

# VIRTUAL VITALITY

## WunderOnline for Leaders and Teams MasterClass and Conference Offer

### BUILDING STRONG LEADERS AND TEAMS



# WunderTraining

Our Mission to ensure that high-quality, research-rich workplace training relevant to today's organisations, leaders and teams has a broad reach and is accessible to every workplace leader and team member irrespective of their title, role, industry or location.



## **We have a Positively Infectious Energy**

Our clients will tell you we bring an unparalleled positive energy to every engagement and will leave your team energised.



## **We are driven by Continuous Improvement**

We continue to listen, learn and grow. We have a reputation for consistently exceeding our clients expectations with new and exciting programs and the latest research.



## **We are Passionate and Caring**

We put heart and soul into every engagement. We prepare thoroughly, we craft for interaction and love seeing your team members connect during the session.



## **We are Creative, Curious and Agile**

We adapt, customise and will delve into best practice across the globe to ensure we have the best research and learning content to meet your challenges.



## **We have Integrity and Deliver Impact**

We are passionate about creating sustainable, long- term behaviour change that delivers demonstrable results.



## **We are Accessible and Inclusive**

We love the variety of clients we work with across Australia. Fairness, accessibility and inclusion is important to us.

## INTRODUCTION

# All About WunderTraining



**ENGAGE**  
**Empower**  
**Connect**

### Our Vision:

**To creatively empower leaders, teams and individuals to be positively engaged at work, school and in life.**

We challenge perceptions, inspire positivity and build resilience. We focus on the personal and collective strength and inspire open communication and collaboration.

People are the heart and soul of your business.

### A little about WunderTraining:

We have over 30 incredible options, we happily tailor and love designing a value-added package.

WunderTraining works with Executive and Senior Leaders, Emerging Leaders and Teams. We support many of the top 50 Australian Businesses, Corporate and Government teams, Service Providers, Universities and Schools, Manufacturing, Retailers, Private enterprise and Not-for-profits.

We deliver workshops and conference keynotes across Australia in all major cities and regional areas. Virtual training will enable us to further support our clients. Over 30,000 participants have been 'WunderTrained'.

We are known for our infectious positive energy and our creative signature style which fuels engagement and creates meaningful behaviour change.

We bring the latest in applied Neuroscience, Positive Psychology, Strengths and engagement, and strategies to fuel an ethical, inclusive and psychologically safe culture to enable leaders and teams to reach peak performance.

### About the founder

Jane Wundersitz began WunderTraining in 2012 with a view of business as a human enterprise—where culture, teams and people matter. Her belief that developing a positive culture with purpose driven and mentally agile leaders and team members is fundamental to business sustainability.

She is a leader in strengths based team development and a Master Trainer for VIA Strengths and ASA Authentic Strengths Advantage.

Her strengths of curiosity, fairness, hope, love of learning and social intelligence have fueled her journey.

New programs are aligned to emerging trends in the workplace and in readiness for predicted trends that will impact the way we work, connect and communicate.

At times clients can be uncertain of the best program or delivery mode for their organisation or team. Jane's niche is understanding the complexities of culture development and strategic team development, a brief conversation usually has her excited to share a plan and potential path forward.

Her passion for training began in her early 20's; leadership success led her to training roles. Her ability to deliver results attracted a secondment to the United Kingdom in her mid 20's as a National Training Manager. She then spent over a decade at the ethical and values driven 'The Body Shop' in people and culture development.

She is committed to bringing the best national talent together.



# Current Relevant Learning

Adelaide  
Melbourne  
Sydney  
Perth  
Brisbane  
Canberra  
Hobart  
Darwin  
Alice Springs  
Regional



Engage  
Empower  
Impact

We ensure workshops are fun to participate in, learning is active, and participants stay involved throughout the session. We have exceptional, strategically designed PowerPoints with highly visual content and activities to engage and encourage discussions.

Our qualified facilitators immerse themselves in their topics and are passionately interested in what they present. They have extensive practical work and life experience and high impact stories to support why they are the subject matter expert.

Our goal is for participants to feel compelled and able to put skills into practice and make a positive difference in the here and now. We ensure participants leave with actions specific to their situation.

Change is all around us. The backbone of WunderTraining's success is our ability to remain up to date and relevant to today's workplace needs.

**Do not follow where the path may lead.  
Go instead where there is no path and leave a trail.**

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A stimulating workplace that encourages individual and team growth not only retains its best people and grows as a business but also becomes an employer of choice.

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We assist participants to develop their ability to identify and shift negative thinking patterns, open their minds to alternative interpretations of a stressful situation and respond with a sense of personal control. These are all |æ} äÄ ^ skills.

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We thrive on supporting leaders and team members to flourish. Strategic team development is built into our interactive workshop design and we happily align to organisation strategy, vision and values and conference themes.

We tailor, to support specific needs or objectives and can work with any group size.

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Many of our new release programs are inspired by our clients- we seek to consistently meet client needs.



### **Positively Charged and Resilient:**

Emotionally resilient people have the in-built ability to bounce back from setbacks. Resilience is a skill that can be developed irrespective of differences in culture, society and family systems. There is no simple fix or one size fits all method. Participants will discover effective evidence-based tips for emotional and social resilience and ways to disarm thinking traps.

### **Workshop Objectives:**

- Emotional agility through self-awareness and self-regulation
- Rituals to support holistic resilience in 4 domains
- Practical strategies to support mental agility and thinking traps
- Empathy, Compassion and Forgiveness

### **Referenced Tools, Models and Frameworks:**

- PENN resilience model
- Thinking Traps and Reappraisal

### **Virtual Keynote Speaker: Jane Wundersitz or Belinda Sudano**



Course Website Link :  
<http://www.wundertraining.com.au/workshops/resilience-grit/positively-charged-and-resilient-team>



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**VirtualVitality WunderTrainer: Jane Wundersitz**

**VUCA Mastreclass** short for volatility, uncertainty, complexity, and ambiguity, and a catch all for “Hey, it’s crazy out there!” What does VUCA mean? Where did the term originate? What are the challenges and the benefits? An opportunity to dissect your Covid 19 experience and hunt for the good. Jane has supported leaders and teams through Change and Uncertainty for over 15 years and has studied Leading Positive Change through Appreciative Inquiry with Case Western Reserve University and Leading in a VUCA World with Charles Sturt University



### Leading a WELL remote Team

**VirtualVitality WunderTrainer: Jane Wundersitz**

Whilst working remotely has been on the rise in Australia, more leaders for the first time ever are now leading remote teams since the Coronavirus pandemic. This change creates a new set of challenges including team cultural change. Trust, communication and compassion are pivotal in enabling a positive, inclusive and well team environment. This workshop incorporates key components of leading remote working teams, Cultivating Optimism and understanding Pessimism and Communication Rhythms: Richness vs Scope.



**VirtualVitality WunderTrainer Sabina Vitacca**

### THE MINDFUL LEADER

Sabina Vitacca believes that meditation and mindfulness help us to achieve more in our lives. She also understands that productive people don’t only manage their time well, they also manage their attention and energy well. Sabina has supported many executive and senior leaders in discovering the benefits of mindfulness and has discovered that no single approach works for everyone and incorporates everyday mindfulness beyond meditation. Learn daily practices and the benefits of immersing yourself in the present moment .

Course Website Link:

<http://www.wundertraining.com.au/workshops/wellbeing-work-life-balance/mindfulness-for-focus-clarity->



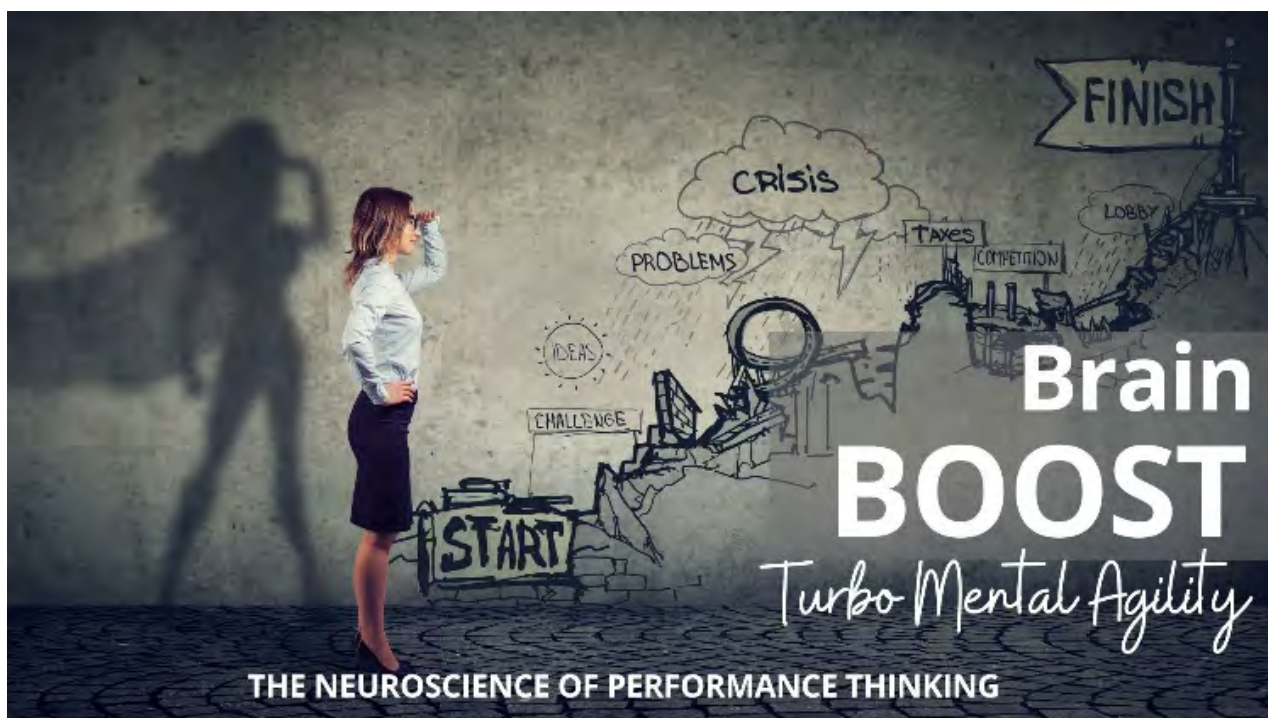
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### Brain Boost- Turbo Mental Agility:

Our world and work has experienced much uncertainty, how we work has changed and our interactions are often faster and more dynamic which requires greater understanding of how are brains drive our behaviour. In this workshop we combine and apply the rigorous research from the field of neuroscience and build strategies to support mental agility to increases our ability to resist, manage and overcome doubts, worries, concerns and circumstances that prevent success, or reaching an objective or a performance outcome that you want to achieve. Rates of stress and distress are increasing and all members of teams need a new suite of competencies. In this workshop we think about our thinking and rediscover our brain as a prediction organ responsible for minimising threat and maximising reward.

### Workshop Objectives:

- Apply and build knowledge of basic neuroscience and key organising principles of the brain in how we think and identify some of your own thinking traps
- Build a toolbox of strategies to support mental agility when your thinking is unhelpful
- Better manage arousal and discover emotional regulation strategies.

### Referenced Tools, Models and Frameworks:

- SCARE Model - Neurocapability
- VUCA Model

### Virtual Keynote Speaker: Jane Wundersitz

Jane is a high energy and engaging Speaker, and trainer with the ability to inform and involve audiences simultaneously! She delivers brain friendly learning where participants stay involved throughout the session, her passion radiates and self-reflection, interaction and impact is high. Jane is a lifelong learner - recent areas of study include Resilience with PENN University, Leading Positive Change through Appreciative Inquiry with Case Western University and Leading in a VUCA World with Charles Sturt University. She has a Diploma in Positive Psychology is accredited in Mental Toughness and is currently completing accredited studies with in Neuroscience of Leadership with NeuroCapability. She is a Master Trainer for VIA Strengths and ASA Authentic Strengths Advantage. Her creative edge is backed by a Bachelor Degree Visual Arts.



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**VirtualVitality WunderTrainer Sabina Vitacca**

### **MINDFULNESS FOR FOCUS AND CLARITY**

In this powerful Mindfulness workshop Sabina will take you through two powerful meditation practices that can be used daily to support lowering stress levels and enhance your ability to stay focussed, productive and calm. She will also share some of the ground breaking research into why mindfulness is a must for today's world. Sabina can also deliver a mindfulness workshop using sign language.



### **MEN AVOID BURN OUT**

**Virtual Vitality WunderTrainer: Dex Randall**

In May 2019 the World Health Organisation classified Burnout as a medical condition.

Learn how to manage the top 3 causes of burnout at work - stress, overwork and frustration.

Dex Randall was a highly successful I.T. professional and CTO when he hit burnout in 2016 and had a major heart attack. Through intensive burnout study, and he taught himself how to manage stress and build resilience against future episodes. It was so successful that he became an accredited burnout coach, working with other men in or near burnout. Small group sizes.



### **BRAIN BOOTCAMP**

**VirtualVitality WunderTrainer: Belinda Sudano**

In this insightful session Belinda shares top tips to support your brain to be healthy enabling the blood to flow, to ensure you have enough rest and how to fuel the brain for peak performance. A healthy brain is essential for living a long and full life. When your brain is healthy, you're better able to pay attention, solve problems, communicate, and much more. Belinda is a registered and practising Psychologist with a Diploma of Positive Psychology and Wellbeing, Mental Toughness accreditation and has a Brain Health Coaching Certification.





## Mastering your Mojo: Goal Success

The most important use of personal influence is how we motivate ourselves. How we make positive change to provide a greater sense of balance and enjoyment in our work and in life.

We have all experienced those moments when we feel frustrated or overwhelmed and we all can all whine and complain about life. This workshop provides valuable insight and strategies into the building blocks of goal attainment and motivation that accelerate progress, achievement and a sense of fulfillment.

This leading-edge workshop draws on the latest strategies from the field of Positive Psychology. The primary focus is for participants is to set a goal and to have the opportunity to think , plan and build the personal resources to make it happen. A workshop designed to support anyone who has ever had a New Years' Resolution fall flat... yet, they had true desire to make it happen. Imagine what it would be like if year after year you nailed one goal that was important - even when it was tough, you stayed on track. 'Hope' happens when we can set goals, have the tenacity and perseverance to pursue those goals, and believe in our own abilities to act.

### Workshop Objectives:

- Discover why accomplishment so important for life satisfaction and wellbeing?
- Apply a framework for positive goal setting and establish a written goal.
- The role of dopamine in motivation and tactics to build habits
- Establish the power of purpose and your Why and discover why 'knowing your why is important.'

### Referenced Tools, Models and Frameworks:

- PERMA wellbeing
- Wheel of life Model

### Virtual Keynote Speaker: Anna Glynn or Jane Wundersitz

Anna has a Masters in Positive Psychology , practices what she preaches and is also a passionate marathon runner.



Course Workshop link:

<http://www.wundertraining.com.au/workshops/wellbeing-work-life-balance/mastering-your-mojo-goal-success>



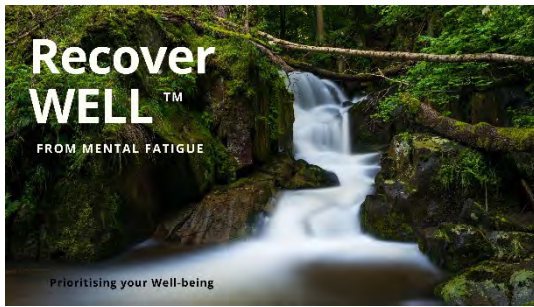
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## RECOVER WELL

In this delivery Claudia takes you on a journey of discovery into stress and recovery, she explores the Inverted U model and the importance of self-compassion. She has a Masters of Science in Coaching Psychology and enjoyed topics targeting the psychology of peak performance and recovery cycles and exploring one's Ideal Performance State (IPA), in connection with mindfulness and resilience. A gifted presenter who's depth of experience is heartfelt as she has supported many in their healing journey at Quest for Life started by Petrea King.



VirtualVitality WunderTrainer Claudia Chambers



## Creative FLOW

Many of us know what it's like to be in a state of creative flow. Do you have to wait for inspiration to strike, or can you hack 'the zone'? We know creativity is important, particularly in times of challenge. What is creativity and How can we access the psychological state of flow. Discover the connect to Positive Psychology, your strengths and Csikszentmihalyi's Flow theory. Claudia has a Masters in Coaching Psychology and a Graduate Diploma in the Creative Industries, she is also a talented musician.



VirtualVitality WunderTrainer Claudia Chambers



## Compassionate COMMUNICATION

Compassionate Communication is a practical exploration into how and why others hear us as they do, and how and why we hear others as we do. At times we can feel upset, hurt or irritated by what someone else says or does. Or we feel that what we are saying or doing is not being understood or recognised. It can become a painful pattern and may emerge at work or home. We can choose different ways we listen and how we express ourselves; and so to a more compassionate and enriching understanding both of others and ourselves. Jagrita has 15 years experience in delivering communication is accredited in Myers Briggs, and also delivers our World Class Service at WunderTraining. She is also a charismatic, and talented bollywood dancer.



Virtual Vitality WunderTrainer Jagrita Bhatia



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STANDARD PROGRAMS ALSO AVAILABLE FOR VIRTUAL DELIVERY

# Leadership Workshop Offer



All workshops : <http://www.wundertraining.com.au/workshops>

Please note we have out grown our website and are in transition to a new one!

Workshops released since Oct 2019 will be on the new website - we hope to share in the next 2 weeks.

Please get in touch for a course overview of a course not on the existing website- its tricky to maintain both.



STANDARD PROGRAMS ALSO AVAILABLE FOR VIRTUAL DELIVERY

# More WunderTraining Hero's



All workshops : <http://www.wundertraining.com.au/workshops>



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