



Moving from
what's wrong to
what's strong

asa
AuthenticStrengthsAdvantage

Resilience for

This program is specifically designed and tailored for students aged 13-18 years. It includes a contemporary power point, highly engaging activities and videos and participant guides.

The ASA Three-Step Process

- Explore how your strengths have enabled prior success and how to recreate success at will.
- Empower your goals with your strengths as you use our STRONG© goals tool.
- Engage your strengths using our 3R's© weekly positive progression process.



ASA Youth/Teen ©

This workshop can be taught in 12, 50-minute modules, or spread out over an entire school semester. It is designed to teach youth/teens resilience and strengths coaching tools that can be applied personally, and in their relationships with others. Students learn coaching and character strengths principles grounded in scientific research. Practicing these principles has been shown to increase achievement, productivity, happiness and satisfaction in one's academic and personal life.

LEARNING OBJECTIVES

During this workshop, students will cover the following ASA™ content:

- Exploring Happiness
- What are Character Strengths?
- Top & Situational Strengths
- Overuse/Underuse/Optimal Use of Strengths
- Student Success Strategies
- Whole Person Resilience
- Goal Attainment
- Hope & Optimism
- Whole Person Coaching
- Overcoming Comparanoia
- Perfectionism/Reframing Failure
- Self-Compassion/Acceptance
- Addiction Awareness
- Authentic Motivation
- Character Strengths Fuel Emotional Intelligence
- Mindful Emotions
- Effective Communication
- Positive Relationships
- Strengths Flow



Sample high visual power point

After this workshop, students will be able to:

Apply learning from a strengths-based report in school/life settings, including rationale for a strengths-based perspective. Help students improve engagement through knowledge of their own strengths and those with whom they associate.

Re-frame school/life problems and solutions from a strengths-based perspective.

Identify interventions to boost engagement, student/team culture and addiction awareness.

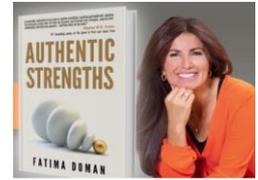
Help teams improve performance and social inclusion by discovering their strengths and their functioning using the ASA™ content.



Fatima Doman

Founder and CEO of Authentic Strengths Advantage®

This is an Authentic Strengths Advantage Program. Fatima Doman is a best selling author of *Authentic Strengths*, Executive Coach and Global Trainer of Master Trainers for VIA and ASA licensed programs.



Fatima has worked in every continent except Antarctica and has successfully worked with many Fortune 100 and Fortune 500 clients. She has served as Co-Founder and Co-Director of FranklinCovey's Global Executive Coaching Practice, and as Faculty of the FranklinCovey/Columbia Business School Executive Coach Certification Program. In previous roles she managed the certification process and developed content for FranklinCovey's internationally acclaimed program *The 7 Habits of Highly Effective People*, among other leadership programs

Certified School Champion

This program can be presented by WunderTraining trained facilitators or Jane Wundersitz can train members of your School Team team to run the program at their own School.

Ideal for: School Leaders, School Counsellors and Wellbeing Coordinators, Teachers, Educational Support Staff.

Certified School Champions will receive: 3 day training, USB with 121 slide Contemporary Power point presentation including licensed videos. Facilitator guide – 221 pages and re printable participant guide. They will be licensed to run the program in their own school and will need to sign a Certified School Champion agreement and this will also need to be signed by the school. They are not licensed to sell or present the material outside of their school or for profit. Certified School Champions may be required to attend a 90min- 3 hour update should new content be added.

Catholic Education South Australia testimonials

Invigorating, refreshing and balanced.

A wonderful few days I enjoyed the content, activities, variety in the presentation and learning how strengths can be used to work through situations and to coach yourself and others. Leone

10/10 Enjoyed the activities and hands on sharing, the content on gratitude and the energy and experience of the facilitator. Highly recommend to others: an opportunity to explore all that's great about you and how to capitalise on that. Angela

10/10 Highly recommend to others. Great pace, interaction and I enjoyed learning about strengths. Sheena





Jane Wundersitz : ASA Australian Master trainer WunderTraining Founder

Award winning Speaker, VIA Australian Master Trainer and CEO of WunderTraining, JaneWundersitz has supported over 7,000 people to discover their strengths. One of today's influential voices bringing the robust research into flourishing, engagement, resilience, emotional intelligence and positive leadership to the workplace with energy and oomph. Her pursuit is to ensure that the science of wellbeing has a broad reach, is not an elitist field and that high- quality research rich workplace training is accessible to every workplace and team member irrespective of their title, role, industry or location.

She has 20 years' experience in Learning and Organizational Development and has worked in International, State and Regional roles in Australia and the UK. Her curious nature led her to discover the field of positive psychology in 2004 at 'The Body Shop' where she was asked to develop a program to bring the company core value 'Activate Self Esteem' to life. She drew on the wisdom of Martin Seligman's 'Authentic Happiness' and other early field leaders in developing 'Activate Happiness'. This began a positive obsession with 'applying' the research from the field in the work environment. It directly contributed to building strong authentic team members, stable and purpose driven teams and a sustainable and high-performance business that felt noticeably different. In a national culture survey 97% of team members in her region stated it was a better work environment than other workplaces, well above the national response.

In 2012 she launched WunderTraining and has since written 26 programs underpinned with the rich research. She has a growing national team, aligned in purpose and who live by what they teach and is looking forward to future growth.

Jane has the Diploma of Positive Psychology and Wellbeing, a Degree in Visual Arts, is an accredited trainer and mental toughness partner. She is the Australian partner and Master Trainer for VIA Institute on Character and ASA Authentic Strengths Advantage. She has completed numerous university certificate courses including Positive Psychology foundations and Resilience from PENN University. She speaks nationally at workplace conferences and industry events and was featured in the top 5 most popular speakers for Entertainment Oz in 2015, 2016, 2017. Jane presented at the 5th Australian Positive Psychology National Conference 2016, the International Student Wellbeing and the Prevention of Violence Conference 2016 and PESA Positive Education South Australian Conference 2017. Her clients are wildly diverse including several from the top 50 Australian companies like Qantas, Rio Tinto, Maquarie and IAG, through to varied corporate and government departments, Universities and Schools and near every field imaginable.

As the mother of two teens – she is also very passionate in supporting the positive education movement and has created several programs specifically to support this area for educators and students.

She has ventured to regional and remote teams around Australia including Karratha in the Pilbara Region, Alice Springs both surrounded by dessert and the beautiful Shark Bay, a small shire with a population of 1000 people, 895 km to the closest city. The varied client base and travel provides continuous learning, true engagement and makes life an adventure full of purpose.

Curiosity, Fairness, Hope, Social intelligence, Love of learning, Honesty and Leadership have fueled her journey.

