

# WunderTraining for the Workplace

LEADERSHIP - VALUES AND CULTURE - WELLBEING - TEAM BUILDING  
NEUROSCIENCE - COMMUNICATION - PROFILING - VIRTUAL PROGRAMS - STUDENTS



[www.wundertraining.com.au](http://www.wundertraining.com.au)



“

We believe people are the heart and soul of your organisation.

Every Organisation is a Human Enterprise

JANE WUNDERSITZ  
FOUNDER AND MASTER TRAINER

## Our Valued Partners:

VIA INSTITUTE ON CHARACTER  
BEYOND THE BOARDROOM  
ASA AUTHENTIC STRENGTHS  
MENTAL TOUGHNESS PARTNERS

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WunderTraining is a collective of **extraordinary and dynamic speakers, educators and facilitators** who bring the latest evidence- based content to life with passion with the purpose to build human flourishing.

JANE WUNDERSITZ  
FOUNDER AND MASTER TRAINER

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## 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. It's 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 Change 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.

## BUILDING POSITIVE CULTURE AND PERFORMANCE

# 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.

### Upfront Engagement, Better Outcomes

Our programs by design are experiential learning that is psychosocial, aiming for changes in personal, team and organisational behaviour. We include stimulating activities that have a real-world basis. Our activities help participants connect what they are learning to prior knowledge and apply it to new situations or problems. We know trust comes with connection, and the most resilient organisations are fuelled by positive interpersonal interaction, we strategically craft opportunities to connect.

#### OUR VALUES:

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

### Know You Are Making The Right Choice

We happily tailor; we offer flexibility in the topics delivered, the length of the workshop and group size. You are actively involved in decision-making. Alternatively, our 'hero' off the shelf workshops are tried and tested by thousands of participants. You can book these with confidence. If you want something we don't have - check-in - if it's in need, it's likely in the pipeline.

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

### Your Training Partner With A Difference

When you have a highly passionate founder and experienced caring people partnering with you to grow your people and business, you know you are getting an incredible service.

Our bonus is our insatiable thirst for building our own knowledge.

We love to study and synthesise our new knowledge into easy to understand and practical strategies, always thinking and connecting to the relevance to today's workplace.

Our research is sourced from leading universities from around the globe but the true depth comes from working with clients across every industry.

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 1000's of engagements at conferences nationally. A regular to Adelaide, Perth, Melbourne, Sydney, Brisbane, Darwin, 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 due to popular demand.

25 MIN -45 MIN- 60 MIN -90 MI
KEYNOTE, CONFERENCE
TAILORED + VIRTUAL OPTION

“

**You were awesome!**

MANAGING DIRECTOR MODERE  
LIVE LIFE FORWARD

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

Tailored

LEADERS AND TEAM INTERACTIVE WORKSHOPS

# Conference Workshops



**Pre Covid this was our fastest-growing specialty area. Tailored 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 longer deliveries. + Tailored to conference themes.

We have all attended a conference passively watching speaker after speaker.

Jane structures for engagement elevates connection, and enables a deeper dive into a contemporary topic. A memorable shared experience.

BOOK with Confidence.

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

“

Thank you for your excellent training. Amazing.

DISRUPT 5 HR MASTERCLASS  
250 NETWORK MARKETERS

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

ANDY : DORMAKABA MANAGING  
DIRECTOR SENIOR VICE  
PRESIDENT PACIFIC APAC



HERO  
program

CONTEMPORARY 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 | 90 day program

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

Authentic  
Courageous  
Accountable

CONTEMPORARY LEADERSHIP

# The Positive Leader



**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 this session delights leaders at every level.

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. GOLD!

KEYNOTE / 1 DAY / 2 DAY

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

Great day. Feedback has been really positive. I am sure it will go a long way to **strengthen teams**.

REMA GRENNAN : OPERATIONS MANAGEMENT DIVISION - DEPARTMENT OF HUMAN SERVICES

## Authentic Leadership

### CONTEMPORARY LEADERSHIP

# Authentic Leadership



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. Leadership starts with self awareness and there is ample here.

Participants discover the stages of team development and the core of culture. They learn foundation skills for building trust, and the power of intrinsic motivation. The art of delegating, appreciation, and the foundations of giving and receiving feedback. All the essentials for every leader.

●	<b>FULL DAY</b>
●	<b>FOUNDATION LEADERSHIP</b>
●	SELF AWARENESS, TEAM DYNAMICS AND COMMUNICATION FOR INFLUENCE

“

**Empowering.**

RENO MANAGER, ANYTIME FITNESS

**Transformational.** Enjoyed the content and delivery.

BRETT, FLIGHT CENTRE GROUP

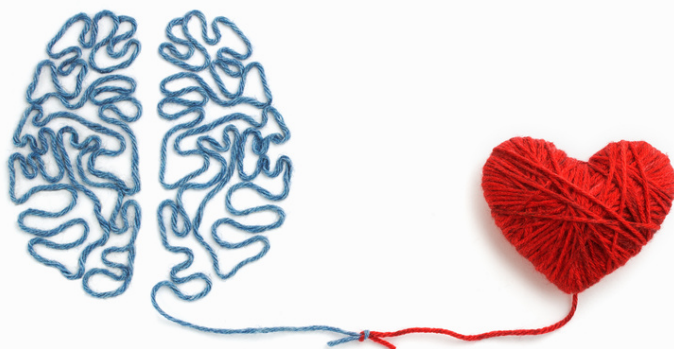
**Positive and fun** yet very, very productive. This is the best training I have ever had.

SANGITA, TEAM LEADER, BAPTIST CARE

## Leading People

### CONTEMPORARY LEADERSHIP

# Leading People with Applied Neuroscience



Neuroscience can tell us why some people resist what we say, why change can be challenging and why people don't respond to certain leadership styles.

Applying what we know of the science of the brain enable leaders to lead with a new suite of tools.

Discover the latest evidence based insights to become the leaders that people deserve.

Develop greater insight into how to cultivate connection, psychological safety, support cognitive agility and build productivity for today's times.

●	<b>HALF DAY   FULL DAY</b>
●	<b>LEADERS, CONFERENCE</b>
●	<b>EVIDENCE- BASED</b>
●	PSYCH SAFETY, PRODUCTIVITY CHANGE+ MENTAL AGILITY

“

**Extremely valuable.** Brings it back to people and that's what it is all about.

HELEN : FLINDERS PRIVATE HOSPITAL ( TAILORED PROGRAM)



## Purposeful Leader

### CONTEMPORARY LEADERSHIP

# The Purposeful Leader



Purposeful leadership is often associated with servant leadership and is proven to increase team member job satisfaction, loyalty as well as their commitment and in turn drives customer service, performance, and organisation results. Purposeful leaders have commitments, supported by daily practices.

In this workshop you will learn how to define your purpose and develop a plan to cultivate purpose for those you lead. You will gain a deep understanding of the critical importance of purpose-driven leadership in a successful organization. Optional to review or rework your organisation values.

● HALF DAY | 2 HR

● LEADERS & TEAMS CONFERENCE

● POSITIVE CULTURE, BUILD COLLABORATION AND TRUST

“

“Life's most persistent and urgent question is,

'What are you doing for others?'”

## Women Who Lead

### CONTEMPORARY LEADERSHIP

# Women Who Lead



Women are under represented in key decision making roles in Australia across almost all industries in the Australian workforce. In 2019-2020 WGEA women comprise 32.5% of key managerial positions and 28.1% of Directors. We will examine the challenges, opportunities, myths, and biases.

We deep dive into strategies and a toolkit that will support women in their leadership journey. Discover how industries leading the way have enabled a culture shift. There is noticeably more effort in supporting women into leadership; however, current statistics tell us there is a long way to go.

● FULL DAY | HALF DAY

● PROGRESSIVE + EMPOWERING SUPPORTS GROWING A NETWORK

● OPTION TO TAILOR

“

I found this **so insightful**. and it was really helpful in better understanding my own leadership style.

QANTAS : ASPIRE WOMEN IN LEADERSHIP CONFERENCE HARNESSING STRENGTHS

GLOBAL  
GOALS

CONTEMPORARY LEADERSHIP

# Business and the SDG's



**‘Be the Change you wish to see in the world’ Mahatma Gandhi.**

This workshop is a must for every organisation - we all have a role to play in building sustainable business practices. We build align to company values and strategic plan whilst fuelling a higher sense of purpose.

This interactive full-day workshop will place an SDG lens on identifying and realising new ways of working + business opportunities + being a global citizen. We shine a spotlight on the Global Goals and SDGs, trends in sustainable business and examples of companies leading the way in this area.

- **FULL DAY** | HALF DAY
- SUSTAINABLE BUSINESS  
GLOBAL GOALS
- STRATEGY + TEAM BUILDING

“

**You're a star.** So grateful to have you on stage and your insights and energy were awesome.

MICK HASE EVENT FOUNDER  
SEVENTEEN SDG X

**10 Enjoyed everything, scope, content, energy, applicability,** leaving with real ideas for personal and professional application.

ANNE : HITACHI- EXECUTIVE  
TEAM AUSTRALIA

Mental  
Toughness

CONTEMPORARY LEADERSHIP

# Mental Toughness for Leaders



Mental Toughness is a personality trait that determines your ability to perform consistently under stress and pressure and is closely related to qualities such as character, resilience, grit and perseverance. Mental Toughness isn't being uncaring or self-centred – it is about being confident that you can prevail, even if the odds are stacked against you.

Our accredited presenters use the MTQ48 or MTQ18 high quality online psychometric measure. They have been developed in collaboration between Professor Peter Clough of Huddersfield University and formerly Manchester Metropolitan University and Doug Strycharczyk, Managing Director of AQR.

- **FULL** | HALF DAY
- LEADERS & TEAMS  
CONFERENCE
- MENTAL TOUGHNESS  
ASSESSMENT

“

You're an **awesome facilitator** that can lift a room - not many people have that skills.

NATHAN WILSON : AUSTRALIAN &  
NZ LEADERSHIP CONFERENCE -  
MICROSOFT

**Very relevant content,** interactive and a good perspective. Enjoyed this and relevant for leaders.

COLIN : DORMAKABA  
LEADERSHIP TEAM

Confident  
Engaging  
Authentic

CONTEMPORARY LEADERSHIP

# The Speaker's Edge™



## Want to be a confident and compelling speaker?

This workshop covers the crucial elements of speaking and provides valuable insight into the latest strategies used by exceptional speakers.

It supports participants to develop their authentic style and

truly engage their audience through the presentation structure, stories and highly visual and state of the art use of PowerPoint

Jane shares the wisdom gained over 20 years of speaking. Brilliant tips, strategies and resources to take your presentations to an elite level

●	HALF DAY / FULL DAY
●	LEADERS, TEAMS, CONFERENCE
●	THE ABILITY TO COMMUNICATE WITH INFLUENCE IS A LIFE SKILL ANYONE CAN MASTER.

“

Engaging, exciting, colourful and vibrant. **I was blown away** by her approach to creating engaging presentations, very unique and inspiring.

PHILL, SENIOR LEADER, UNI SA

**10 There was so much I am really excited about.** A really energising way to become a better speaker.

INSURANCE AUSTRALIA GROUP

Leaders  
Package

CONTEMPORARY LEADERSHIP

# LEADERS Power Package



WunderTraining work with leadership teams in every industry- from emerging to executive level. This multi-dimensional experience gives us a birds-eye view of what is core to building the best leadership across an organisation today.

We see 2022 leadership essentials as

- 1) A refocus on positive and performance culture, values and building a strong leadership vision.
- 2) Leading a Well team including psychological safety
- 3) Trust and Communication
- 4) Managing Talent
- 5) Strategic Team Building

●	PICK 3   PICK 5
●	LEADERS AT EVERY LEVEL
●	BLENDED DELIVERY OPTIOND
●	QUARTERLY   MANAGERS MEETINGS   CONFERENCE RETREATS

“

10 relevant and so interesting. **Open and collaborative .**

JESS : SMT QUEENSLAND ACADEMICS LEADERSHIP CONFERENCE



## Wellbeing Package

### POWER PACKAGES

# Boost Wellbeing Package



We have been Australian leaders in delivering a vast array of evidence-based, interactive and impactful workshops to support wellbeing since 2012. We can provide a complete package of programs - delivered how you want, the length of session that best suits and can blend programs.

And like you, we think crazy per head rates are wrong and at times elitist. We want more of your people to attend and do not believe brilliant training should be just for the leaders or executive team. Although, we know if we work with the exec team, they see the value of investing in our programs for all.

PICK 3 | PICK 6 | PICK 12

LEADERS, TEAMS, CONFERENCE VIRTUAL | HYBRID

WELLBEING PACKAGE

APPLIED POSITIVE PSYCHOLOGY- MENTAL TOUGHNESS - STRESS - GRIT - RESILIENCE



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.

SHELLEY POTEN : REGIONAL GENERAL MANAGER FCM - FLIGHT CENTRE GROUP

## Scaling New Heights

### POWER PACKAGES

# Scaling New Heights



It starts at the top. The executive and senior leadership team provide the organisation cultural DNA for the company. How well the teams function and operate as a collective leadership body and how its members interact serves as the model that teams throughout the organisation will follow.

Positive and purposeful leadership enables leaders to cut through the clutter of decision making and ride the wave of change. We keep you up to date with the latest tools and strategies to master change, challenge, people and culture trends + keep your team positively connected.

PICK 3 | PICK 5

EXEC LEADERS | NEXT EXECS

TEAM BUILDING WITH PURPOSE & STRATEGY



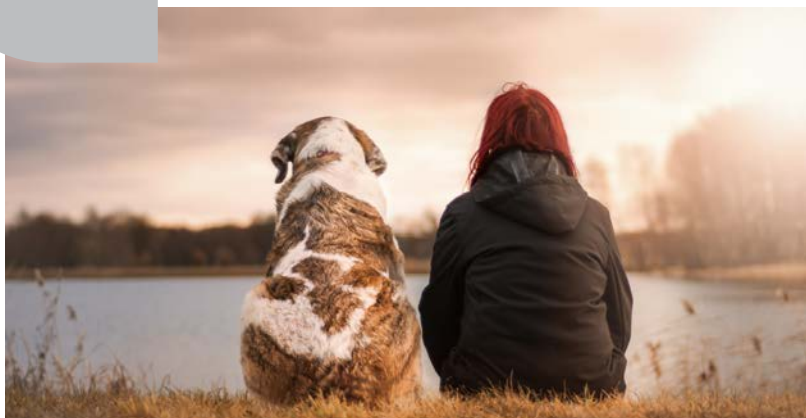
The team **are already using the positive leadership and 'Appreciative Inquiry'** concepts and enjoyed very much.

NICK HB FULLER  
DIRECTOR ASIA PACIFIC

We Trust

VALUES AND CULTURE

## We Trust



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 / VIRTUAL 90 / 2 HALF DAY IN PERSON

HIGH TRUST CULTURE

“

It was excellent !

TRACY : GENERATION HEALTH  
HYBRID TEAM VIRTUAL TRAINING

Team +  
Leadership  
Skills

VALUES & CULTURE

## This is Who We Are



Vision is a mental picture of the future – an idea of what the future can hold but has not yet happened. As a leadership team it guides us and brings a sense of purpose and a glimpse of what is possible. Whilst there has been immense uncertainty worldwide – having a solid vision of where a leadership team is going, is vital to create a sense of stability for those you lead.

This interactive workshop provides the opportunity to reset and polish your vision, clarify priorities in alignment with your principles and objectives and build a best practice agreement of how you wish to work, interact and collaborate, communicate to achieve the best outcomes for clients.

HALF / FULL DAY TAILORED OPTIONS

LEADERS, TEAMS, CONFERENCE

VALUES AND VISION | ALIGN STRATEGY CONNECT

CULTURE BOOST  
ALIGNED LEADERSHIP

“

Very well delivered and customized to meet needs.

PAUL : NEC DARWIN

Meaningful activities. Delivery very impactful.

VERNAE : SONDER LEADERSHIP

Builds morale and gets people connected.

CAROLYN : AREA MANAGER  
HUMAN SERVICES

VIA  
Premier  
Program

VALUES & CULTURE

# Your Strengths at Work©



**This ground-breaking training is transformational, highly engaging and designed to empower people and organisations in every aspect of their performance.**

Participants learn how to apply a strengths-based report (The VIA Pro ) in a work setting, including

the rationale for a strengths-based perspective. Highly valuable at a personal and team level and enables participants to re-frame workplace problems and solutions from a strength-based perspective. A refreshing, empowering and high impact positive culture boost.

**FULL DAY**

**PARTNER PROGRAMS: VIA INSTITUTE ON CHARACTER**

**TRAIN THE TRAINER OPTION**

“

...an incredibly empowering course. **The presenter brings out the best in every individual.**

BELINDA, DEPARTMENT OF EDUCATION

**Clear in its message...** well-planned.

JOY, PEMBROKE SCHOOL

**VIA Professional**

Strengths  
Based  
Approach

VALUES & CULTURE

# Strengths Based Approach



A strengths approach is a positive and collaborative approach – helping people to channel intrinsic motivation and core strength. Focusing on strengths does not mean ignoring challenges, or struggles. The strengths approach has broad applicability - but many are unsure of how to embed it.

There is strong evidence that use of a strengths-based approach can improve social networks and relationships, well-being, resilience and goal achievement. Strengths are also a path to resolving character conflict. Learn with strengths expert Jane Wundersitz : VIA MasterTrainer.

**2 Day comprehensive**

**LEADERS AND TEAMS**

**INCLUDES COMMUNICATION PROFILING**

“

**Well worth doing.** Enjoyed finding out more about my colleagues strengths and my own.

JEROME : PLANNING DEPARTMENT  
CITY OF KARRATHA

**The strengths insights were amazing.** The discussions were valuable. knowledgeable and passionate delivery.

KAT : JUNCTION AUSTRALIA  
LEADERSHIP TAILORED TEAM EVENT



No 1  
Wellbeing

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

WELLBEING

# Harnessing STRENGTHS™



Harnessing Strengths is a WunderTraining Hero. We have supported over 8,000 people to discover their strengths.

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

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.

- 60 | 90 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.**

MICHAEL : MUNICH RE SYDNEY  
ANNUAL ALL STAFF EVENT

## Resilient Mindset

WELLBEING

# Positively Charged & Resilient™



**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.

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

“

**Very engaging, Interesting and relevant.**

JULIA, L'OREAL AUSTRALIA

**Positive energy and a polished presentation.**

BARBARA, MONTESSORI

## Reach Your Goals

WELLBEING

# Building Motivation



**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

- 90 MIN VIRTUAL | HALF DAY
- LEADERS, TEAMS AND CONFERENCE
- BUILT ON A FOUNDATION OF POSITIVE WELLBEING STRATEGIES AND RESEARCH

“

**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

Master  
the  
Four Cs

WELLBEING

# 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

“

**Punchy, focused and interactive.**

BRETT, NATIONAL TRAINING MANAGER, DORMAKABA

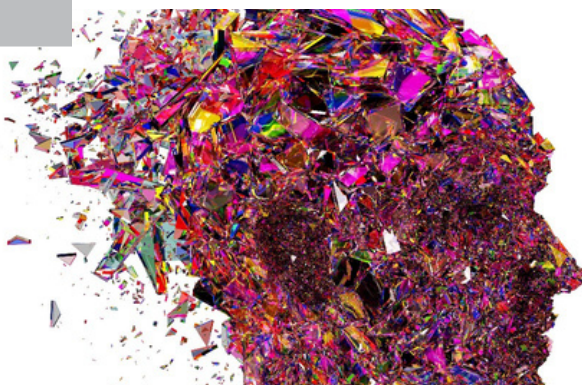
**An important and relevant workshop**

LYDIA : WOMEN IN STEM

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 / HALF DAY
●	LEADERS AND TEAMS CONFERENCE
●	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.**

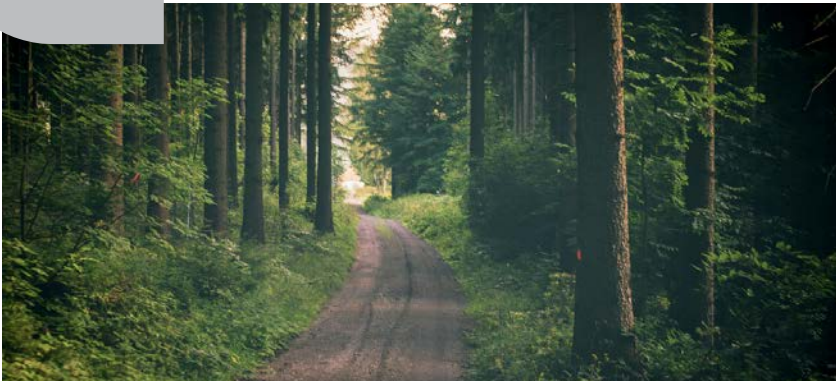
DEPARTMENT PREMIER AND CABINET



A  
Lifestyle  
Approach

WELLBEING

# Mastering 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.

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



**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

High  
Impact  
Workshop

WELLBEING

# 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

## Building Great Teams

### STRATEGIC TEAM BUILDING

# Building Great Teams



We are award-winning in 'Team Building and Culture Change Specialists. We have worked with 1000's of teams across a huge diversity of industries. In fact building, high performing teams is our genius zone. We happily tailor build to ensure we meet needs.

We work with teams across Australia and at all stages in their journey. Pick any three programs the more insight you provide the more targeted we make the event. Not sure what you need...after a quick call we will know just what you need. Book with confidence

●	<b>FULL DAY   PACKAGES</b>
●	<b>EXEC, LEADERS, TEAMS, CONF.</b>
●	ONE DAY TAILORED FROM THREE PROGRAMS OF CHOICES
	PICK 3   PICK 5 WORKSHOPS
●	PACKAGE DISCOUNT

“

The team were **super engaged**. You are an awesome facilitator.

NATHAN : MICROSOFT CONFERENCE

Very well delivered and **customized to meet needs**.

PAUL : NEC DARWIN

## Reach Your Goals

### STRATEGIC TEAM BUILDING

# 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 focussed 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.

●	<b>90 MIN VIRTUAL   Half Day F2F</b>
●	<b>EXECUTIVE, LEADERS, TEAMS AND CONFERENCE</b>
●	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

Feeling pumped ready for the year ahead.

OFFICE OF THE COMMISSIONER PUBLIC SECTOR

No. 1  
Positive  
Team  
Culture

## STRATEGIC TEAM BUILDING

# Building on our Strengths™



### Under what conditions do teams flourish?

The field of applied positive psychology and wellbeing provides scientifically validated guidance to support teams to reach peak performance.

We unpack strengths individually and collectively and build on five key domains which underpin

a high performing team. (PERMA)  
This is an opportunity to build a compelling and accessible vision of positive culture.  
Participants collectively build a team agreement with defined acceptable and unacceptable behaviours for collective and individual flourishing.

●	HALF DAY/ FULL DAY
●	LEADERS & TEAMS CONFERENCE
●	POSITIVE CULTURE, BUILD COLLABORATION AND TRUST

“

It tapped into personal motivators.

LUKE, RIO TINTO, PERTH

Such an engaging day. I am still seeing the buzz in the team.

SHANE : HR AUSTRALIA POST

You get a lot more out of it than you think you will.

JOEL : SIEMENS RENEWABLE ENERGY

Decision  
Making  
Techniques

## STRATEGIC TEAM BUILDING

# 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. We bring the hats!

●	2 HR   HALF DAY
●	LEADERS, TEAMS, CONFERENCE
●	DISCOVER YOUR MOST EFFECTIVE THINKING STYLE
●	THOUGHT LEADER EDWARD DE BONO

“

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



Positive  
Influence

## STRATEGIC TEAM BUILDING

# Power Connect



**A highly interactive and contemporary communication program that also supports building** perfect for those in roles where communication is key to performance success in a mentoring, service or sales role. Option for DISC profiling.

The blend of content and activities will support the group to build relationships while learning the art of effective communication and influence, tailored to organisation objectives.

●	<b>HALF DAY</b>
●	LEADERS & TEAMS CONFERENCE
●	COMMUNICATION Option for DISC / MYER BRIGGS

“

Loved this - **so energising and engaging**. It really brought teams together.

AFL SPORTS READY :  
ALL OF STAFF EVENT MELBOURNE

Reward  
for Your  
Efforts

## STRATEGIC TEAM BUILDING

# Productivity with PUNCH



**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.

●	<b>HALF DAY   90 VIRTUAL</b>
●	LEADERS, TEAMS, CONFERENCE
●	PERSONAL PRODUCTIVITY AND TIME MANAGEMENT

“

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

Five  
Star  
Thinking

STRATEGIC TEAM BUILDING

# World Class Service



**High achievement always takes place within the framework of high expectations.**

To be world-class is as much about attitude as it is about ability.

Let your team decide what those important little extras are in an education environment and empower them to take their service to a new level

World-class service is a *commonsense* approach to delivering genuine and authentic service at a professional level. It's the difference between 4-star and 5-star service and creating an understanding that great customer service comes down to the small differences.

●	HALF DAY
●	LEADERS, TEAMS, CONFERENCE
●	THE DIFFERENCE BETWEEN ORDINARY AND EXTRAORDINARY IS THAT LITTLE <i>EXTRA</i> .
●	WORLD-CLASS THINKING.

“

Enjoyed looking at human needs in understanding our clients. **The enthusiasm was infectious.**

JAN - ENHANCE TRAVEL

Helpful and insightful.

JEANETTE - RIVERGUM HOMES

**Excellent** - enjoyed content on what customers really want.

BURNSIDE VILLAGE

BUILD  
EQ

STRATEGIC TEAM BUILDING

# Emotional + Social Intelligence



**Emotional + Social Intelligence = communicate effectively, build team performance and control impulses.**

Emotional Intelligence is a common catalyst among all of the research-based peak performance drivers in today's professional development space. Combine it with social intelligence and you have a new level of performance.

This workshop covers the development and use of emotional intelligence to increase self-awareness, self-management, social awareness and relationship management in the context of the workplace.

●	HALF DAY
●	LEADERS, TEAMS, CONFERENCE
●	TEAM BUILDING WITH PURPOSE AND IMPACT

“

Made me think more about how to turn a negative into a positive. **Amazing workshop! Loved it!**

WOMEN IN STEM : UNIVERSITY OF SOUTH AUSTRALIA

**Positive and thought-provoking, engaging presenter and enjoyed the focus on strengths and stepping a bit out of our comfort zone - it was good to do that for a change.**

KYLIE : UNITING CARE WESLEY - TAILORED TEAM BUILDING

Neuroscience

NEUROSCIENCE AND TEAM BUILDING


# PRISM Brain Fast Track




PRISM Brain Mapping is an inspirational tool that takes advantage of some of the most up-to-date neuroscience discoveries to provide users with a series of 'maps' representing how their brain prefers to work. It is a unique way of identifying people's behaviour preferences based on brain activity.

In this supercharge day - we unpack your PRISM Brain Map collectively - use peer to peer coaching to review untapped potential. Then comes job crafting, and a 90 day project of choice. Sound interesting. Come prepared to think fresh!

 **FULL DAY**

 **LEADERS, TEAM  
CONFERENCE**

 **PROFILE**

 **NEUROSCIENCE PROFILE  
ASSESSMENT**

“

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

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 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. We 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



## Sustained Energy

# MASTERING YOUR BEST Go F.A.R :™



Grit is courage and resolve; the 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.

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. Gaining perspective can provide a whole new lens. This one is a gem when tricky attitudes are in the mix.

- HALF DAY
- LEADERS AND TEAMS
- MENTAL AGILITY THROUGH CHANGE
- OVERCOME FEAR , BUILD ATTITUDE, RESILIENCE

“

I learnt that life's problems are only temporary, take control and you will find a way.

DEPT PREMIER AND CABINET

**Inspirational - fantastic energy and real relevant learning.**  
Feeling ready for anything.

LINCOLN : BOC CONFERENCE MELBOURNE

**Motivating.** Inspirational.  
UNIVERSITY OF SA WORK SMART

## Personal Branding

### VIRTUAL

# Personal Branding



**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.

- 90 MIN VIRTUAL
- LEADERS, TEAMS CONFERENCE
- GAIN A NEW PERSPECTIVE ON STRESS

“

**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

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

“

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

WOMEN'S AND CHILDRENS HOSPITAL

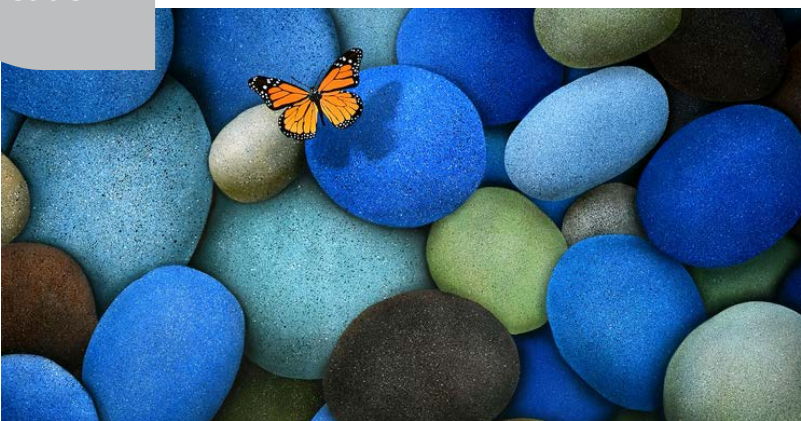
**This has been terrific!** Very important.

DANIJELA : GENERATION HEALTH

Mindful  
Leader

APPLIED NEUROSCIENCE

# 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.

Evidence-based scientific research has shown that the practice of mindfulness techniques is an effective strategy to enhance cognitive performance including sustained focus and attention.

Mindfulness also supports enhanced clarity and creativity, increased ability to perform under pressure and adaption to change. ety and absenteeism.

A practical session for proactive workplaces.

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

“

Excellent. **This should be mandatory** for all public servants and everyone.

DEPARTMENT OF PREMIER AND CABINET - WORKPLACE WELLBEING

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

DAVINA : DEPARTMENT OF EDUCATION - STAFF CONFERENCE

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

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?

●	2 HRS
●	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)



## COMMUNICATION

## Advanced Communication



This workshop will build your team members ability to listen, connect and speak effectively and to know when it matters most. This will have a significant impact on your customer interactions, team member role effectiveness, and the quality of your relationships and across work teams.

This workshop supports building trust in relationships and personalised service. There is nothing more valuable than building a truly vibrant, genuine, open and honest relationship. This acknowledges that we are all unique and need to feel heard and empowered.

- FULL DAY | HALF DAY
- LEADERS, TEAMS CONFERENCE
- GAIN A NEW PERSPECTIVE ON STRESS

“

**Inspiring.** Enjoyed the knowledge, and enthusiasm and belief of presenter. New ideas

SARAH : BDM MODERE

Honestly, your presentation was **so fantastic** people are still buzzing about it.

JESSICA CHARMAN : CLIENT RELATION MANAGERS - I CAN JUMP PUDDLES

## COMMUNICATION

## Difficult Conversations



Having the motivation, skills and confidence to handle difficult conversations is often one of the biggest challenges for even the most seasoned leader. This workshop aims to remove the fear factor from the difficult conversation and show how the right approach can help turn that tricky conversation into a constructive and caring dialogue.

Difficult conversations come in varied forms; it could be addressing someone's behaviour or work, relationship friction, breaking the news about redundancies, or telling someone they were unsuccessful for a promotion.

- FYLL DAY | HALF DAY
- LEADERS AND TEAMS CONFERENCE
- IMPROVE COGNITIVE PERFORMANCE, FOCUS AND PERFORMANCE

“

**Insightful,** I can't wait to dive into my difficult conversation. Great tools to support the preparation and excellent for building perspective.

SALLY : UNIVERSITY OF SOUTH AUSTRALIA - STUDENT LEADERS PACKAGE

We have had brilliant feedback from the leadership team - **insightful and thought provoking.**

ELLIE : SILK LASER - LEADERSHIP SERIES TAILORED

## Giving and Receiving

### COMMUNICATION

# 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.

Developing positive relationships requires empathy. Emotion researchers generally define empathy as the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. It requires deep listening to others, understanding verbal and nonverbal cues, and building the ability to appreciate the differences in others.

90 MIN VIRTUAL / 3 HOUR FTF

LEADERS, TEAMS, CONFERENCE

BRAIN TRAINING FOR TODAY'S FAST-PACED WORLD

“

Enjoyed the entire presentation and enthusiasm of the presenter.

MACQUARIE FINANCE

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

UNIVERSITY OF SOUTH AUSTRALIA

## Power Connect

### COMMUNICATION

# 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, and how positively influencing others requires self-awareness of both our own and others preferred 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.

90 MIN VIRTUAL / 2 HOUR FTF

LEADERS, TEAMS AND CONFERENCE

BUILT ON A FOUNDATION OF POSITIVE WELLBEING STRATEGIES AND RESEARCH

“

10/10 Fantastic. Worthwhile for all leaders. Delivered in an exciting way.

SANDY : UNI SA STUDENT LEADER

Enjoyed everything but in particular communication styles. The facilitators were highly engaging.

DEPT EDUCATION

## Empathetic Listening

### COMMUNICATION

# Empathetic Listening



Communication is the most essential skill in life and critical to your effectiveness as a leader and as a team member.

We may appreciate the value in attentive listening although the highest form of listening is empathetic listening. Empathetic listening really gets inside another person's frame of reference and is an entirely different paradigm.

Empathetic listening is so powerful as it gives you accurate data to work with. You are listening with your ears, your eyes and your heart. You listen for feeling, for meaning and you listen for behaviour. A skill for professional and personal development essential for every industry.

60 MIN VIRTUAL

LEADERS, TEAMS, CONFERENCE

PCOMMUNICATION SKILLS

“

...vibrant, relevant, fun and informative workshop. Perfect to be better **skilled at listening and communication**.

SKYE KENNETT : I CAN JUMP PUDDLES

## Compassionate Communication

### COMMUNICATION

# Compassionate Communication



Compassionate Communication aims to give staff new insights and a range of practical tools to enable them to understand and develop their levels of compassion and empathy in the workplace. We also discover the neuroscience of compassion.

We are a social species and shining a spotlight on interpersonal skills supports team connection and service delivery. A workshop for professional and personal development.

60 MIN VIRTUAL

LEADERS AND TEAMS  
OPTIMUM PERFORMANCE

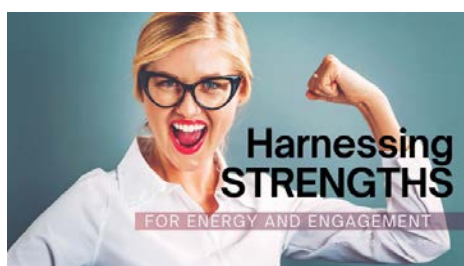
TEAM AND PROFESSIONAL  
DEVELOPMENT

“

Compassion is not a virtue  
it is a commitment.

BRENE BROWN





## PRISM Brain

### PSYCHOLOGICAL ASSESSMENTS

# PRISM BRAIN PROFILE



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.

●	90 MIN PROFILR 1:1 DEBIREF
●	TEAM DEBRIEF + WORKSHOP
●	FULL DAY

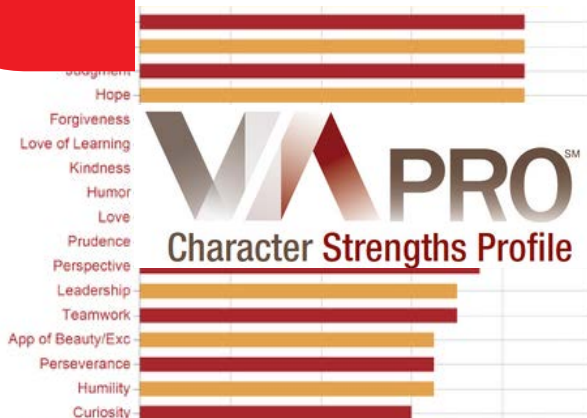
“

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

## VIA Pro

### PSYCHOLOGICAL ASSESSMENTS

# VIA Pro Report



The VIA PRO Report is a 24-page report and provides a deep exploration of the most core strengths to you. The Report explores issues such as overuse/underuse and “hot buttons” for a sophisticated view of using the highest character strengths. Everyone has innate aptitudes and abilities, and leveraging these strengths is the key to

professional excellence and personal fulfilment. Research shows that knowing and applying our unique signature character strength increases our capacity to be fulfilled, have greater life satisfaction, and we are better able to overcome adversity. They underpin the PERMA positive psychology framework.

●	90 min 1:1 / FULL DAY
●	BUILDING ON OUR STRENGTHS
●	STRENGTHS AT WORK THE PATCH TO ENGAGEMENT

“

Enjoyed taking the time out to learn new things about the people I work with. **The section on strengths had the most impact.**

TOBY : DORMAKABA - STRENGTHS BASED TEAM BUILDING BRISBANE



Mental Toughness

PSYCHOLOGICAL ASSESSMENTS

# Mental Toughness Questionnaire



●	90 MIN 1:1
●	HALF DAY TEAM SESSION
●	TAILORED TO AUDIENCE

“

Very relevant content, interactive and a good perspective. Enjoyed this and relevant for leaders.

COLIN : DORMAKABA LEADERSHIP TEAM

I really enjoyed the content, pace and activities and liked the way the session made us aware of our emotions.

Relevant and useful.

EWOSA : POSITIVE TEAM BUILDING ADELAIDE

The MTQ assessments are high quality online psychometric measures used to assess Mental Toughness in an individual. Mental Toughness is a personality trait that determines your ability to perform consistently under stress and pressure, and is closely related to qualities such as character,

resilience, grit and perseverance. Developed by Professor Peter Clough and Doug Strycharczyk, AQR

MTQ assessments are reliable and well-validated psychometric measures.

Team Management

PSYCHOLOGICAL ASSESSMENTS

# Team Management Profile



●	HALF DAY VIRTUAL
●	FULL DAY IN PERSON
●	ENGAGING, POSITIVE, FUN ACTIVITIES TO CONNECT

“

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

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.



Resilient  
People

PSYCHOLOGICAL ASSESSMENTS

# Resilient People



The PR6 resilience assessment questionnaire is a unique scale in that it measures a combination of mental and physical factors. This produces a unique holistic view of individual resilience. Domain scores are produced, along with an overall resilience quotient. Each domain is designed as an aspect that can be learned and improved through directed effort.

The PR6 is based on the core neurobiological foundations that underpin resilience. These are identified in our original research available online here. Through this research the PR6 was scientifically validated as a psychometric scale with an alpha of 0.8398, indicating strong internal consistency.

●	25 MIN -45 MIN- 60 MIN -90
●	FULL DAY   PACKAGE
●	TAILORED TO AUDIENCE

“

10 A workshop that definitely gets the brain going.

NATASHA: IAG WELLBEING EVENT

Fantastic - she instantly brought energy to the room. I loved how she included our brand values. I took away so much which and have already brought strategies into my team.

SA TOURISM 2021 CONFERENCE

Clifton  
Strengths

PSYCHOLOGICAL ASSESSMENTS

# Gallup Clifton Strengths Finder



The CliftonStrengths assessment answers those questions. This online test (formerly named the Clifton StrengthsFinder) measures the intensity of your talents in each of the 34 CliftonStrengths themes. These 34 themes represent what people do best. They categorize all that's right with humankind — distilled down to 34 different themes.

Immediately after completing the CliftonStrengths assessment, you'll receive your results in a report featuring customized descriptions of your rank-ordered dominant strengths. When you purchase CliftonStrengths 34 over Top 5, you'll receive additional reports.

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

“

“1. Each person's talents are enduring and unique.

2. Each person's greatest room for growth is in the areas of his or her greatest strength.”

DONALD O. CLIFTON

Myers-  
Briggs

## PSYCHOLOGICAL ASSESSMENTS

# Myers-Briggs Type Indicator

Who are  
You?™

### MYERS-BRIGGS TYPE INDICATOR



The purpose of the Myers-Briggs Type Indicator® (MBTI®) personality inventory is to make the theory of psychological types described by C. G. Jung understandable and useful in people's lives. The essence of the theory is that much seemingly random variation in the behavior is actually quite orderly and

consistent, being due to basic differences in the ways individuals prefer to use their perception and judgment.

Fascinating insight - popular for service and sales teams.

90 MIN 1:1 VIRTUAL

FULL DAY | HALF DAY In Person

ASSESSMENT

“

“Introverted feeling types have a wealth of warmth and enthusiasm, but they may not show it until they know someone well. They wear their warm side inside, like a fur-lined coat.”

ISABEL BRIGGS MYERS, GIFTS  
DIFFERING: UNDERSTANDING  
PERSONALITY TYPE

DISC  
Profile

## DISC Profiling



DiSC® assessments are used in thousands of organizations around the world, from sprawling government agencies and Fortune 500 companies to nonprofits and small businesses. The reason is simple: DiSC® profiles help build stronger, more effective working relationships.

DiSC is an acronym that stands for the four main personality profiles described in the DiSC model: (D)ominance, (i)nfluence, (S)teadiness and (C)onscientiousness. Fabulous for communication, sales and service teams and supports team building.

2 HRS/ HALF DAY/ FULL DAY ○

COMMUNICATION WORKSHOP

ENGAGING, POSITIVE, FUN  
ACTIVITIES TO CONNECT

“

TRUST – over seven million people, in over 100,000 organizations, have taken a DiSC profile

Authentic  
Courageous  
Accountable

## STUDENT PROGRAM

# Authentic Leadership



**The potential for leadership begins almost from the time we are born, but it can be truly nurtured and instilled in the school environment, particularly where senior students are seen as role-models and mentors.**

Our student leadership workshop is designed to

empower, inspire and support your senior students in their journey.

Includes self-awareness, emotional intelligence, strengths and developing their interpersonal skills.

Activities are interactive and enlightening.

1 DAY / 2 DAY / HALF DAY

EDUCATORS, SENIOR STUDENTS, STUDENT SRC, PREFECTS

ADAPTED TO SCHOOL OBJECTIVES AND CULTURE

“

Excellent virtual training for our student leaders. We could feel your energy beaming through our screens.

SEDA COLLEGE MELBOURNE

An enjoyable and important workshop for school leaders.

JACK STUDENT LEADER  
SCOTS COLLEGE SYDNEY

Confident  
Engaging  
Authentic

## STUDENT PROGRAM

# The Speaker's Edge



**There is nothing more exciting than seeing a student communicate their thoughts, their world and whats important to them passionately and powerfully.**

This empowering workshop provides a safe learning environment for students to engage with and practice core skills in building a presentation

that captures their own authentic style. They will be guided in crafting a visually captive ppt, discover the key elements of story telling and strategies to calm nerves.

Jane shares the wisdom gained from over 25 years in speaking and training. The ability to speak and communicate with influence is a skill for life.

HALF DAY / FULL DAY

EDUCATORS AND STUDENTS

THE ABILITY TO COMMUNICATE WITH INFLUENCE IS A LIFE SKILL ANYONE CAN MASTER.

“

**Enjoyed everything - genuinely.** Fantastic and very worthwhile for all. Thank you.

ESTELLE : ADELAIDE HILLS COUNCIL  
COMMUNITY YOUTH LEADERSHIP  
DEVELOPMENT PROGRAM



## Master the Four Cs

### STUDENT PROGRAMS

# 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 the keys to understanding and building your ability to stay confident and to prevail even when you are up against it.

●	90 MIN/ HALF DAY / FULL DAY
●	EDUCATORS OR STUDENTS
●	OPTIONAL MTQ REPORTS
●	INCREASE CONFIDENCE AND POSITIVITY
●	ACCREDITED MENTAL TOUGHNESS TRAINERS

“

It was a **fantastic morning**.

PAULA HENSING - WELLBEING COORDINATOR CABRA

**Insightful** - I enjoyed the group activities.

TIMO -CABRA YEAR 11

## Positive Character Building

### STUDENT PROGRAMS

# Who Are You?



#### An Introduction to VIA character strengths and virtues as the backbone of positive psychology PERMA.

Character strengths are the foundation of optimal life-long development and thriving. Good character is not a singular thing but rather a cluster of positive traits shown in one's thoughts, feelings and behaviours.

Participants gain further insight into their own unique VIA Values In Action profile. They will learn how to apply their strengths in everyday life and to build a resilient mindset through anchoring to strengths through stressful times or challenge.

●	90 MIN / HALF DAY / FULL DAY
●	EDUCATORS, STUDENTS AND PARENTS : INTERACTIVE
●	OPTION FOR BEGINNER TO ADVANCED CONTENT

“

A great way to make **connections with others**. I enjoyed learning about my strengths and how to use them. Really enjoyable.

YEAR 11 STUDENT, CABRA COLLEGE

Very engaging presenter **who connected** and spoke to the entire group.

SSO, CRAIGMORE HIGH SCHOOL.

## RAW: Resilient Mindset

### STUDENT PROGRAMS

# Positively Charged and Resilient



**Emotionally resilient teachers and students have the in-built ability to bounce back from setbacks.**

Resilience is a skill that can be learnt 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.

● 90 MIN / HALF DAY / FULL DAY

● EDUCATORS, STUDENTS AND PARENTS

● BUILD A RESILIENT MINDSET

“

**Made you think.**

The presenter was fantastic... I will definitely be looking to do more workshops in the future.

WOODCROFT PRIMARY SCHOOL

**10/10** Interesting and relevant to both work and personal areas.

SSO REYNELLA PRIMARY SCHOOL

## HERO PERMA

### STUDENT PROGRAMS

# Live Life Forward



**Perfect for those introducing applied positive psychology into their school environment.**

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, evidence program is designed to introduce

strengths and the positive psychology PERMAH framework through an interactive delivery. Includes group discussion, activities and personal reflection. We happily tailor to connect with your school values. Loved by educators and students.

● 90 MIN / 3 HOUR

● EDUCATORS, STUDENTS AND PARENTS

● ALIGNED WITH POSITIVE PSYCHOLOGY PERMA FRAMEWORK

“

**10 Fantastic.** The breadth of topics covered kept it interesting. Excellent.

RENEE, KAPLAN AUSTRALIA

**Enjoyable, fun, reflective and motivating.** It gave me the chance to evaluate my life and what makes me tick. Positive, fun and informative.

TEACHER, LOCKLEYS NORTH PRIMARY

Reach  
Your  
Goals

## STUDENT PROGRAMS

# Mastering your Mojo



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

How do we make positive change to provide a greater sense of balance and enjoyment in our life, work or school. This workshop explores valuable insight and strategies into strengths the building blocks of drive that accelerate progress,

achievement and a sense of fulfillment. 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.

●	<b>90 MIN / 2 HOUR</b>
●	EDUCATORS, STUDENTS AND PARENTS
●	BUILT ON A FOUNDATION OF POSITIVE PSYCHOLOGY STRATEGIES AND RESEARCH

“

**It inspired me to complete my goals.** Very engaging and great to learn how to set out a goal.'

YEAR 11 STUDENT, CABRA COLLEGE

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

THE UNIVERSITY OF SOUTH AUSTRALIA

HERO  
PERMA

## STUDENT PROGRAMS

# Mindfulness for Focus and Clarity



**Mindfulness and Meditation are re-known for a host of holistic benefits.**

In this practical workshop, the focus is on appreciating the practice for developing greater focus and control of our thinking and reactions. Our ability to increase our self-awareness and understanding of the body, breath, and mind can be immensely powerful.

Through this practice, we can train our minds to be our greatest and useful tool, build our self-empowerment enabling us to make positive choices that can have a powerful impact on the quality of work we do and our relationships.

●	<b>90 MIN / 3 HOUR</b>
●	EDUCATORS, STUDENTS AND PARENTS
●	ALIGNED WITH POSITIVE PSYCHOLOGY PERMA FRAMEWORK

“

**Loved it.** Enjoyed the concept, theories and presenter

DEPARTMENT OF EDUCATION - STAFF CONFERENCE ADELAIDE PROFESSIONAL STAFF DEVELOPMENT DAY

**Fun and a great way to learn more about each other. Great session** and enjoyed the interaction and group input.

LISA : SEATON HIGH SCHOOL SSO





[www.wundertraining.com.au](http://www.wundertraining.com.au)