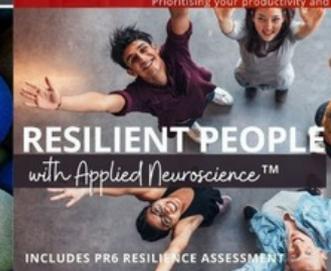
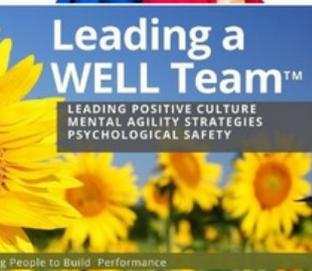
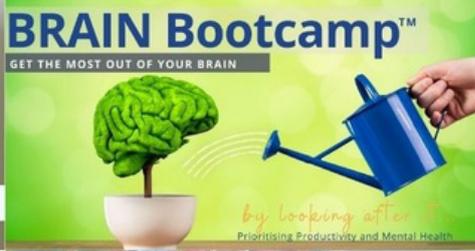
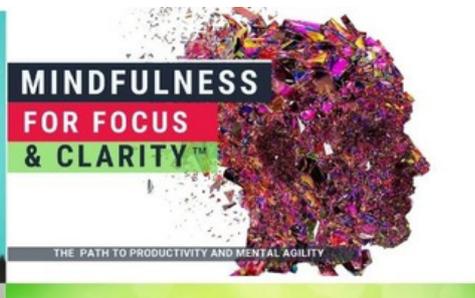


WunderTraining Virtual Programs

KEYNOTES - WELLBEING - LEADERSHIP - COMMUNICATION
STRATEGIC TEAM BUILDING - APPLIED NEUROSCIENCE





We are so excited to share our extensive range of dynamic virtual programs.

We have twenty tried, tested and endorsed with rave reviews. All are lovingly crafted, highly relevant to today's world and adapted for an engaging virtually.

Book with confidence for your virtual conference, leadership professional development or strategic hybrid team building session.

+ Our wellbeing offer is phenomenal. Enough to fill your 12 month wellbeing calendar with five star ratings. small to super large groups.

JANE WUNDERSITZ
FOUNDER AND MASTER TRAINER

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Keynote Speaking

Keynote: Jane Wundersitz



VIRTUAL TAKES OUR OFFER FAR AND WIDE

Current Relevant Learning

Adelaide
Melbourne
Sydney
Perth
Brisbane
Canberra
Hobart
Darwin
Alice Springs
Gold Coast
Geelong
Wagga Wagga
Quorn
New Zealand
Singapore
Thailand



**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.

We have stepped boldly into the virtual training world.

Jane and our outstanding team deliver virtual keynotes 60 | 90 min interactive masterclasses and half day events. Supporting clients in every industry and location.

Virtual has enabled us to take our message further and we have had participants from the UK, New Zealand, Singapore, Bangkok, Vietnam and Ireland.

We are as agile as you are and deliver to hybrid teams - with some participants in the room and others online. Everything is possible.

OUR VALUES:

We are Passionate and Accountable
We are Creative, Curious and Agile
We Build High Trust Relationships
We are Accessible and Inclusive

The Workplace

Building a culturally strong and mentally agile workplace.

WunderTraining is driven to support building positive and high performing organisations for sustainable business success.

We have a rich thirst for research and love the process of bringing together a carefully designed program and then bringing it to life with an infectious energy that has an impact.

Our point of difference is we thrive on consistently adapt programs to the work world.

Pre covid our hero area was conference workshops and strategic team building. Social distancing - created a mega shift .

Our virtual training style has developed in leaps and bounds. Like you we had to learn a whole new way of working through the pandemic.

We use chat, polls and breakouts. And have mastered zoom, teams and webex. Our visuals pop !

Virtual packages have been super popular. This enables a broad offer and then employees can pick and choice what they'd be interested in. We also map the best flow of programs.

We love partnering with clients.

This year one of our regular clients has instigated our involvement in onboarding new staff - with a 1:1 virtual strengths debrief . Our 2022 offer includes PRISM Brain debriefs to engage and keep top talent. Additional support includes strategy coaching calls . Perfect for an external sounding board and to clarify thoughts for the path ahead. We love the variety and watching clients zoom through the tough stuff.

INTRODUCTION

All About WunderTraining



ENGAGE
Empower
Connect

Our Vision:

To creatively empower leaders, teams and individuals to be positively engaged at work and in life. We challenge perceptions, inspire positivity and build resilience. Every business is a human enterprise.

A little about WunderTraining

Like you, we love helping people rise to their full potential and do what may seem impossible.

We pride ourselves on helping others grow extraordinary leaders, engaged teams and a values-driven, positive and progressive culture.

We set our bar high and spend hours building our programs; they are lovingly crafted – quality visuals and activity loaded, but what really drives us; what rocks our boat – is seeing your people smile and your organisation thrive.

We care as much as you do about having an impact and creating meaningful behaviour change.

We Make Targetted Training Easier

We know it can be hard to choose the best option if you're unsure what you actually need.

Getting your head around the difference between leadership or culture development or knowing if resilience or mental toughness is the best fit for your people can be tricky.

Contact us for your 30-minute free professional consultation to help you decide.

We find clarity comes through a confidential chat with us. We know you will love this part of the process as much as we do. Its always exciting to share a potential path forward and we tailor.

About the founder

Jane Wundersitz is the founder, she has 25 years experience in people and culture development. She is a highly sort after keynote speaker, and is the lead presenter for Wundertraining. She has personally created our 50+ programs.

- 2021 Top 50 Australian Small Business Leader
- 2021 Influential Business Woman Team building and Culture Charge specialits

Her niche is understanding the complexities of developing a positive performance culture. Jane has a love of learning and studies a new body of work every year.

With four+ new releases a year and near 10 years in business - our range is as impressive as our client list.
- BOOK with Confidence.

Goal
Success

VIRTUAL

Building Motivation: Through Covid-19



If you feel like your life is Ground Hog Day– this one is for you!

The most important use of personal influence is how we motivate ourselves.

We can all make a positive change to provide a greater sense of balance and enjoyment in our work and life. COVID has given us a shift in how and for many where

we spend our time. The primary focus is for participants to take the time to set a goal in one of their life domains...it might be something big or small. You decide. This workshop has been delivered to 1000's live and virtually. A positive path towards bringing a goal into action.

●	60 KEYNOTE / 90 MIN
●	ALL STAFF WORK LIFE BALANCE CONFERENCE
●	PERSONAL AND PROFESSIONAL GOALSETTING

“

I am now feeling more optimistic in reaching my goal.

MARION : DEPT JUSTICE AND COMM VIC

I walked away buzzing inspired and motivated.

MICHAELA : DISCOVA NEW ZEALAND

A wonderful session.

LAURA : PEOPLE TEAM -ACCESS GROUP VIRTUAL WELLBEING PROGRAM

Resilience

VIRTUAL

Positively Charged and Resilient



Resilience is a skill that can be learnt. There is no simple fix, or one size fits all method; however, small simultaneous shifts make a big difference.

This includes research-based strategies to build emotional self-awareness – all emotions are appropriate- the key is how we bounce back from anger, sadness, envy and disappointment.

We also shine a spotlight on the four domains of holistic resilience. Positive, powerful and energising. Loved by 1000's and delivered to conference size groups, leaders, small teams and virtually a hit. Wunder HERO book with confidence.

●	60 / 90 MIN
●	LEADERS AND TEAM MEMBERS CONFERENCE ALL STAFF
●	A PERSONAL WHEEL ALIGNMENT TO BE YOUR BEST

“

Brilliant - we love learning from you

BROOKE : AFL SPORTS READY | VIRTUAL

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

DEPT TREASURY AND FINANCE

GOLD!
GOLD!
GOLD!

VIRTUAL

Harnessing Strengths



●	KEYNOTE 90 Min Interactive
●	LEADERS , TEAMS , ALL STAFF
●	DELIVERED BY VIA STRENGTHS MASTER TRAINIER



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

GISELLE : GOVERNMENT OF S.A.

I found this very powerful. I could really see my connect to purpose and motivation.

FLINDERS UNIVERSITY :
VIRTUAL WELLBEING

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

Our signature strengths refer to those character strengths that are most essential to who we are. They can be called on and optimised to support personal and professional flourishing.

Character strengths and virtues is regarded as the backbone of the science of positive psychology.

This is WunderTraining Gold. A guaranteed hit and a foundation program - to build on in a wellbeing package.

POSITIVE
Psychology

VIRTUAL

Positive Leadership



●	2 x 90 min VIRTUAL
●	LEADERS AND CONFERENCE
●	ADAPTED TO CLIENT OBJECTIVES AND CULTURE



Dynamic, fun and honest. Enjoyed the variation in activities and the content on positive intent through conflict.

JANE MANWARING : DIRECTOR OF SCHOOL CULTURE , QUEENSLAND ACADEMIES

We loved your delivery and thought it was so relevant to the world today and or work.

DEPARTMENT COMMUNITIES AND JUSTICE NSW: VIRTUAL LEADERSHIP CONFERENCE

Discover key strategies to build an engaged and high performing team.

We know the powerful impact a positive, self-aware and authentic leader can have on a team. Leadership is a journey and irrespective of the level of experience or years; there is always new research and strategies to support growth.

Positive Leadership is a leadership style and strategy which helps organisations and leaders excel under pressure. Four core areas identified by Professor Kim Cameron include fostering a positive climate, engaging in positive communication, reinforcing positive meaning and developing positive relationships. HIGHLY relevant for today's world.

HERO PROGRAM

VIRTUAL

Leading A Well Team



● KEYNOTE / 90 MIN / Half + Full Day 90 Day On demand Coming Soon
● LEADERSHIP AND EXEC TEAMS CONFERENCE
● HIGH IMPACT

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.



Loved it! Brilliant - highly engaging which provided useful tools for anyone managing a team.

SUPREME COURT VICTORIA VIRTUAL

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

JAYNE : WOMEN'S AND CHILDREN'S HOSPITAL (IN PERSON)

Personal Brand

VIRTUAL

Personal Branding



● 90 min VIRTUAL
● LEADERS, TEAMS CONFERENCE
● BUILDING PERSONAL + COLLECTIVE BRAND

A personal brand is a relationship with you, an individual who exists separately from your company.

A personal brand can be as simple as driving awareness to a thing you love or already do every day. It may connect to your life's purpose and illustrate what it means to you to live well. It may be a problem you're looking to solve.

Branding has always been associated with products. But Personal Branding is about self-promoting yourself, your achievements, and even the obstacles and defeats in your life. Self-promotion is not bragging about yourself but just letting people know who you are and what you do.



These sessions are really interesting and I like that they are practical and you can leave the session with something you can use.

JEMENA - GENERAL MANAGER - COMMERCIAL & OPERATIONS

Improve
Your
Attention

VIRTUAL

Mental Toughness 4C's



●	90 MIN / 3 HOUR VIRTUAL
●	LEADERS TEAMS ALL STAFF CONFERENCE
●	IMPROVE COGNITIVE PERFORMANCE, FOCUS AND MENTAL AGILITY

“

An important workshop.
Great to take a step back and pay attention to important skills that help boost positive wellbeing.

LYDIA : WOMEN IN STEM UNI SA

It was such a great day with a lot of takeaways

ANDREW: GM FINANCE FCM

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.

Team
Building

VIRTUAL

Building On Our Strength™



●	90 MIN / 3 HOUR
●	LEADERS, TEAMS, CONFERENCE
●	BRAIN TRAINING FOR TODAY'S FAST-PACED WORLD

“

Brilliant : Just what we needed after a tough year

ALFRED NUTTAL KINDY VIC VIRTUAL

Thank you for the wonderful Session you gave to my team. It was brilliant!

SHELLEY: REGIONAL GM FCM VIRTUAL

Our HERO Team building session loved by 1000's! And we are excited to have launched it live. It is a guaranteed HIT with your team. It is hard for even the toughest critic in your team not to enjoy this session. Brilliant for newly formed teams, merged teams, tricky teams and performing teams.

The blend of content and activities will support the group to build relationships, establish the core foundations for a positive and progressive team, and build alignment with your desired culture. Option for hybrid teams.

Positive, powerful and energising I

Brain Boost

VIRTUAL

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



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

FOR LEADERS

VIRTUAL

Unlocking Motivation



- Do you need some new strategies to keep your team energy and engagement up?
- Do you find some team members easier to motivate than others and wonder what more you can do?

Just imagine... if you could buy motivation in a bottle and have it in your leader's tool kit?

Motivation is a fundamental element of our interaction with the world and each other. Understanding motivation is important in organisations since motivation often leads to higher productivity and performance and lower turnover.

But the tricky thing we help with is - How you motivate yourself and those you lead?

● 90 MINS - 2HRS
● LEADERS, TEAMS, CONFERENCE
● VIA STRENGTHS ASSESSMENT



Learning about the strengths assessment and how these can be used to tap into how people are intrinsically motivated was **mind blowing!** I can't wait to map my team. So many nuggets of gold!

EMILY MELLOR : PIRSA SA GOVERNMENT MANAGERS ESSENTIALS (VIRTUAL)

Refocus

VIRTUAL

Reflect- Reset - Refocus



This Covid-19 pandemic has rapidly unleashed a tsunami of complexity and uncertainty into our work and life.

A high energy and insight bursting workshop, with an opportunity to positively connect, reflect, reset and refocus on what matters most. These extraordinary times have put leaders under intense pressure, and teams have never needed stable and focused leadership more.

Discover a powerful suite of tools for today’s world from the research-backed fields of applied positive psychology and neuroscience at work. We often take our attention for granted, and we explore ‘focus’ through a new lens – drawing on the linked powerful combination of emotional, social and attentional intelligence.

● 90 MIN VIRTUAL
● EXECUTIVE, LEADERS, TEAMS AND CONFERENCE
● POSITIVE REFLECTION - REALIGNMENT - FOCUS



Very valuable, thought provoking and practical. I am sure that it will continue to spark thoughts and conversations amongst the team.

MARGOT : IVECO | VIRTUAL

Feeling pumped ready for the year ahead.

OFFICE OF THE COMMISSIONER PUBLIC SECTOR | VIRTUAL

Mental Agility

VIRTUAL

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 will 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 the training 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 | HYBRID VIRTUAL

High
Impact
Workshop

VIRTUAL 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.

● 90 MIN VIRTUAL
● LEADERS AND TEAMS, CONFERENCE
● BUILDING PERSEVERANCE AND SELF-EFFICACY, EVIDENCE-BASED ACTIVITIES

“

Thank you for a wonderful session. It was great.

SHARON : IAG INSURANCE CHAMPION CONFERENCE : VIRTUAL

Really valuable session and they all left on a real high which was excellent to see.

KAT : PEOPLES CHOICE CREDIT UNION

Leader
foundation

VIRTUAL Authentic Leadership Foundations



This empowering and insightful workshop covers foundation contemporary leadership skills. It provides an opportunity for participants to appreciate their authentic style and recognise personal leadership strengths. The foundation content is research-based and incorporates the latest from the field of Positive Psychology.

This workshop is perfect for those new to leadership, wanting to consolidate their existing skills or to grasp contemporary leadership better. Activity-based through-out. Guarantees Aha moments and practical skills and strategies you can implement back in your teams!

● HAF FULL DAY
● LEADERS, TEAMS AND CONFERENCE
● FOUNDATION LEADERSHIP CONTEMPORARY LENS

“

Such an excellent virtual workshop. We could feel your **energy bursting** through our screens.

SEDA COLLEGE MELBOURNE | VIRTUAL

Positive and fun yet very, very productive. This is the best training I have ever had.

SANGITA, TEAM LEADER, NFP

Building Trust is a skill

VIRTUAL

We Trust: *when actions meet words*



Trust is vital to team's success, but how do we actually put it into practice? Is it time to explore the necessary components to build trust. This powerful session will leave you with practical and actionable steps that yield sustainable long term results.

In today's fast paced and dynamic work environments a high trust team culture doesn't just happen.

- Discover ways to build
- Trust of Character
 - Trust of Capability
 - Trust of Communication

● KEYNOTE / 90 MIN / HALF DAY / FULL DAY
● LEADERSHIP AND TEAMS CONFERENCE
● BUILD TRUST

“

It was excellent.

TRACY : GENERATION HEALTH
HYBRID TEAM VIRTUAL LEADERSHIP

HOT Now

VIRTUAL

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.

Discover key leadership traits and capabilities that are critical to positively influencing psychological safety in 5 key threat zones.

This was a popular new release in 2021 for leadership teams and WHS representatives.

Applied neuroscience foundations.

● 90 Min / HALF DAY
● LEADERS AND WHS REPS
● OPTION FOR Psych safety ASSESSMENT

“

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

ASHFORD MEMORIAL HOSPITAL : PARTICIPANT

Just Brilliant - really loved it.

CHRIS: CHANGE MANAGER
NATIONAL SAFE WORK MONTH VIRTUAL

10 Informative, worthwhile and interesting.

ACHA WHS REP TRAINING

Mindful
Leader

VIRTUAL

The Mindful Leader



The Mindful leader is a practical workshop to introduce leaders to the many benefits of incorporating Mindfulness into their daily habits and routines.

Mindful leadership is an approach in which you consciously cultivate your ability to be present, open-minded and compassionate when interacting with team members. We also include mindful productivity through focus.

Our expert facilitator is captivating and has supported executive teams and delivered at leadership conferences across industries.

We love that even those a little sceptical about mindfulness can see valuable practical applications beyond meditation. Trust us and the comprehensive evidence.

● 60 MIN 90 Min
● KEYNOTE, CONFERENCE LEADERS
● TAILORED TO AUDIENCE

“

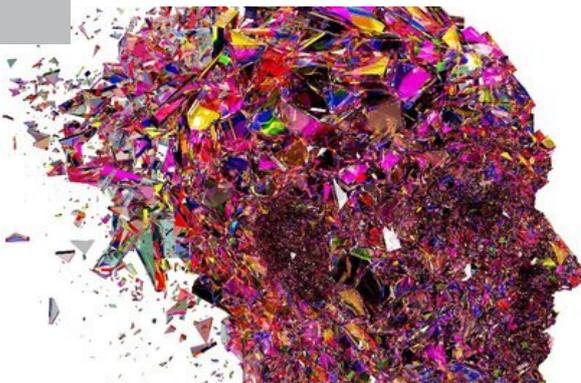
Excellent presentation. **Enjoyed the interaction and meditation, easy to listen to and fun.**

DAVINA : DEPARTMENT OF EDUCATION - STAFF CONFERENCE

Improve
Your
Attention

VIRTUAL

Mindfulness for focus and clarity



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 the principles in daily life.

● 60 MIN
● LEADERS TEAMS CONFERENCE WELLBEING
● IMPROVE COGNITIVE PERFORMANCE, FOCUS AND PERFORMANCE

“

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

Reach
Your
Goals

VIRTUAL

Communication MasterClass



This workshop will be of value to anyone who wishes to lift professional communication skills across their team and build team dynamics at the same time. Discover the art of building high-quality interpersonal connections. Positively influencing others requires self-awareness of both our own and others communication style.

It is important for all team members to develop a skill set that cultivates a sense of belonging in the team and creates an environment where people have an opportunity to express what they think and how they feel. We include best practice for virtual communication.

- 90 MIN / 2 HOUR VIRTUAL
- LEADERS, TEAMS AND CONFERENCE
- TAILORED OPTIONS AND CAN INCLUDE A HARD COPY ASSESSMENT

“

Fantastic delivery. I really enjoyed the content and engaging delivery.

WESTERN SYDNEY UNIVERSITY | VIRTUAL

Thank you another great session.

JEMENA GAS | VIRTUAL PACKAGE

Giving
and
Receiving

VIRTUAL

Giving and Receiving Feedback



This workshop will build your ability to listen and speak effectively when it matters most. We cover crucial communication skills essential to support you to communicate positively with in a team, give and receive feedback across a team, and to listen effectively all of which have a major impact on your job effectiveness, and on the quality of your relationships with others.

Discover how to prepare and to give feedback with positive intent. Feel confident that you can approach any feedback conversation - even the tricky ones, with a new level of confidence.

This is a leadership skill that every leader should revisit often. A virtual delivery is perfect to slip into your next leadership meeting!

- 90 MIN
- LEADERS, TEAMS, CONFERENCE
- BRAIN TRAINING FOR TODAY'S FAST-PACED WORLD

“

Enjoyed the entire presentation and enthusiasm of the speaker.

MACQUARIE FINANCE

Worthwhile for any workplace leaders. Enjoyed unpacking current leadership essential skills.

UNIVERSITY OF SOUTH AUSTRALIA

NOW
Virtual
2022

VIRTUAL STRATEGY

Six Hats : Think BIG



The best breakthrough initiatives do not have the goal of being innovative; they set out with the goal of solving problems.

This interactive workshop teaches the power of parallel thinking in a highly interactive and fun learning setting. Decision making and problem solving are crucial skills.

Participants discover and practice using The Six Hats and build a well thought out innovation through applying various perspectives. This leads to a more collaborative, effective and productive process that always has brilliant outcomes.

Virtual Hats provided!

● 2 HR HALF DAY
● LEADERS, TEAMS, CONFERENCE
● DISCOVER YOUR MOST EFFECTIVE THINKING STYLE
● THOUGHT LEADER EDWARD DE BONO (Reviews below for in person)



Most definitely exceeded our expectations and has added value to our team already.

NATIONAL RAIL SAFETY REGULATION

Very engaging, atmosphere, definitely worth doing.

MARIA - FERGUSON PLARRE

A fantastic event.

BRIANA : TENNIS AUSTRALIA

TMS
Profile

VIRTUAL

Team Management Profile



● 2HALF DAY
● LEADERS, TEAMS, CONFERENCE
● TMS ACCREDITED FACILITATOR



The TMS Team Management Profile (TMP) is one of the world's leading psychometric profiling tools for personal, team and leadership development. The TMP is not just about psychometrics, it's about learning. An understanding of the eight core activities (Types of Work) that all teams must do to be successful is critical for any individual in a work context.

Work preference psychometrics are then overlaid onto the Types of Work Wheel to identify an individual's work preferences and create their unique Team Management Profile.

We have build a wonderful virtual program to enable leaders to debrief as a team. Poling break outs and insights. GOLD!

Thanks again so much for all of your work in running our recent leadership training and tailoring your excellent program into a virtual one for us!

KARL DIRECTOR, STRATEGIC PROJECTS
AUSTRALIAN PASSPORT OFFICE
DEPT FEDERAL AFFAIRS AND TRADE

NEW
2022

VIRTUAL

Optimism V Pessimism: *It's not a fair fight*



- Do you wonder why some people can view the same situation completely differently?
- Do you want to learn to think like an optimist?

Optimism is a mental attitude characterised by hope and confidence in success and a positive future.

Optimism seems like a straightforward characteristic – a simple spotlight on what’s good and future-focused—but it more than that. It has some seriously positive effects.

Learn why your brain behaves like it does and how to build the habit of thinking like an optimist.

●	60 MIN
●	LEADERS, TEAMS, CONFERENCE
●	MINDSET MATTERS MOST
●	OPTION TO TAILOR



Life inflicts the same setbacks and tragedies on the optimist as on the pessimist, but the optimist weathers them better.

MARTIN SELIGMAN

TMS
Profile

VIRTUAL

Leading Hybrid Teams



- Will organizations ever be the same?

A side effect of the Covid-19 pandemic is that in one fell swoop it created the largest work-at-home experiment ever.

Hybrid work requires the evolution of traditional on-site and off-site work models for the new era of work. It’s clear that our places of work will become more fluid than ever before.

We know a flexible, supportive, and an inclusive culture has never been more important.

In this new world of work interactive workshop we explore best practice tips and communication strategies that align with building psychological safety.

Time for a new positive chapter.

●	() min 60 2 hrs
●	LEADERS, CONFERENCE
●	OPTION TO TAILOR



Some top benefits of remote working according to employers are:

- improved morale (57%)
- reduced employee turnover (52%)
- reduced absenteeism (50%)
- operational cost savings (50%)

**PRISM
Brain**

VIRTUAL 1:1 NEUROSCIENCE ASSESSMENT DEBRIEF

PRISM BRAIN PROFILE



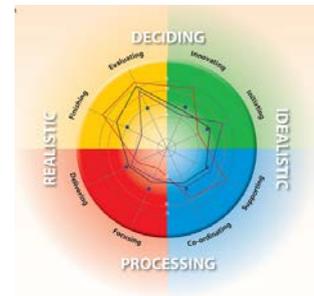
- 90 MIN PROFILR 1:1 DEBIREF
- TOP TALENT | EXEC | LEADERS
- NEURPSCIENCE ASSESSMENT

PRISM Brain Mapping is a sophisticated, online, neuroscience-based instrument specifically designed to identify the behavioral preferences that directly relate to personal relationships and work performance. By studying the brain directly, we get to connect straight with the 'source' of human performance.

PRISM provides three distinct profiles, or 'maps', of a person's behaviour: how they naturally prefer to behave; the extent to which they feel it is necessary to modify that behaviour on occasions to achieve key objectives, and the overall pattern of behaviour that they tend to use for most of the time.



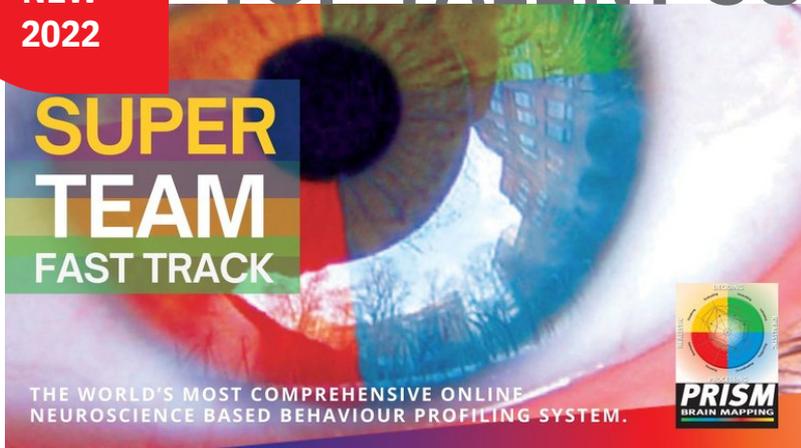
Neuroscience is by far the most exciting branch of science because the brain is the most fascinating object in the universe.



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Job crafting is an individually-driven work design process which refers to self-initiated, proactive strategies to change the characteristic's of one's job to better align the job with personal needs, goals, and skills.

Hiring good people is tough, but keeping them can be even tougher. Everyone has a story of hiring a talented person who adds value, and then they unexpectedly move on to greener pastures in a couple of years. Usually, such exits are put down to "She got an offer she couldn't refuse," or "No one stays with one company for very long these days." Often it may be quite another dynamic altogether.

Talented professionals can leave due to senior managers assuming that people who excel at their work are happy in their jobs. Sounds logical, however strong skills don't always reflect or lead to job satisfaction. Often talented people have natural preferences that are not being utilised or seek challenge and stretch projects. Use neuroscience + job crafting to keep top talent for good.

Engage
Interact
Empower

POSITIVE CULTURE CATALYST: FLOURISHING AT WORK

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Jane was quick to move to the virtual platform through 2020 and has loved the broad reach and accessibility this has offered clients. We now offer many blended package offers - to support embedding programs.

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'Outstanding Motivational Speaker' AI Excellence Awards



It was excellent.

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Jane's content is dynamic, and her **clever delivery and expert ability** to read her audience to draw learning outcomes set her apart as a presenter, facilitator, and speaker.

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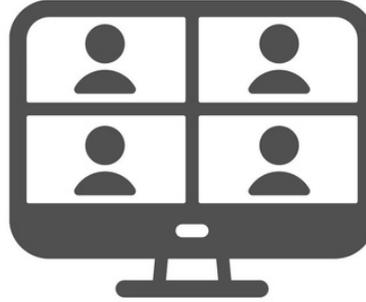
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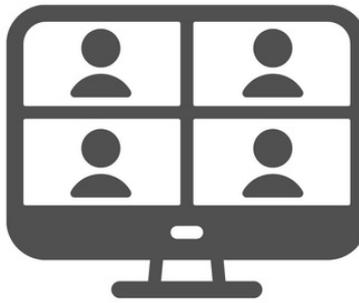
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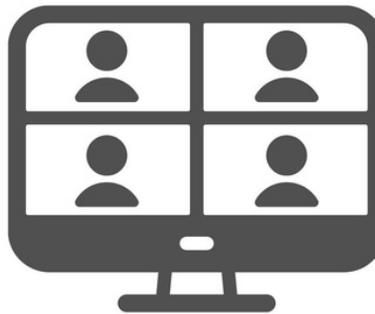
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