

# WunderTraining

## Wellbeing at WORK

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



“

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

wunder  
training

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

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

NO 1 WELLBEING

# Live Life Forward™



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

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!



**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

# Harnessing STRENGTHS



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

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

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

Our signature strengths refer to those character strengths that are most essential to who we are.

Character strengths and virtues is regarded as the backbone of the science of positive psychology. Our strengths are the path to personal and professional flourishing and the positive wellbeing PERMA framework.



**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

LEADERSHIP

HERO PROGRAM

# 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   2 DAY
●	LEADERS, TEAMS CONFERENCE
●	EVIDENCE - BASED WELLBEING CULTURE INCREASE CONFIDENCE



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

SUPREME COURT VICTORIA  
LEADERSHIP TEAM VIRTUAL DELIVERY

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

JAYNE : WOMEN'S AND CHILDREN'S HOSPITAL

MASTERING MINDSET

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.

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



**Punchy,** focused and interactive

BRETT: MANAGER  
DORMAKABA NATIONAL TRAINING

RESILIENCE AND EMOTIONAL INTELLIGENCE

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 building habits.

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



Very engaging, interesting and relevant

JULIA, LOREAL AUSTRALIA

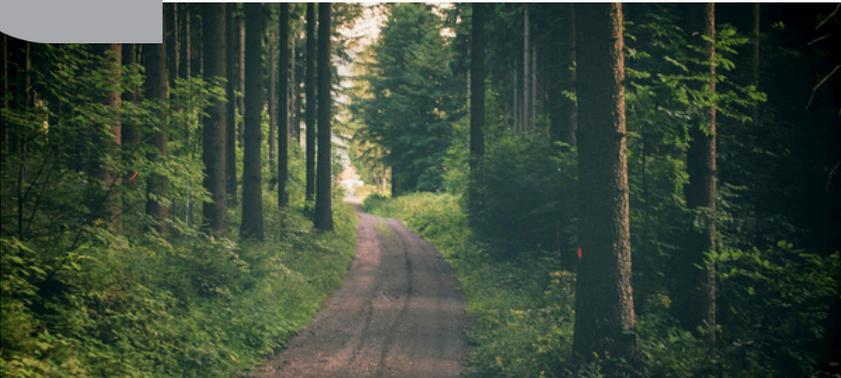
Positive energy and a polished presentation

BARBARA, MONTESSORI

A LIFESTYLE APPROACH

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 AND 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

IMPROVE  
YOUR  
ATTENTION

# Mindfulness for focus & clarity



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

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

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

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

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

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

DEPARTMENT OF TREASURY & FINANCE

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

DEPARTMENT PREMIER AND CABINET

## APPLIED NEUROSCIENCE

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

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**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

WELLBEING

REACH YOUR GOALS

# Mastering your Mojo™



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

WELLBEING

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

# 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





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