



live life forward

CORPORATE WELLNESS WORKSHOPS



Your people
are the heart
and soul of
your business.

Workplace wellness workshops empower your team to increase their wellbeing... supporting them to:

- perform at their optimum and be more productive, because they're happy and engaged
- become more efficient in both their daily personal and working life
- experience satisfaction in their work because they are engaged and love what they do... thereby lowering absenteeism and improving staff retention
- feel your company is a great place to work so they'll never want to leave
- reduce employee negativity

"We value the wellbeing of our staff members and as such, chose to invest in the Life Live Forward program. The return of investment has been tangible from day one. We found that our staff have developed healthy habits both on a personal and professional level which has contributed to a 25% increase in sales in the past month. I couldn't be happier."

Laura Horvarth, Fireflies Store Manager, Adelaide.

Meet Jane,
your presenter.
Professional,
energetic and
captivating.



Jane Wundersitz has over 18 years' experience as a presenter, a degree in visual arts and qualifications in training and assessment. **She draws on her creative edge to bring the learning environment to life and has the ability to inspire and captivate an audience.** Her style is professional and flamboyant with a personable and unique flavour.

Jane is a proven business leader, holding senior management positions in successful companies in Australia and the United Kingdom. She is a committed **high achiever** who achieves **exceptional results** by **inspiring individuals to thrive and work together as a dynamic team.**

Positive attitudes are infectious; there is no doubt that happy, engaged and empowered staff create happy customers and grow businesses.

Our mission is to creatively empower leaders, teams and individuals to be **positively engaged** at work and in life. We work with both large and small businesses. Come as a team or an individual to one of our events, or organise your own team workshop or conference.

Contact us to discuss how Wundertraining can help take your business to the next level.

P: 0430 297 970

E: jane@wundertraining.com.au

www.wundertraining.com.au

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