



Eve Ash

Motivational Psychologist

*"Thank you for your brilliant MC work...
You were everything and much more that we hoped for."
Samantha Pritchard, Account Manager, Bloomfield Advertising*

Tel +61 3 9686 9677
Fax +61 3 9686 7577
Email eve@7dimensions.com.au
www.eveash.com.au
www.7dimensions.com.au

Achievements



Eve Ash

- MC and International Speaker
- Film Producer ([Seven Dimensions](#))
- Business Facilitator and Executive Coach
- Author
- Board Member - [Australian Film Institute](#)
- Patron - [Marie Stopes International](#)

Films & Videos

Eve has produced around 500 films, videos and television episodes.

Books

Eve's books (co-written with Rob Gerrand) are published by Penguin Books: *Rewrite Your Life!* (2002) and *Rewrite Your Relationships!* (2004).

Global Success

Eve has had offices in Melbourne, Auckland and Los Angeles. Now her films are distributed in over 40 countries through a network of 100 distributors and resellers. There are around 20,000 client organizations internationally, that have purchased or used products by [Seven Dimensions](#) and Ash.Quarry Productions, including half the Fortune 500 companies in USA.

International Awards for Creativity & Excellence

Winner of over 140 awards, including:

- Telstra Businesswoman of the Year, Westpac Business Owner (1999)
- Hall of Fame (2000) - [Australian Businesswomen's Network](#)

First prizes at:

- New York Film Festival
- Houston International Film Festival
- Chris Awards, USA
- British Medical Association
- Chicago International Film & Video Festival

Background

As a psychologist for the Australian Government, Eve began producing films and videos to motivate people to change behaviors. She founded [Seven Dimensions](#) in 1979, and inspired by John Cleese, pioneered comedy training films in Australia.

In 1986 she teamed up with fellow psychologist, Peter Quarry, to create another internationally successful company – Ash.Quarry Productions – and together they have created best selling titles that have inspired thousands of people around the world.

"Eve Ash has consistently delivered a superior performance as MC at many Westpac Women's Networking Events over the past 5 years... feedback has been excellent"
Larke Riemer, Victorian Manager Women's Markets, Westpac Banking Corporation

Public Speaking



Eve Ash
Motivational Psychologist

Eve Ash is an entertaining and experienced public speaker, MC and business facilitator, who delights in a challenge and gets great audience reaction. She has been keynote speaker at a wide range of events and conferences, presenting to CEOs, senior executives and staff at all levels and from all backgrounds.

MC

Eve is an eloquent, amusing and stimulating MC who can work with any audience, from triathletes to tradespeople.

Some Recent Topics

- How to Create a Winning Mindset for Success in Life
- Mind and Madness: Keeping Sane and Successful
- Rediscover Your Energy and Motivation
- Rewrite Your Relationships

Recent Clients

- Aged Care Services
- Aussie Bodies
- Australian Businesswomens' Network
- Deakin University
- ISA Association of Learning Providers
- Marie Stopes International
- Westpac Banking Corporation

"Congratulations on your inspiring talk this morning. I thoroughly enjoyed listening to you."

Gaynor Doreian, Manager Corporate Planning, Local Government

"Eve, your presentation was amazing. You captured the audiences' attention with ease. It was refreshing and very well received."

Robyn Larson, General Manager-Victoria, AMCHAM

Eve's Strategies for Success

1-- **Enjoy yourself at work and stay fit.** You will be energised and need less sleep! And nights are a great time to tackle a backlog or do overseas business.

2-- **Don't give up when faced with obstacles.** Negativity spreads easily, so when things are challenging, go for it while others stop to complain. Find and use your optimism - it will bring others with you.

3-- **Give yourself positive 'scripts'** like "Yes, I can do this", "I will be organised and finish this today" and "I am going to enjoy this challenge".

4-- **Remember to thank people for their work,** their ideas, their support and their contribution to your success. People appreciate being acknowledged and it doesn't take long to say, or email a personal thank you.

5-- **Follow your ideas,** tell people about them and take risks to make them happen. Don't be someone who says "I thought of that". Be someone who can say "I made that happen".

Workshops



Eve Ash
Motivational Psychologist

Eve Ash can provide a fast culture change in a whole division or design an innovative experiential workshop for your team.

Some Recent Topics

- Communication Skills
- Feedback Skills
- Handling Difficult People
- How to *Rewrite Your Life!*
- Leadership
- Learning and Careers
- Lifestyle and Wellbeing
- Manager as Coach
- Meetings and Facilitation
- Motivation and Success
- Performance Management
- Presentation Skills
- Professional Development
- Service Excellence
- Team Building

"Excellent – extremely professional..., did her research and thoroughly delivered on the day. Thank you for your professionalism and attention to detail – it was a refreshing change."

Ariane Harold, Director, hoo marketing

Executive Coaching

Eve is an outstanding business facilitator - providing one-on-one executive coaching, or consulting with Boards and executive teams.

Recent Clients

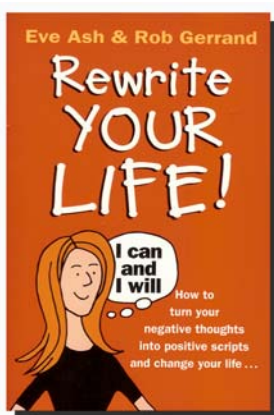
- Department of Justice
- Victorian Racing Club
- Transport Accident Commission
- Aged Care Services
- ANZ Bank
- Tattersalls
- Gippsland Institute of TAFE
- IOOF
- Australian Institute of Management
- Centrelink
- Marie Stopes International
- AGL
- Whirlpool
- Victorian Farmers Federation

Books



Eve Ash
Motivational Psychologist

We all follow 'scripts', our internal voices which represent our entrenched attitudes and beliefs. They dictate how we make decisions and tell us how to act. Often they are so embedded in our psyche that we're barely aware of what they are - yet they are so powerful that they can be the key to our success or failure. The following books by Eve Ash and Rob Gerrard are fun and essential reading for anyone wanting to transform their lives and their relationships.

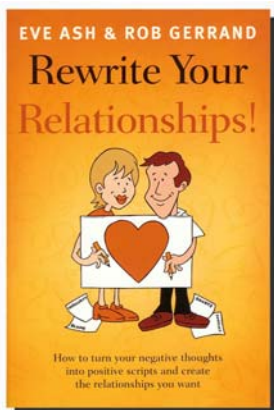


Rewrite Your Life!

by Eve Ash & Rob Gerrard

How many times have you heard someone say "I'm not confident" or "I'm not good at..." or "I'm a failure" or "I hate public speaking - I can't talk in front of people"?

In Rewrite Your Life! Eve Ash and Rob Gerrard help you to understand how negative scripts can block you from achieving. They show how you can turn these into scripts for success. You can use this process to prepare for public speaking, tackle exams, improve health, become more confident and cope with the everyday stresses that life brings. This book is a must for anyone who has ever started a sentence with "I can't" or "If only..."



Rewrite Your Relationships!

by Eve Ash & Rob Gerrard

How many times have you heard yourself or someone else say, "I wish he'd change!" or "It's too hard to meet people - why bother trying"?

In Rewrite Your Relationships! Eve Ash and Rob Gerrard will help you to: overcome negative scripts and stop 'self-sabotage'; gain a positive mindset for meeting people; understand relationships and why they can go off the rails; recognise and resolve conflict patterns; bring fun and equality back into your relationship; survive a break-up, if it happens; develop and maintain healthy relationships for the long term.

"The book, 'Rewrite Your Life!', feels like you wrote some of the chapters with me in mind and I am already implementing some of the ideas."

Films & Videos



BUSINESS & TRAINING

[Seven Dimensions](#) and Ash.Quarry Productions have produced around 500 titles. DVDs, VHS and trainer's guides are available for sale at www.7dimensions.com.au.

Best Sellers

- Boomerang
- Communication Essentials
- Feedback Solutions
- People Skills
- Performance Excellence
- Take Away Training
- Teamwork Essentials

EDUCATIONAL VIDEOS

Eve has produced award-winning videos and films on topics ranging from drug and sex education to communication skills and career education.

Best Sellers

- Teenager's Guide to the Galaxy
- What If...?

TAILORED PRODUCTIONS

Eve has produced more than 100 films for government departments, finance and insurance, manufacturing, IT, medical, health and service companies.

Topics have included:

- Banking
- Cancer, MS and AIDS
- Corporate identity
- Government initiatives
- Handling difficult people
- Management skills
- Product features and benefits
- Sales and service skills

"Whether consulting, or producing for television, Eve has a high client focus, creativity, energy and enthusiasm."

Michael Wilson, Former Customer Service Improvement Team Leader, Centrelink

FILM & TELEVISION

Eve produces television shows and films on social issues, human relationships and comedy.

Her credits include:

- Stark (mini-series with Ben Elton, ABC and BBC)
- The Peter Quarry Show (13 episodes, Channel 4, UK)
- Quandary (six half-hour episodes, SBS Television)