

# WunderTraining for the Workplace

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





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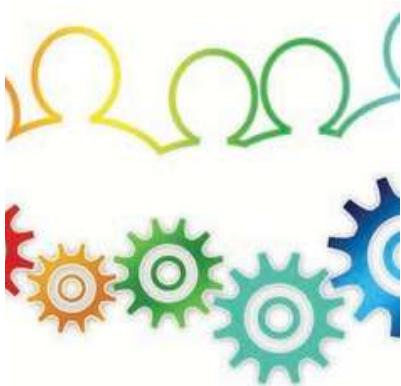
We believe people are the heart and soul of your organisation.  
Every Organisation is a Human Enterprise

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.

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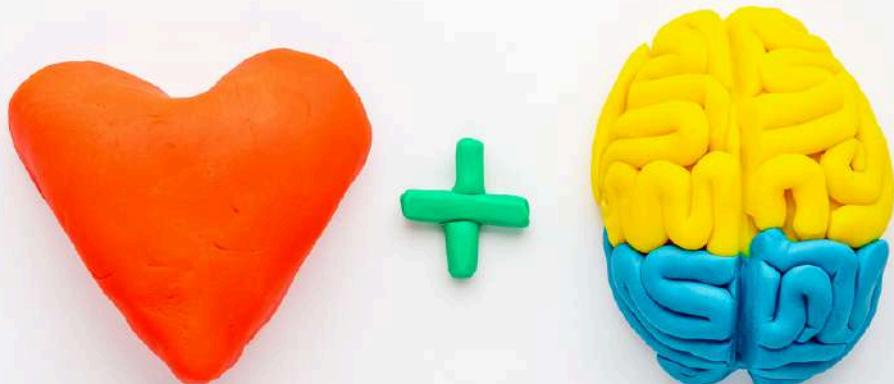
JANE WUNDERSITZ FOUNDER AND MASTER TRAINER

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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 reach their full potential and achieve what may seem impossible.

We pride ourselves on helping others develop 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 – with quality visuals and activities loaded. Our presenters are exceptional - we attract and bring out the best in our facilitators.**

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, founder of Wundertraining, brings 25 years of expertise in people and culture development. A sought-after keynote speaker, she leads our training and has personally created over 50 programs.

- 2024 Best Team Building & Leadership Provider (Australia)
- 2022 Organisational Training Business Leader of the Year (Australia)
- 2021 Top 50 Australian Small Business Leader
- 2021 Influential Business Woman Team building and Culture Change specialist

Jane excels in cultivating positive performance cultures. With a passion for learning, she delves into new studies annually. With over a decade in business and releasing four+ new works each year, our range is as impressive as our esteemed client list. **Book with Confidence.**

# 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, its 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

# Keynote Speaker



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

Jane has delivered at 1000's of conferences, to over 60,000 participants. She is one of today's influential voices, who brings contemporary topics to life with an infectious positive energy, engaging and insightful.

## Highlights include:

Listed in the "Top 3 most popular speakers" Entertainment Oz speakers' site for 3 consecutive years.

"Outstanding Motivational Speaker" - AI Excellence Awards 5th Australia

Mind Body Positive Psychology Conference. She was invited to deliver an encore due to popular demand.

45 MIN - 60 MIN - 90 MIN

KEYNOTE, CONFERENCE

TAILORED +VIRTUAL OPTION



“

Excellent in everyway.

FAAA CONGRESS 2023  
THE SCIENCE OF INFLUENCE & CONNECTION

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  
AUST GOV | EXEC CONFERENCE

You were awesome!

MANAGING DIRECTOR MODERE  
LIVE LIFE FORWARD

## LEADERS AND TEAM INTERACTIVE WORKSHOPS

TAILORED

# Conference Workshops



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 .

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

Jane structures the delivery for engagement elevates connection and enables a deeper dive into a contemporary topic. A memorable shared experience. **BOOK with Confidence.**

90M |2HRS /HALF & FULLDAY  
OPTIONAL TOPICS FROM OUR RANGE OF PROGRAMS  
ENGAGING, POSITIVE, FUN.  
ACTIVITIES TO CONNECT

“

Thank you for your excellent training. **Amazing.**

250 NETWORK MARKETERS

You have that rare ability to lift the energy in a room.

NATHAN: MICROSOFT SALES CONFERENCE

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

ANDY : DORMAKABA SENIOR VICE PRESIDENT

# 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.

**FULLDAY | 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

# 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 positive intent through conflict.

JANE MANWARING : DIRECTOR OF SCHOOL CULTURE , QUEENSLAND ACADEMIES

**Fantastic!** Really positive. I am sure it will go a long way to **strengthen teams**.

REMA GRENNAN : OPERATIONS MANAGEMENT - DEPT OF HUMAN SERVICES

**Very useful, practical and insightful.** **Dynamic presenter.**

JENNY - BWI INTERNATIONAL

# 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.

- KEYNOTE, FULL DAY OR  
CONDENSED 1/2 DAY
- FOUNDATION LEADERSHIP  
SELF AWARENESS
- TEAM DYNAMICS AND  
COMMUNICATION FOR INFLUENCE

Empowering.  
BENQ MANAGER 4

## 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

# NeuroWisdom™



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 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.

- FULL DAY | 
- ONLINE COMING SOON
- LEADERS, CONFERENCE
- EVIDENCE- BASED
- PSYCH SAFETY, PRODUCTIVITY  
CHANGE+ MENTALAGILITY

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

## HELEN : FLINDERS PRIVATE HOSPITAL (TAILORED PROGRAM)

# Leading Hybrid Teams™



- Will organisations ever be the same? Let's hope we build on what we have learnt, and they are better!
- Wondering how to keep a hybrid team culture at its best?

Hybrid work requires the evolution of traditional on-site and off-site work models for the new era of work.

Our places of work will become more fluid than they have ever been before. When leading hybrid teams, we know a flexible, supportive, secure, and inclusive culture has never been more critical.

In this new world of work interactive workshop, we explore best practice tips and strategies.

● 2 HOURS   HALF-DAY TO FULL DAY
● ALL LEVEL LEADERSHIP
● TAILORED IN-PERSON VIRTUAL AND HYBRID OPTIONS

“

To adapt and thrive successfully, businesses must understand the current state of hybrid work, and how workforce needs are shifting as a result.

JANE WUNDERSITZ

# STRONG TEAM™



A strengths approach is unique and powerful. Gallup's research shows that the key to success is to fully understand how to apply your greatest talents and strengths in your everyday life.

When you discover your greatest talents, you'll discover your greatest opportunities for excellence, success and contribution.

While continuing to learn more about strengths, Gallup researchers also examined decades of data on the topics of individual performance and personal development.

They also studied more than 1 million work teams. Join us on a strengths deep dive and be unstoppable.

● FULL DAY   HALF DAY
● LEADERS, TEAMS CONFERENCE
● STRENGTHS FINDER
● FULL DAY VIA AND STRENGTHS FINDER - SUPER CHARGE

“

Interactive, engaging and fun. Inclusive and enjoyed getting to know our team better.

JIAYI ZANG | TIKTOK Sydney

Thoroughly enjoyable, and the team had an awesome time.

KRISTI PAVLICEVIC | ATlassian Conference

Fabulous. A highly valuable strengths discovery day.

DEPT HUMAN SERVICES | Canberra

PURPOSEFUL  
LEADER

# S.O.A.R Executive Program™



In today's fast-paced and forever changing world, executive Leaders need a new suite of tools to drive positive change. Ambiguity, complexity, uncertainty and rapid change are features of the new normal environment.

Organisational transformations must be led by ecosystems of leaders across the entire organisation.

The harsh reality is that approximately 70% of change initiatives fail due to negative employee attitudes and unproductive management behaviour.

To lead well- you need to be well. Change is about 'transition' and people. This is our specialty!

2 FULL DAYS

TAILORED OPTIONS AND ADAPTED TIME FRAMES AVAILABLE

POSITIVE CULTURE, CHANGE, TEAM BUILDING

“

Enjoyed the diversity of material **practical tools to address change**. Engaging.

Dr.JOE FABRIZIO | DEPT DEFENCE SCIENCE AND TECHNOLOGY

**Enjoyable two days** - a good course to bring the team closer and insight into strengths of the collective team.

DEPARTMENT OF DEFENCE SCIENCE AND TECHNOLOGY

WOMEN  
WHO LEAD

# 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

TAILORED OPTIONS AND ADAPTED TIME FRAMES AVAILABLE

“

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



'Be the Change you wish to see in the world' Mahatma Gandhi.

This workshop is must for every organisation - we all have a role to play in building sustainable business practices. We build alignment to the company 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 GOAL

STRATEGY + TEAMBUILDING



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

DEI YOU FEEL



This fabulous workshop equips leaders with the awareness and skills to create an environment where every team member feels valued, respected, and able to contribute at their best.

Leaders will broaden their perspective on diversity, equity, and inclusion, practise inclusive behaviours that build trust,

learn to recognise and interrupt bias, and explore how to foster psychological safety using practical tools like the **Trust Equation** and **CARES model**.

Through scenarios, reflection, and action planning, participants leave with clear strategies to model inclusive leadership and strengthen team performance.

HALF DAY - FULL DAY

LEADERS, TEAMS AND CONFERENCE

INTERACTIVE AND INCLUSIVE BY DESIGN



Thank you for delivering another great session for our LEAD the Way Program

JENNY BRIGGS ; DETMOLD GROUP

**Inclusive leadership:** Is about creating workplaces where diversity drives performance

Jane Wundersitz  
Founder WunderTraining

ENGAGING AUTHENTIC

# 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.

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

● FULL DAY | HALF DAY

● LEADERS, TEAMS  
AND 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

ELEVATE  
LEADERS  
PACKAGE

# ELEVATE Leaders 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 the best leadership across an organisation today.

The latest leadership essentials:

1. Building Strong Teams
2. Emotional and Social Intelligence
3. Advanced Communication
4. Boost Productivity & Performance
5. Mastering Change
6. The Speakers Edge & Influence
7. Sustainable Development Goals

● PICK 3 | PICK 5 | TOP 7

● LEADERS AT EVERY LEVEL

● BLENDED DELIVERY OPTION

● QUARTERLY | CONFERENCE  
| RETREATS

“

10 relevant and so interesting.  
Open and collaborative .

JESS : SMT QUEENSLAND  
ACADEMICS LEADERSHIP CONFERENCE

## POWER PACKAGES

### WELLBEING PACKAGE

# 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 we tailor.

We love all of staff events and team days, through to executive retreats and run awesome 12 month wellbeing programs:

- 1) Live Life Forward
- 2) Positively Charged and Resilient
- 3) Mastering your Mojo : Goal Success
- 4) Mental Toughness
- 5) Thriving through Change
- 6) Grit and Growth : Mindset Matters Most
- 7) Mindfulness for focus and clarity

**PICK 3 | PICK 6 | PICK 12**

**LEADERS, TEAMS & CONFERENCE VIRTUAL - HYBRID SET UP**

**WELLBEING PACKAGE**

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



The 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 FOR HIGH PERFORMERS

# 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 top 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.

A tailored package for new leaders to build connection, align focus, and launch fast - together.

Positive and purposeful leadership enables leaders to cut through the clutter of decision-making and ride the wave of change. Strategically tailored to strategy:

- 1) This is who we are: our strengths, values and vision.
- 2) TMS team management profile workshop - Bring out our best as a team.
- 3) The trustworthy advisor - elevate our social influence
- 4) Leading through Change
- 5) Six Thinking Hats - Innovate, & Think Big

**2 DAY SESSION**

**EXEC LEADERS | NEXT EXECS**

**STRATEGIC FUTURE FOCUS, ALIGNMENT AND CONNECTION**



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

**NICK HB FULLER  
DIRECTOR ASIA PACIFIC**

# Thriving Through Change™



This equips individuals and teams with the skills to navigate workplace change confidently.

Participants will explore change at micro, organisational, and macro levels, reflect on past and upcoming transitions, and learn to apply the four phases of Appreciative Inquiry. The session fosters curiosity and a proactive mindset to support positive, collective adaptation.

This explores how emotions influence our experience of change and offers strategies to build resilience and reframe transitions using applied neuroscience.

It also guides participants in recognising and overcoming bias by balancing optimism and pessimism, while fostering a proactive mindset focused on areas of influence rather than concern.

● 90 MIN | HALF | FULL DAY

● LEADERS | TEAMS

● TAILORED CONFERENCE  
WORKSHOP

“

Jane Wundersitz delivered this in spades! Her energy, insights and well-paced delivery meant no one checked their phones and everyone turned to the key messages!

BRIDGET BRILL EXECUTIVE TEAM AUSTRALIAN GOVERNMENT DEPARTMENT OF HUMAN SERVICES

We all very much enjoyed it - what a great way to kick off the year!

CARLY SWISS RE : LEADERSHIP TEAM CONFERENCE

# 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 DAY - FULL DAY

● LEADERS, TEAMS,  
AND CONFERENCE

● TAILORED OPTIONS

● VALUES AND VISION | ALIGN  
STRATEGY CONNECT | CULTURE  
BOOST| ALIGNED LEADERSHIP

“

Very well delivered and customised 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

# Your Strengths at Work<sup>©</sup>



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



# Strengths-Based Approach<sup>TM</sup>



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 Master Trainer.

- 2 DAY COMPREHENSIVE
- LEADERS AND TEAMS
- INCLUDES PROFILING  COMMUNICATION

“

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

# 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 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

# 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 MIN - 90 MIN KEYNOTE

LEADERS AND TEAM MEMBERS CONFERENCE

A PERSONAL WHEEL ALIGNMENT TO BE YOUR BEST

“

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

GISELLE : GOVERNMENT OF S.A.

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

MICHEAL : MUNICH RE SYDNEY ANNUAL ALL STAFF EVENT

RESILIENT MINDSET

# 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 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

10 Very engaging useful and helpful

LUISA| FUSION 5

REACH YOUR GOALS

# 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

# 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

# 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

# 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.

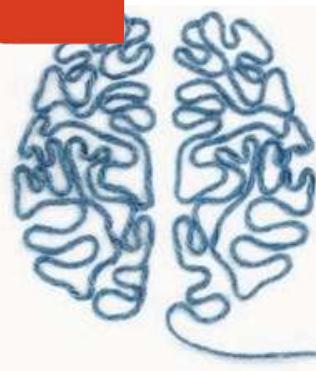
KAT : PEOPLES CHOICE CREDIT UNION

Great feedback from the team and will definitely book again!

BERNICE | HENRY SCHEIN ONE

HOT PICK

# The Presence Effect™



ENHANCING EMOTIONAL INTELLIGENCE AND BUILDING MEANINGFUL RELATIONSHIPS



This engaging and dynamic topic empowering leaders to build real connection, emotional clarity, and authentic influence in today's fast-paced workplace.

Why It Matters In a distracted world, presence builds trust, safety, and stronger teams. This session reveals how emotional intelligence and presence drive performance and culture.

Participants will discover how to build trust through presence, lead with empathy and calm confidence, and respond effectively in high-pressure situations.

They will also learn to foster meaningful connections, whether online or in person, and influence others with clarity, emotional awareness, and purposeful communication.

- KEYNOTE 45 - 90 MINS
- LEADERS & TEAMS CONFERENCE
- MEANINGFUL CONNECTION

“

Jane delivered a keynote that left the room buzzing. The Presence Effect was one of the highlights of our entire conference.

SA WOMEN IN LEADERSHIP CONFERENCE, CROWN PLAZA ADELAIDE

SELF-CARE 101

# Compassion Fatigue and Boundaries™



Compassion fatigue is the emotional exhaustion that can result from prolonged exposure to others' stress or suffering, common in support and caregiving roles.

This workshop helps professionals recognise its impact, build resilience, and set healthy boundaries.

## Workshop Objectives:

- Understand compassion fatigue and its effects.
- Learn practical self-care and boundary-setting strategies.
- Foster open communication and team respect.
- Empower clients to build support networks.
- Apply the CARES Model to create psychologically safe environments.

- KEYNOTE | HALF DAY | FULL DAY
- IN PERSON, CONFERENCE,  VIRTUAL
- TAILORED FOR DEMOGRAPHIC EG. HEALTH, SERVICE, EMERGENCY OR LEADERSHIP TEAMS

“

Compassion is not a virtue it is a commitment.

BRENE BROWN

Absolutely wonderful. You did such a wonderful job relating it back to the role.

HOUDA : RETURN TO WORK COORDINATORS SA EVENT

# 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.**

**FULL DAY | PACKAGES**

EXEC, LEADERS, TEAMS, CONFERENCE

ONE DAY TAILORED FROM 3 PROGRAMS OF CHOICES

PICK3 | PICK5 WORKSHOPS PACKAGE DISCOUNT



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

**NATHAN : MICROSOFT CONFERENCE**

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

**PAUL: NEC DARWIN**

# Reflect- Reset - Refocus™



Our work lives are different. Working smarter not harder is in, but how do you get there.

Hybrid Work, Engagement, Psychological safety, Sustainable practices, Keeping top talent, Team dynamics, Leadership development. We work across industries and can facilitate your leadership strategy session and help with insights to help your team make informed choices.

A high energy and insight bursting workshop, with an opportunity to positively connect, reflect, reset and refocus on what matters most.

Our ability to tailor and facilitate high quality interactive training transfers perfectly to facilitating strategy days, and team reset and recharge days.

Half Day | Full Day | 2-Day 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**

**Feeling pumped ready for the year ahead.**

**OFFICE OF THE COMMISSIONER PUBLIC SECTOR**

# 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

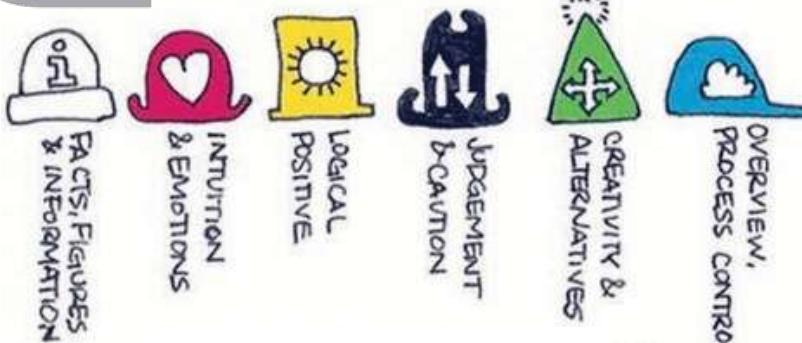
**Such an engaging day. I am still seeing the buzz in the team.**

SHANE : HR AUSTRALIA POST

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

JOEL : SIEMENS RENEWABLE ENERGY

# Six Hats : Think BIG™



□	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

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

Participants discover and practice using The Six Hats and build a well thought out innovation through applying various perspectives.

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.

This leads to a more collaborative, effective and productive process that always has brilliant outcomes.

We bring the hats!

POSITIVE  
INFLUENCE

STRATEGIC TEAM BUILDING

# Power Connect™



A highly interactive and contemporary communication program that also supports building perfect for those 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.

●	HALF DAY
●	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

Your session was great, your energy and passion is undeniable.

DANI GEORGE : IAG PARTNERSHIPS INSURANCE CHAMPIONS CONFERENCE

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.

●	HALF DAY   90 VIRTUAL
●	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.

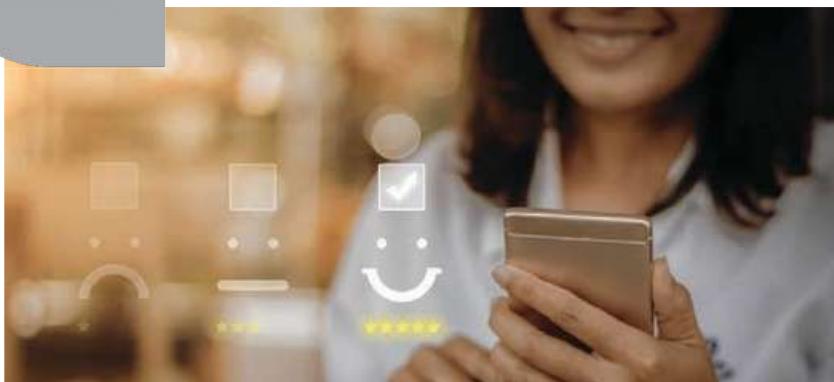
SAFework PARTICIPANT

Everyone thoroughly enjoyed the day.

CAITLIN : CASE WESTERN UNIVERSITY

FIVE STAR  
THINKING

# 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.

<input checked="" type="checkbox"/>	HALF DAY
<input checked="" type="checkbox"/>	LEADERS, TEAMS, CONFERENCE
<input type="checkbox"/>	THE DIFFERENCE BETWEEN ORDINARY & EXTRAORDINARY IS THAT LITTLE EXTRA.
<input checked="" type="checkbox"/>	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

# 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.

<input checked="" type="checkbox"/>	HALF DAY
<input checked="" type="checkbox"/>	LEADERS TEAMS, CONFERENCE
<input type="checkbox"/>	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

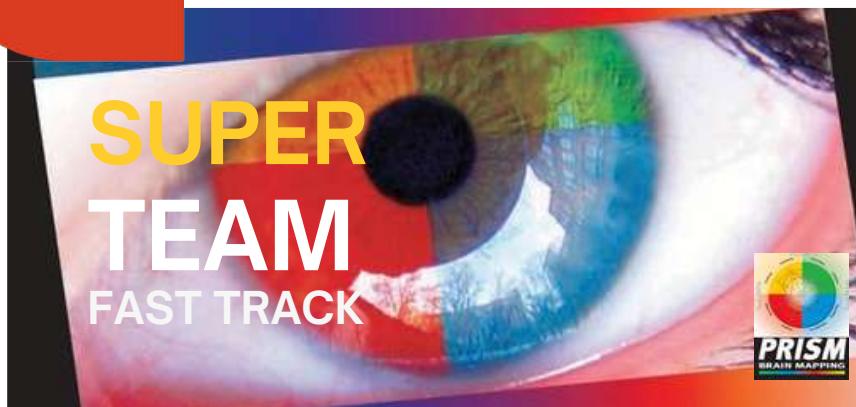
Positive and thought-provoking, engaging presenter and enjoyed the focus on strengths and stepping a bit out of our comfort zone - it was good to do that for a change.

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

# Mindset Matters Most™



Change is here to stay.

On average, organisations have undergone five enterprise-wide changes within just three years. And the pace of change will only 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 optimism, 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

**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 grit'y teams that can power through the tough stuff and pull together to get to the finish line. 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 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.

	<b>HALF DAY</b>
	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.

	<b>90MIN VIRTUAL</b>
	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

THINK  
AT YOUR  
BEST

# Brain Bootcamp™



Brain Bootcamp is a positive and empowering, research-rich virtual or in person power keynote 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

“

The team really enjoyed it and they want to do more! Thanks so much for all your work and making the retreat kick off so great!

YASMIN MILLIGAN | HEAD OF WORKPLACE & OPERATIONAL ADVISORY, OGC KING & WOOD MALLESONS

This has been terrific!  
Very important.

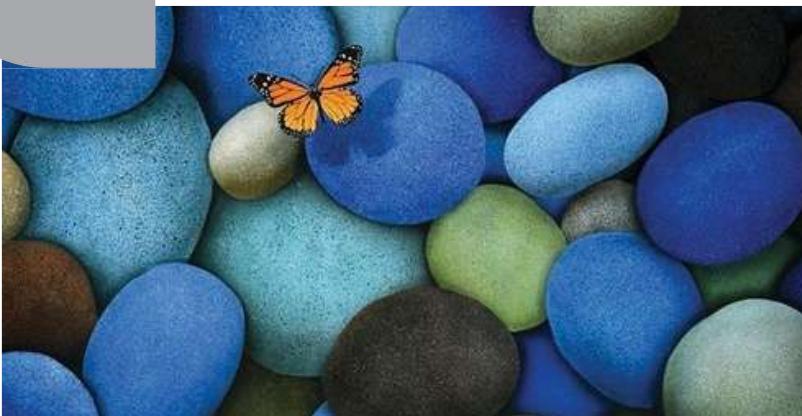
DANIJELA : GENERATION HEALTH

Thank you so much Jane!  
It was a great session.

ANNA : SALESFORCE APAC WOMENS NETWORK SESSION

MINDFUL  
LEADER

# 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, anxiety, 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

POSITIVE  
CULTURE

# 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 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 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.  
Insight popping!

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 strategies and tools to support, how you motivate yourself and those you lead.

●	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

Just Brilliant - really loved it.

CHRIS: CHANGE MANAGER  
NATIONAL SAFE WORK MONTH

●	HALF DAY   90 MIN VIRTUAL
●	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
- ADVANCED COMMUNICATION
- CAN BE TAILORED FOR SERVICE AND SALES TEAMS



**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.

- 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 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

● LEADERS, TEAMS, CONFERENCE

● LEADERS AND TEAMS ESSENTIAL

“

Enjoyed the entire presentation and enthusiasm of the presenter.

MACQUARIE FINANCE

Excellent - I think she is one of the best presenter in the whole program.

THE STATE GOVERNMENT MANAGERS ESSENTIALS PROGRAM

# COMMUNICATION Crucial Communication™



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.

● HALF DAY

● TEAMS AND CONFERENCE

● INCLUDES STLYE PROFILE

“

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 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
- COMMUNICATION SKILLS

“

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

SKYE KENNEDY : I CAN JUMP PUDDLES

# 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.

- KEYNOTE | HALFDAY | FULLDAY
- IN-PERSON
- VIRTUAL DELIVERY
- PRACTICAL TOOLS TO
- UNDERSTAND AND DEVELOP COMPASSION AND EMPATHY

“

**Compassion is not a virtue  
it is a commitment.**

BRENE BROWN

# Powerful Communication™

## The SPEAKERS Edge

POWERFUL COMMUNICATION



This is a treasured program bringing both design & speaking into one engaging workshop. We have developed a strong reputation for delivering speakers programs that immediately impact & simplify the key elements of what works for today's audience: jam-packed half-day or full-day events.

### Workshop Objectives:

- Build emotionally intelligent, self-aware leaders.
- Create high-trust, psychologically safe teams.
- Improve feedback & communication with a coaching mindset.
- Define leadership vision through storytelling.
- Use Appreciative Inquiry for optimistic, solution-focused leadership.

	1/2 OR FULL DAY
	LEADERS, TEAMS, CONFERENCE
	COMMUNICATION SKILLS



Informative, engaging and fresh.

I left feeling like I could go and create and present something that people would find both engaging and inspiring.

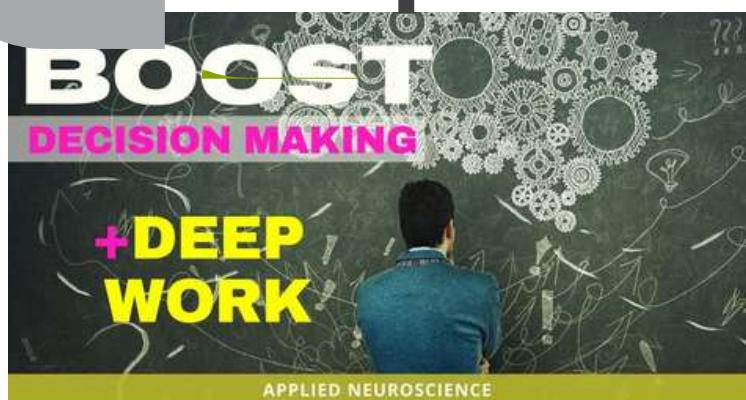
SAM: HUMAN SERVICES/LEADERSHIP SPEAKER TRAINING

Loved it. Today will help a lot with future presentations. Great information and discussion and enjoyed the content on getting off to a power start. Very knowledgeable facilitator.

INSURANCE AUSTRALIA GROUP: EXTERNAL EVENT

### COMMUNICATION MASTERCLASS

# Boost Decision Making + Deep Work™



A science-backed workshop designed to help teams build focus, reduce distractions, and make better decisions under pressure.

Perfect for executive and senior leaders, educators, and staff development. These tools also support students preparing for exams.

### Key Takeaways:

- Understand deep vs. shallow work and why focus matters
- Train your "attentional intelligence" to manage distractions
- Explore the neuroscience behind distraction and novelty
- Learn how decision fatigue and stress affect memory
- Apply practical strategies to boost mental clarity and performance

	KEYNOTE  60 MIN VIRTUAL
	APPLIED NEUROSCIENCE FOR THE WORKPLACE
	LEADERS AND TEAMS OPTIMUM PERFORMANCE TEAM PROFESSIONAL DEVELOPMENT



Inspirational - fantastic energy and real relevant learning.

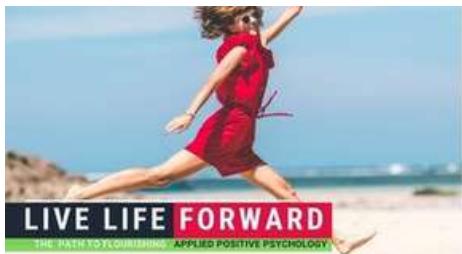
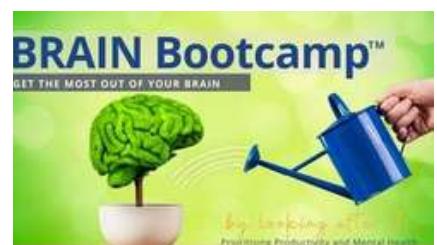
Feeling ready for anything

LINCOLN : BOC CONFERENCE MELBOURNE

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

AFL SPORTS READY :  
ALL OF STAFF DAY | FULL DAY

# POPULAR VIRTUAL OPTIONS



PRISM  
BRAIN

# PRISM Brain Profile



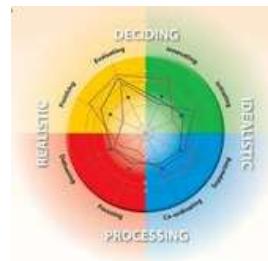
PRISM Brain Mapping is a sophisticated, online, neuroscience-based instrument specifically designed to identify the behavioral preferences that directly relate to personal relationships and work performance. By studying the brain directly, we get to connect straight with the 'source' of human performance.

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.

- 1:1 | TEAM OR 360
- TEAM DEBRIEF + WORKSHOP
- FULL DAY

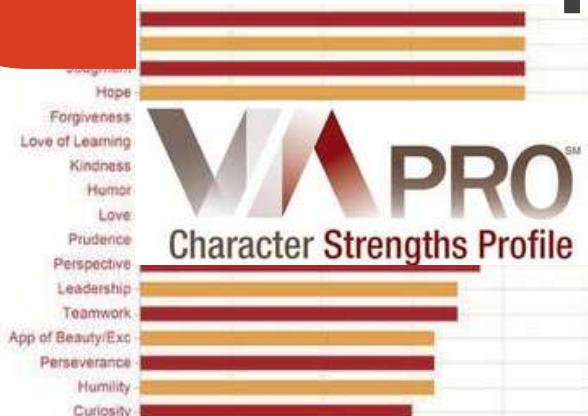
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Neuroscience is by far the most exciting branch of science because the brain is the most fascinating object in the universe.



VIA PRO

# 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.

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

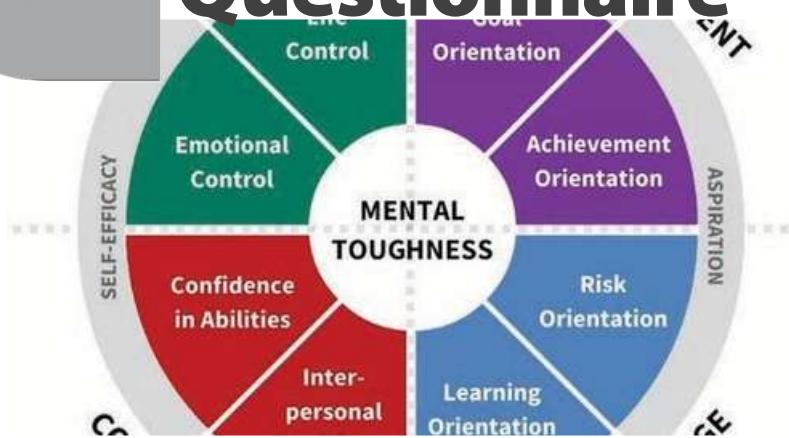
“

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

# Mental Toughness Questionnaire



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.

<input checked="" type="checkbox"/>	90 MIN 1:1 OR TEAM
<input checked="" type="checkbox"/>	HALF DAY TEAM SESSION
<input checked="" type="checkbox"/>	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

TEAM MANAGEMENT

# Team Management Profile



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 workcontext.

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.

<input checked="" type="checkbox"/>	HALF DAY VIRTUAL
<input checked="" type="checkbox"/>	FULL DAY IN PERSON
<input checked="" type="checkbox"/>	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

RESILIENT  
PEOPLE

# 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.

- FULL DAY PACKAGE
- TAILORED TO AUDIENCE
- ENGAGING, POSITIVE, CONNECT

“

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

# Strengths Finder Workshop



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 Clifton Strengths themes. These 34 themes represent what people do best. They categorise all that's right with human kind, distilled down to 34 different themes.

We tailor a workshop, and include team reports if required. What people love is the interactive nature of the delivery. We support with small team through to conference size half and full day workshops, and tailor to meet objectives.

- HALF / Full day
- WORKSHOP, TAILORED TO MEET OBJECTIVES
- ENGAGING, POSITIVE, FUN. ACTIVITIES TO CONNECT

“

Thank you for your tailoring to our group needs. The session was thoroughly enjoyable and the team had an **awesome** time.

KRISTI PAVLICEVIC : ATLASSIAN SYDNEY

Sharing my gratitude for the enjoyable event hosted for TikTok, **it certainly sparked my curiosity.**

NATHAN VO | TIKTOK SYDNEY

MYERS- BRIGGS

# Myers-Briggs Type Indicator



MYERS-BRIGGS TYPE INDICATOR



90 MIN
1:1 VIRTUAL FULL DAY   HALF DAY
IN PERSON ASSESSMENT

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.



"The team really enjoyed the day and got plenty of benefit from the session.

LEE KANE- INFRABUILD  
SYDNEY

DISC PROFILE

## DISC Profiling



DiSC® assessments are used in thousands of organisations 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

# FIND OUT MORE

## BEST EVER LEADERSHIP PROGRAM **ELEVATE**

“

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

Wunder training

PRESENTED BY JANE WUNDERSITZ

## NEXT LEVEL EXECUTIVES

► DRIVE THE FUTURE ► ROLE MODEL IN THE PRESENT ► UNSTOPPABLE TEAM

BUILDING A POSITIVE HIGH-PERFORMANCE ORGANISATION WHERE CONTRIBUTION IS KEY, SMART DECISIONS ARE MADE, AND SUCCESS IS EXTRAORDINARY.

“

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

Wunder training

PRESENTED BY JANE WUNDERSITZ



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