   **Essential**   23-mins

Welcome to *Taking Control with RIGOR*. This first essential video introduces you to the foundation 5-step process that is RIGOR. You'll be walked through each of the 5 easy-to-master steps, and then you'll pause to try it out for yourself.

2 ☐ Game changing insights: The 4-stage processing path   **Essential**   18-mins

You're going to absolutely love these game changing insights. See how the way we process situations every day. Here you'll learn how to take control and start responding, rather than reacting, to challenging situations.

3 ☐ Game changing insights: Incorporating the What-If Flip   **Essential**   18-mins

The What-If Flip is one of the simplest yet most raved about strategies in this video series. You're going to love it!

4 ☐ Introducing Advanced RIGOR   **Essential**   27-mins

Sometimes you need just a bit extra processing power when navigating the really serious challenges that come our way. That's where the Advanced RIGOR approach will become your new favourite tool.

5 ☐ Helpful variations of the RIGOR worksheet   **Optional**   10-mins

During this video, you'll see how the foundation RIGOR process has been adapted slightly to address specific challenge types. The reason this video is optional is because you might feel comfortable enough with the RIGOR process now to see walk yourself through these helpful variations of the RIGOR worksheet:

- Managing differing expectations (perfect for teams!!)
- Weighing up or choosing between two options
- Reflecting on an implemented strategy or previous decision