

WunderTraining

Wellbeing at WORK

APPLIED POSITIVE PSYCHOLOGY - STRENGTHS - RESILIENCE-
MENTAL TOUGHNESS - GRIT - MASTERING CHANGE - GOALS



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

No 1 Wellbeing

HAPPINESS AND WELLBEING

Live Life Forward™



Often people think of wellbeing in terms of happiness ... what makes you feel good?

We know that wellbeing entails more than simply feeling good. Engaging in life, feeling connected to others, having a sense of purpose and achieving things are also important to a person. This fun, progressive and insightful

program is designed to engage all learners through a highly visual presentation, group discussion, activities and personal reflection.

This is brilliant for building authentic relationships across a team or organisation. Our most presented program, which is always a hit!

- KEYNOTE / 90MIN / 3 HOUR
- LEADERS, TEAMS AND CONFERENCE
- ALIGNED WITH POSITIVE WELLBEING - PERMA FRAMEWORK



Inspiring. It made me take a step back and look at myself.

BEC - LORNA JANE "BELIEVE" ALL OF STAFF EVENT SA

Positive and affirming. Great structure for both the individual and the team.

IAN, SUPREME COURT OF VICTORIA

Insightful and forces honesty with yourself. Motivating .

LIA, IAG WELLBEING EVENT

Positive Character Building

VALUES IN ACTION

Harnessing STRENGTHS



To appreciate and understand one's own character strengths as a source of power and a path to one's own human potential.

Option to have participants take their online assessment and start your conference with a hero session of self-discovery. We even graph the whole organisation top strengths to discover the signature strengths of your collective group.

Our signature strengths refer to those character strengths that are most essential to who we are. Character strengths and virtues is regarded as the backbone of the science of positive psychology. Our strengths are the path to personal and professional flourishing and the positive wellbeing PERMA framework.

- 90 MIN KEYNOTE
- LEADERS AND TEAM MEMBERS CONFERENCE
- A PERSONAL WHEEL ALIGNMENT TO BE YOUR BEST



Realising my strengths and knowing how to make them work best for me was empowering.

GISELLE : GOVERNMENT OF S.A.

It was a lot of fun and and **we definitely learnt a lot about ourselves and our colleagues.**

MiICHEAL : MUNICH RE SYDNEY ANNUAL ALL STAFF EVENT

HERO program

LEADERSHIP

Leading A Well Team



Perfect for those leading in a fast-paced environment with varied emotional, interpersonal, workload and time pressures. As leaders, we must continually reinforce and positively influence culture, engagement and psychological safety.

Leaders need to role model mental agility and fuel an inclusive, positive and flourishing team.

This sounds great... but the question for many is how? This comprehensive workshop, helps put evidence-based principles into play. It is designed for your leaders to leave energised, with a rock-solid set of tools to support your leaders to travel well and lead a 'well' team.

Full day has a brilliant A5 folder.

● Full Day
● LEADERS, TEAMS CONFERENCE
● EVIDENCE - BASED
● WELLBEING CULTURE
● INCREASE CONFIDENCE
“

Loved it- Brilliant - highly engaging with useful tools for anyone managing a team.

SUPREME COURT VICTORIA
LEADERSHIP TEAM VIRTUAL DELIVERY

Excellent session - fantastic ideas, motivational and positive. Excellent resources

JAYNE : WOMEN'S AND CHILDREN'S HOSPITAL

Master the Four Cs

MASTERING MINDSET

Mental Toughness



The 4Cs: Challenge, Confidence, Commitment and Control.

Mental Toughness is a personality trait that determines your ability to perform consistently under pressure and stress. It is closely related to qualities such as character, resilience, grit and

perseverance. The mental toughness model comprises four pillar components, the 4Cs: Challenge, Confidence, Commitment and Control. Discover how to build your ability to stay confident and to prevail even when you are up against it.

● 2Hrs / HALF DAY
● LEADERS, TEAMS AND INTERACTIVE CONFERENCE
● BETTER STRESS MANAGEMENT
● GREATER WELLBEING
● INCREASE CONFIDENCE
● ACCREDITED MENTAL TOUGHNESS TRAINERS

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Punchy, focused and interactive.
BRETT, NATIONAL TRAINING MANAGER, DORMAKABA

Resilient Mindset

RESILIENCE AND EMOTIONAL INTELLIGENCE

Positively Charged & Resilient™



- KEYNOTE / 90 MIN / HALF DAY / FULL DAY
- LEADERSHIP AND TEAMS CONFERENCE
- BUILD A RESILIENT MINDSET

Emotionally resilient leaders and team members 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 strategies and techniques to build a resilient mindset through developing mental agility and learning how to manage unwanted thoughts and emotional reactions. An opportunity to establish goals towards holistic wellbeing and resilience building habits.

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Very engaging, Interesting and relevant

JULIA, L'OREAL AUSTRALIA

Positive energy and a polished presentation

BARBARA, MONTESSORI

A Lifestyle Approach

A LIFE STYLE APPROACH

Mastering Stress



- 2HRS / HALF DAY
- LEADERS, TEAMS CONFERENCE
- GAIN A NEW PERSPECTIVE ON STRESS

Stress can be brought on by a myriad of reasons. We are all likely to experience it at some point in our lives and to varying degrees.

In the workplace, we may feel stressed out, overloaded and misunderstood. In our personal lives, stress can arise from

financial pressure, family matters, relationship issues and responsibilities.

This workshop offers participants a three-option approach for addressing any stressful situation (positive and negative) and brilliant techniques to manage and master stress.

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Very useful 'take-home' tips and information to process and apply.

ADELAIDE CONVENTION CENTRE

Enlightening - a great opportunity to look at yourself through a new lens. Energetically presented.

SSO SEATON HIGH SCHOOL

Improve
Your
Attention

FOCUS AND CLARITY

Mindfulness



Mindfulness, the mental state of active attention in the present moment, has gained momentum as a technique to promote wellbeing over the last decade.

Evidence-based scientific research has shown that the practice of mindfulness is an effective strategy to enhance cognitive performance,

including sustained focus and attention, enhanced clarity and creativity, increased ability to perform under pressure and adaption to change.

In this workshop, we introduce the research behind the practice of mindfulness and how to apply it in daily life.

● 90 MIN / 3 HOUR
● LEADERS AND TEAMS CONFERENCE
● IMPROVE COGNITIVE PERFORMANCE, FOCUS AND PERFORMANCE

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Excellent - **This should be mandatory for everyone.**

DEPARTMENT OF TREASURY & FINANCE

Thoroughly enjoyed this. **I learnt new skills** and the presenters were brilliant.

DEPARTMENT PREMIER AND CABINET

Reward
for Your
Efforts

APPLIED NEUROSCIENCE

Brain Bootcamp



Brain Bootcamp™ is a positive and empowering, research-rich virtual training workshop designed to support brain fitness and mental agility.

Our work and homes have become more intertwined and there seems a common catch cry that ‘there is no time to think’.

Our super busy, super-productive lives mean every waking moment is filled to the brim with activity. For some zoom meeting after zoom meeting is taxing.

If you think your super busy brain is feeling a little frayed this is the workshop for you!

● 60 MINS
● LEADERS, TEAMS, CONFERENCE
● BRAIN HEALTH PEAK PERFORMANCE

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This has provided a new lens to think about health and wellbeing from a brain perspective - **very powerful.**

WOMEN'S AND CHILDRENS HOSPITAL

This has been terrific! Very important.

DANIJELA : GENERATION HEALTH

Reach Your Goals

GOAL SETTING AND PRODUCTIVITY

Building Motivation



● 90 MIN / 2 HOUR
● LEADERS, TEAMS AND CONFERENCE
● BUILT ON A FOUNDATION OF POSITIVE WELLBEING STRATEGIES AND RESEARCH

**Where do we find motivation?
How do we motivate ourselves every day?**

How we make positive change to provide a greater sense of balance and enjoyment in our life and work. This workshop explores how we make positive change to provide valuable insight and strategies into the building blocks

of drive that accelerate progress, achievement and a sense of fulfilment.

Participants will set a goal and have the opportunity to focus and build the personal resources needed to ignite the spark to make it happen.

A hit for anyone who has ever had a New Years' Resolution fall flat



I got so much out of this and **more than I anticipated**

DEPARTMENT OF TREASURY & FINANCE

Motivational and uplifting. **A brilliant speaker!**

ADMINISTRATORS CONFERENCE

A wonderful session.

LAURA : PEOPLE TEAM -ACCESS GROUP VIRTUAL WELLBEING

Reward for Your Efforts

GOAL SETTING AND PRODUCTIVITY

Productivity with PUNCH



● HALFF DAY 90 VIRTUAL
● LEADERS, TEAMS, CONFERENCE
● PERSONAL PRODUCTIVITY AND TIME MANAGEMENT

A productive mindset is one that makes the best use of your resources, your time, your energy and your effort.

Many people spend their days in a frenzy of activity but achieve very little, because they're not concentrating their effort on the things that matter

the most. Sound familiar?

This punchy productivity workshop will teach both new and tried and tested ways to organise your time for a more productive life.

Everyone needs this in their professional development calendar.



Everything a training session should be: **educational, plenty of golden nuggets, fun and engaged a room full of millennials.**

JUSTIN - INDEED

Excellent. **What a great way to tackle work.**

SAFEWORK PARTICIPANT

Everyone **thoroughly enjoyed the day.**

CAITLIN : CASE WESTERN UNIVERSITY

Sustained Energy

MASTERING YOUR BEST

Peak Performance



Managing one's energy at work and in our private lives is a modern juggling act.

It's the individuals and teams who understand the latest research and best practice in the areas of both performance and recovery that have the advantage in today's fast-paced environment.

Participants will learn evidence-based practical skills from the latest research from performance and sports psychology, mental toughness and emerging mindfulness-based approaches to keep on track at work, engaged, energised and sustained.

● HALF DAY
● LEADERS AND TEAMS
● OPTIMUM PERFORMANCE GREATER WELLBEING
● GROWTH AND RECOVERY



When you can find fuel in an empty tank.

High Impact Workshop

MASTERING MINDSET

Growing Grit™



Grit is courage and resolve; strength of character.

It can also mean an irrepressible spirit that doesn't back down in the face of failure or obstacles. We all want a bit of grit to get through the tough stuff that life throws at us

Discover simple yet effective strategies and techniques to build a growth mindset, quiet the critic and build perseverance. It can be difficult to keep up the hard work when we want quick rewards. Long term goals require time, patience, sacrifice, effort and endurance to stay on path.

● 60 OR 90 MIN VIRTUAL
● LEADERS AND TEAMS, CONFERENCE
● EVIDENCE- BASED ACTIVITIES CAN INCORPORATE GOAL SETTING OR SALES FOCUS



Really valuable session.

Everyone left on a real high which was excellent to see.

KAT : PEOPLES CHOICE CREDIT UNION

APPLIED NEUROSCIENCE

5 Social threat zones

Influencing Psychological Safety



Psychological safety has recently become a bit of a buzzword in leading well and building a mentally safe work environment. Whilst many may understand what it is and the benefits of people feeling able to raise concerns and suggestions without fear of being criticized, ignored or laughed at. There can be some misunderstanding of exactly what it means and how to establish it.

We know there are key leadership traits and capabilities that are critical to positively influencing a team's performance. Psychological safety enables productive conflict to occur, sets the foundations for growth and learning and fosters a climate of respect and trust.

● HALF DAY 60 Keynote
● EXECUTIVE, LEADERS & TEAMS
● OPTION TO INCLUDE ASSESSMENT



Really interesting - puts words to things you intuitively know. Fast, interesting and engaging delivery.

ASHFORD MEMORIAL HOSPITAL : PARTICIPANT LEADERSHIP

Just Brilliant - really loved it.

CHRIS: CHANGE MANAGER
NATIONAL SAFE WORK MONTH

Team + Leadership Skills

POSITIVE CHANGE AND AGILE TEAM CULTURE

Thriving Through Change



Change is here to stay - even before covid the average organisation had undergone five enterprise-wide changes in three years. And change twill continue to accelerate.

In this energising and all-in event, we bring a new mindset and attitude to change and systems to optimise the transition phase.

New systems, technology, team and organisational change add uncertainty and draw on past success and work through a current change. Appreciative inquiry (AI) is a model that seeks to engage stakeholders in the change process. We also draw on applied neuroscience to support mental agility and to strengthen the team for a positive next chapter.

● 90 MINS / HALF DAY / FULL DAY/ CONFERENCE
● LEADERS AND TEAMS
● CHANGE FOR TEAMS, AGILE TEAM DEVELOPMENT
● GROW CONNECTION AND SKILLS DEVELOPMENT



The team **are already using the positive leadership and 'Appreciative Inquiry'** concepts and enjoyed very much.

NICK HB FULLER
DIRECTOR ASIA PACIFIC

We all very much enjoyed it- what a great kick start to the year.

CARLY : SWISS RE

Engage
Interact
Empower

POSITIVE CULTURE CATALYST: FLOURISHING AT WORK

Keynote Speaker



If you are looking for an engaging speaker, for a positive impact and a fresh mindset - Jane will deliver.

Jane has delivered 100's of Keynote and Speaking engagements at conferences and delighted 1000's nationally -A regular to Adelaide, Perth, Melbourne, Sydney, Brisbane, Canberra, Cairns, Gold Coast and Alice Springs.

Highlights include:

Listed in the 'Top 3 most popular speakers' Entertainment Oz speakers site in 2015, 2016, 2017

'Outstanding Motivational Speaker' AI Excellence Awards
5th Australia Positive Psychology Conference was invited to deliver an encore of her strengths presentation due to popular demand.

● 25 MIN -45 MIN- 60 MIN -90 MIN
● KEYNOTE, CONFERENCE
● TAILORED TO AUDIENCE



Thank you for your excellent presentation and training.

You were awesome!

ANDY KIRSS
MANAGING DIRECTOR MODERE
LIVE LIFE FORWARD 900 PARTICIPANTS
45 MIN
POSITIVE LEADERSHIP MASTERCLASS
250 PARTICIPANTS 5 HOURS WORKSHOP

We wanted to start with a speaker that would set the tone. Jane delivered this in spades ... **no one was checking their phones.'**

BRIDGET BRILL GENERAL MANAGER
HUMAN SERVICES EXEC CONFERENCE

Book
Early

LEADERS AND TEAM INTERACTIVE WORKSHOPS

Conference Workshops



Our fastest-growing specialty area is highly engaging and interactive conference workshops.

Jane is a rare breed. One of the few speakers/ trainers with the skillset, zest, repertoire of programs, experience and infectious enthusiasm to deliver to super large

groups for a half/ whole day and get rave reviews. We have all attended a conference passively watching speaker after speaker. Jane structures for engagement elevates connection, and successfully brings a topic or conference theme to life.

● 2 HRS/ HALF DAY/ FULL DAY
● OPTIONAL TOPICS FROM OUR RANGE OF PROGRAMS
● ENGAGING, POSITIVE, FUN ACTIVITIES TO CONNECT



...a high energy session and the interactive nature made it **one of the most talked- about parts of our conference.**

ANDY JONES: DORMAKABA
MANAGING DIRECTOR SENIOR VICE
PRESIDENT PACIFIC APAC



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