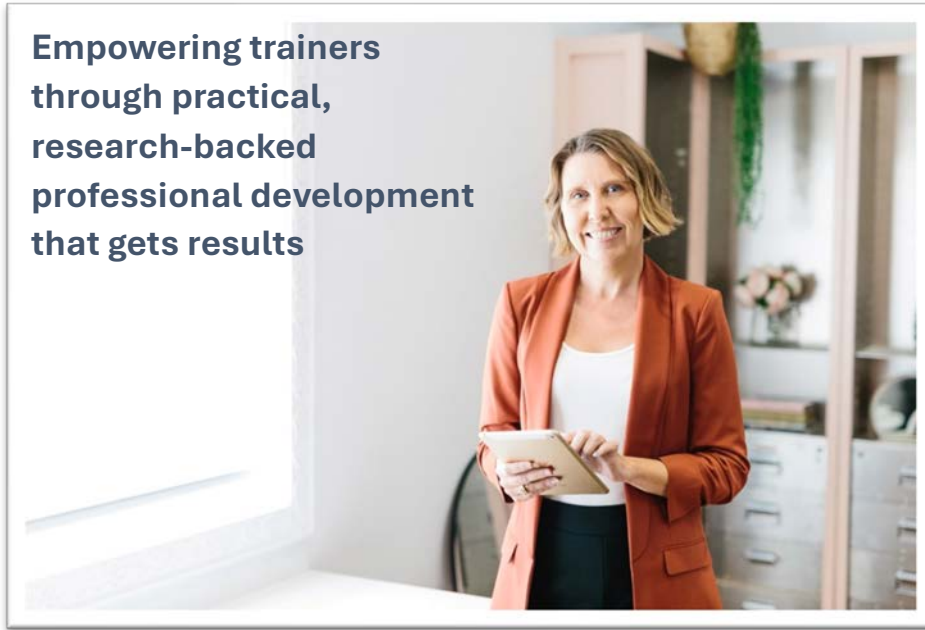# TeachingOnline
.com.au
with Dr Deniese Cox

Empowering trainers through practical, research-backed professional development that gets results

Members-only
on-demand video list

This on-demand platform features a wide range of research-driven teaching online learnings, and is designed for you to dip in and out of as time permits.

You are in control of your learning journey, engaging with topics as you need them.

The members-only video list updates regularly and this version is as at
April 2025

Where to start?

Hi – Deniese here – and welcome to my members-only video platform.

I know! With around 100 videos in this platform, it might feel a little overwhelming at first to know where to start. Don't worry, I've got you. Many of these videos are presented in topic sets, and these are grouped into logical categories. For example, '*What can and can't be delivered online*' is a set of 3 videos that sits within the category of 'Foundation Topics'.

My advice is to print this list out, grab a cuppa, and then skim through the video descriptions and highlight the ones that most spark your interest – those "oh, that looks interesting" videos are a great place to start. To further guide your viewing choices, you'll notice that each video is labelled:

Essential

Recommended

Optional

The checkboxes against each video make a great way of keeping track of your progress, and the 'click to play' hyperlinks will take you straight to the video. That said, if you're using an old version of Adobe PDF, then those 'click to play' hyperlinks may not work for you, so simply sign in HERE and manually navigate to your target videos. You will need to the password you've been issued to sign in.

Lost your password?
Just click 'forgot password' on the sign-in page (here). If you've got a firewall that isn't letting the 'reset password' email through, don't worry, just drop me an email and I'll manually reset your password for you

Live webinars
Don't forget to keep an eye out on your emails for my regular invitations to free webinars and 'ask me anything' sessions too :)

You are welcome to contact me anytime with follow-up questions Deniese@TeachingOnline.com.au

All the best,
Deniese

Yes! Certificates for your training record are available

Want a certificate for your PD Records? Easy!

You'll see prompts throughout this video list and within the platform where you are able to submit a reflection to demonstrate your engagement with that video set.

This simply requires writing a 100-200 word authentic reflection. An ideal reflection doesn't simply repeat the concepts that were shared, it considers, from a specific video set or topic:

– a specific highlight or strategy that stood out to you

– how do you intend to incorporate this into your practice

– perhaps something that surprised you or helped make sense of something you've experienced

Email your reflection to Deniese@TeachingOnline.com.au or submit via online forms found here

To start watching, simply sign in here
OnDemand.TeachingOnline.com.au
/Sign-In

Not yet a member?
Learn more and join here
TeachingOnline.com.au/Membership

Welcome! Start here

☐ **Welcome! Start here**(10-mins)

Welcome aboard! This getting-started video shares a little about my background along with recommendations for navigating through the learning content available here on demand (▶click to play)	**Recommended**	10-mins

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

(▶click to play)	**Optional**	2-mins

☐ **Yes! You can receive certificates** (3-mins)

Learn how submitting an authentic reflection triggers receipt of a certificate for your PD records (▶click to play)	**Optional**	3-mins

Strategies to make PD stick

☐ **Strategies to make PD stick** (5 videos; 45-minutes)   **Recommended set** ▶

A great place to start, these bite-sized videos feature game-changing insights to transform how you approach professional development. You'll discover how to select, absorb, and implement professional development that enhances your training toolkit. It's time to avoid 'PD Amnesia' and embrace practical techniques that transform learning into lasting practice.

Don't forget to download the notebook!

(▶**click to play**)

☐ **1 Why PD doesn't stick**   **Essential**   7-mins

    During this short introduction video, we consider why it is that PD often doesn't stick

☐ **2 A practical framework for choosing the right PD for you**   **Recommended**   10-mins

    You'll really appreciate this proven framework that helps you identify the PD opportunities that are the best fit for your needs

☐ **3 Switching on your learning mindset**   **Recommended**   3-mins

    Use this effective mnemonic to quickly switch on your learning mindset anytime you sit down to engage with these videos (or any other PD)

☐ **4 Five quick-fire proven strategies for maximising PD outcomes**   **Essential**   15-mins

    You definitely don't want to miss these easy-to-apply proven strategies that help maximise what you get out of any PD experience.

☐ **5 'Research Says': The factors that affect our practice, making it different from our ideal**   **Optional**   10-mins

    Have you ever noticed that your day-to-day teaching practice doesn't align with your ideal? Don't worry – you're not alone!

    In this video I unpack for you the factors that have been found to affect educator practice. Educators say that these understandings help make sense of some frustrations in their roles. Educators also report this model provides a great reflection tool for identifying what aspects of PD to engage in, as well as providing a foundation for workplace conversations

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

Foundation Topics

☐ 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 notebook!

(▶**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

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

☐ **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 notebook!

(▶**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.

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

☐ Learner digital skills: What do we know, what can we do (3 videos; 35-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.

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

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.

☐ 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.

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

Next-Level Online Content

☐ **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.

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

☐ **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 notebook

(▶**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

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

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

Learn the fourth and final characteristic of effective nudges

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

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

☐ **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.

You can earn a certificate for engaging with this video set; Simply email me your completed self-intro.

☐ **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 notebook

(▶**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.

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

☐ **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 notebook.

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 videos with 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

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

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

Recommended set ▶

Are your text-based learner discussion forums met with crickets instead of conversation? Tired of seeing students (and yourself) roll their eyes at another 'opportunity' to post? 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 notebook

(▶**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.		

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

Next-Level Live Online

☐ **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.

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

☐ **Participation and interaction techniques: 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

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.

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.

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

☐ **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.

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

After engaging with the Thriving Live Online video set, 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.

Optional Advanced Topics

□ **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)

☐ Take control with RIGOR (10 videos; 2-hours)   **Recommended set** ▶

Do you feel as though too much of your time and energy is wasted being frustrated or distracted by problems and challenges? Are you ready for some PD that's all about you rather than your teaching? You don't want to miss this video set where you'll learn my user-friendly problem-processing technique that gives you back control so you can focus on the things that matter. At work, home, and anywhere in between, applying the RIGOR technique will help you more efficiently identify ideals, clarify options, optimise decision-making, and connect with what matters. (▶**click to play)**

1 ☐ Introducing the RIGOR technique   **Recommended**   10-mins

    A short background about the RIGOR technique.

3 ☐ Foundation 5-step RIGOR process   **Essential**   16-mins

    This critical foundation video introduces you to the foundation 5 steps for processing problems and taking control with RIGOR.

4 ☐ Use RIGOR to choose between options   **Recommended**   8-mins

    Learn how to use the 5-step RIGOR process as a tool to help you choose between, or weigh up, different options.

5 ☐ Use RIGOR to reflect on an implemented strategy   **Recommended**   3-mins

    You'll love seeing how RIGOR can also make a great reflection tool – ideal for after you've implemented a new strategy.

6 ☐ Use RIGOR for differing expectations & conflict   **Highly Recommended**   7-mins

    A common cause of disharmony and conflict is a difference in expectations or understandings. In this video you'll be introduced to the variation of RIGOR that has been developed especially for those situations.

7 ☐ Pause and practice   **Optional**   3-mins

    This short video wraps up what's been learned so far ahead of diving into the advanced concepts featured in the next 4 videos.

8 ☐ The 4-stage processing path   **Essential**   14-mins

    This is one of the most watched and revisited videos in this series. You'll really enjoying learning about the 4-stage processing path that we all navigate all day every day. Learning about this concept will help you stop 'reacting' and start 'responding' to challenging situations.

9 ☐ Incorporating the what-if-flip   **Essential**   9-mins

    There's not a week goes by that I don't get an ah-ha moment email from someone who's watched this video – you don't want to miss it!

10 ☐ Using RIGOR to trigger motivation   **Essential**   15-mins

    Motivation is one of the most commonly raised challenges in my RIGOR webinars. In this must-watch video, you'll learn some important strategies to support motivation along with a special processing sheet for motivation.

11 ☐ Advanced RIGOR – my personal story   **Essential**   20-mins

    Here I share my personal story of using RIGOR to get out of a wheelchair and back on my feet living an active, pain-free life. See how that journey necessitated the development of the advanced RIGOR techniques that you'll learn here in this final video.

You can earn a certificate for engaging with this video set; Simply email me your 100-word authentic reflection.

Extra Insights

These 'Extra Insight' standalone videos draw on insights from published research which is relevant for online educators. Some videos feature interviews with the original authors. You'll receive an email from me each time a new video is added to this category.

☐ **Using the TPACK framework to choose a PD focus** (4-mins)

So much PD, and so little time! Many educators and teams wrangle with where to allocate their PD time. In this video you'll see how the well established TPACK framework can make an excellent tool for deciding your current PD focus. (▶click to play)	**Optional**	4-mins

☐ **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

☐ **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

☐ **A framework of educator cognitive challenges** (5-mins)

This video presents a framework put forward by Stephen Chew & William Cerbin about the 9 cognitive challenges that educators navigate when teaching learners something new. (▶click to play)	**Optional**	5-mins

☐ **Pedagogical care** (3-mins)

Drawing on the work of Katie Burke and Stephen Larmar who use this framework to reflect on ways they enhance the learning experiences of their students by proactively providing pedagogical care. (▶click to play)	**Optional**	3-mins

Alignment with RTO Standards 2025

STRATEGIES TO MAKE PD STICK

☐ Strategies to make PD stick (5 videos; 45-minutes)	3.1, 3.2

FOUNDATION TOPICS

☐ A few teaching online foundations (6 videos; 1-hour)	1.1, 1.8, 3.2
☐ The 4 roles of online educators (6-videos: 1-hour)	1.1, 2.3, 3.2
☐ Learner digital skills: What do we know, what can we do (3 videos; 35-minutes)	2.1, 2.2, 2.3, 3.2
☐ What can and can't be delivered online (3 videos; 30-minutes)	1.1, 1.8, 3.2

NEXT-LEVEL ONLINE CONTENT

☐ Essential insights for good slide design (6 videos: 1-hour)	1.1, 1.8, 3.2
☐ Transform online messages and nudges - white noise into effective action-triggers (5 videos; 45-minutes)	1.1, 2.1, 2.3, 3.2
☐ Craft a trainer self-introduction that captivates (6 videos; 1-hour, plus writing)	1.1, 2.3, 3.2
☐ Proven strategies to improve assessment engagement and outcomes (5 videos; 1-hour)	1.3, 1.4, 1.5, 3.2
☐ Video Content Mastery: Creating video content that goes from skip-it to can't-miss-it (8 videos; 90-minutes)	1.1, 1.8, 2.1, 3.2
☐ Discussion forums: From dreaded to dynamic in 6 simple steps (4 videos; 45-minutes)	1.1, 2.5, 3.2
☐ Click-worthy online learning content – updated version under development for release in June 2025	1.1, 1.8, 2.1, 3.2

NEXT-LEVEL LIVE ONLINE

☐ Engaging Live Online: Session design fundamentals (5 videos; 65-minutes)	1.1, 1.8, 2.5, 3.2
☐ Participation and interaction techniques: Helping every voice find its volume (4 videos; 50-minutes)	1.1, 1.8, 2.3, 2.5, 3.2
☐ Master your webcam to unlock learner engagement & raise learning outcomes (3 videos; 45-minutes)	1.1, 1.8, 3.2
☐ Getting started with Poll Everywhere (5 videos; 45-minutes)	

OPTIONAL ADVANCED TOPICS

☐ Green Screen: Equipment & Software Essentials (3 videos; 45-minutes)	1.1, 1.8, 3.2
☐ Take control with RIGOR (10 videos; 2-hours) – updated version under development for release in mid-2025	3.1, 3.2

Standard 1.1 *(Engaging, well-structured training)*

These resources equip trainers with practical strategies to create engaging, well-paced, and structured training that actively supports student progression and maintains learner interest.

☐ A few teaching online foundations (6 videos; 1-hour)

☐ The 4 roles of online educators (6-videos: 1-hour)

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

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

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

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

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

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

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

☐ Click-worthy online learning content – updated version under development for release in June 2025

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

☐ Participation and interaction techniques: Helping every voice find its volume (4 videos; 50-minutes)

☐ Show your face to boost results (2 videos; xx-minutes)

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

Standards 1.3, 1.4, 1.5 *(Assessment)*

These assessment design strategies have been shown to result in improved assessment participation and higher learning outcomes.

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

Standard 1.8 *(Fit-for-purpose resources)*

These insights provide guidance on selecting, creating, and utilising fit-for-purpose resources, content, and learning design approaches that enhance the learning experience and learning outcomes.

☐ A few teaching online foundations (6 videos; 1-hour)

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

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

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

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

☐ Click-worthy online learning content – updated version under development for release in June 2025

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

☐ Participation and interaction techniques: Helping every voice find its volume (4 videos; 50-minutes)

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

Standard 2.1 *(Access to information)*

The strategies presented here focus on creating clear, accessible communication that ensure students have ready access to all necessary information to access, engage, and advance through their learning.

☐ Learner digital skills: What do we know, what can we do (3 videos; 35-minutes)

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

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

☐ Click-worthy online learning content – updated version under development for release in June 2025

Standard 2.2 *(Skills of prospective students)*

These resources provide frameworks for effectively evaluating students prior to enrolment, with particular attention to digital literacy which is a known barrier to learning participation. While these resources focus on digital literacy, the insights and recommendations can be extrapolated to all skill types.

☐ Learner digital skills: What do we know, what can we do (3 videos; 35-minutes)

Standard 2.3 *(Student support)*

Learnings presented here offer practical approaches to student support before and during their training.

☐ The 4 roles of online educators (6-videos: 1-hour)

☐ Learner digital skills: What do we know, what can we do (3 videos; 35-minutes)

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

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

☐ Participation and interaction techniques: Helping every voice find its volume (4 videos; 50-minutes)

Standard 2.5 *(Safe and inclusive learning environments)*

These resources provide innovative participation strategies that promote and support student diversity by enabling anonymous contributions, text-based engagement, and other inclusive techniques that allow learners from all backgrounds to participate equitably without fear of bias or judgment.

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

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

☐ Participation and interaction techniques: Helping every voice find its volume (4 videos; 50-minutes)

Standards 3.1 & 3.2 *(Continuing professional development)*

These professional development resources support trainers in developing and maintaining skills and knowledge in engaging, quality training delivery.

☐ ALL content: *Note, all content and insights presented are backed by real-world research and trials with diverse trainers, learners, and content.*