WunderTraining
for Schools

- CREATIVE
- HIGH ENERGY
- INTERACTIVE

KEYNOTES AND WORKSHOPS

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

www.wundertraining.com.au
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*WunderTraining is a collective of extraordinary and dynamic speakers, educators and facilitators who bring the latest positive and insightful, research-based content to life with passion with the purpose to build human flourishing.*

JANE WUNDERSITZ  
FOUNDER AND MASTER TRAINER

饮食 0430 297 970  
e jane@wundertraining.com.au  
www.wundertraining.com.au
INTRODUCTION

All About WunderTraining

Our Vision:

To creatively empower leaders, teams and individuals to be positively engaged at work, school and in life.

We challenge perceptions, inspire positivity and build resilience. We focus on personal and collective strength and inspire open communication and collaboration.

WunderTraining Founder:

Award winning Speaker, Australian Master Trainer and Founder of WunderTraining, Jane Wundersitz has supported over 7,000 people to discover their strengths. One of today’s influential voices bringing the robust research into personal and professional flourishing, resilience, emotional intelligence, mental toughness and positive leadership to the workplace and schools with energy and oomph.

Her curious nature led her to discover the field of positive psychology in 2004 at ‘The Body Shop’ where she was asked to develop a program to bring the company core value ‘Activate Self Esteem’ to life. She drew on the wisdom of Martin Seligman’s ‘Authentic Happiness’, Mihaly Csikszentmihaly and the late Christopher Peterson’s research and theories and she developed ‘Activate Happiness’. This began a positive obsession with continuing learning and applying the research from the field in the work environment. It directly contributed to building strong authentic team members, stable and purpose driven teams and a sustainable high-performance business that felt noticeably different.

In 2012, Jane launched WunderTraining which now offers over 26 research rich, visually exciting, signature style Wunder programs. National clients include several top 50 Australian businesses.

Jane creatively crafts the programs to ensure a safe and inclusive learning environment, building opportunities to connect, reflect and share opinions, informing and involving participants simultaneously.

Her credentials include a diploma in Positive Psychology and Wellbeing, a Degree in Visual Arts, Australian Master Trainer for VIA Institute on Character and ASA Authentic Strengths, she is an accredited Mental Toughness Partner and is a certified trainer. Jane presented at the 5th Australian Positive Psychology Conference 2016, the International Student Wellbeing & the Prevention of Violence Conference and PESA SA chapter 2017. She has been listed in the top most popular speakers for Entertainment Oz 2015-2017.

Jane has two teenage daughters and is a passionate advocate for positive education.

Strengths: Curiosity, Fairness, Hope, Love of Learning, Social Intelligence, Honesty, Leadership
The WunderTraining growing National Team, are aligned in purpose and live by what they teach. They have practical work and life experience and high impact stories to support why they are the subject matter expert for the topic. All senior facilitators have over seven years experience in successfully supporting educator and student wellbeing.

Our presenters who deliver programs with the science of wellbeing research foundations have the Diploma or Masters in Positive Psychology or the Masters in Coaching Psychology. Each has extensive experience and additional national qualifications in training, teaching or coaching. We are not psychologist.

The special spark of our presenters is their charisma and passion. This energy combined with experience - creates ripples of positive action.

WunderSchools

Professional Development and Strategic team-building

We focus on bringing the latest insights from the fields of Positive Flourishing, VIA Strengths, Resilience, Emotional Intelligence and Mental Toughness to build flourishing schools.

We understand the importance of looking after our educators, and we know that investing in principal, teacher, SSO and support team wellbeing is a cornerstone in building positive and sustainable students, schools and communities. As teachers continue to understand and develop strategies for their own wellbeing, they can positively contribute to building a broader positive school culture with renewed energy and passion.

We also know that a work culture that embraces a strengths based approach has higher levels of engagement, greater productivity and lower stress. Staff members who use their strengths are 18 times more likely to flourish in life.

Student Workshops and Seminars

Research has shown that young people are engaged more effectively when strengths based approaches are utilised. Students report a higher sense of belonging in schools with a positive disciplinary climate.

Parent Workshops and Seminars

Strengths based schools acknowledge the critical role parents play in their child’s development through supporting and coaching them to flourish.
Supporting Schools

Strength Based Schools

Our programs align with key components of the current ‘Wellbeing for Learning and Life’ framework in schools. Partner with us on your learning journey for the following benefits:

- Building a positive culture and a foundation commitment to teacher and student wellbeing.
- Educators Modelling Behaviour: when teachers and educators identify and use their strengths optimally, their behaviour demonstrates ‘Values in Action’ and supports the wellbeing of the young people in their charge.
- Student Social Inclusion and Relationship Building: Through appreciating uniqueness and valuing difference.
- Resilience using an holistic approach: drawing on strengths to support positive behaviours in physical, social, emotional, cognitive and spiritual dimensions of wellbeing.
- A pathway to life satisfaction through pro-actively engaging strengths to build wellbeing.

- Building self-efficacy through goal achievement, overcoming challenges and dealing with the unexpected.

WunderTraining Educator Programs

Educators’ Keynotes and Conference WunderBites

- Positively Charged and Resilient WunderBite or Keynote
- Your Strengths at Work Keynote
- Strengths Strong Values in Action
- Brain Boost Keynote
- Mental Toughness Keynote
- Mastering your Mojo Keynote
- Productivity with PUNCH
- Six Thinking Hats WunderBite
- Powerful Communication Keynote

Strengths Coaching

- 1:1 Strengths Coaching for Principals and Educators

Educators’ Professional Development and Strategic Team Building

- Building on our Strengths
- Your Strengths at Work
- Positively Charged and Resilient
- ASA Resilience for Youth
- Train the Trainer certification
- Live Life Forward: PERMA
- Mindfulness for clarity and focus
- Brain Boost
- Mastering Stress
- Mental Toughness
- Break Through Creativity
- The Speaker’s Edge
- Positive Leadership
- Powerful Communication
- Positively World Class Service

‘We wanted to start our leadership conference with a “wow factor”. Jane delivered this in spades! Her energy, insights and delivery meant no one was checking their phones and everyone was tuned into the key messages.’

BRIDGET EXECUTIVE TEAM
HUMAN SERVICES CANBERRA
Our Wunder Student Programs are highly interactive, activity and discussion based workshops.

Student Programs
Three Hour Deep Dive
- ASA Resilience for Teens:
  - 3 modules
- Live Life Forward PERMA
- T Power of Positive Peers
- Mindfulness
- The Speaker’s Edge
- Positive Leadership option for 1/2, full or two day program
- Strengths: Strong Values in Action

WunderBites offer workshops in 90 minute bursts. Suitable small to very large groups. Combine a few for a wellbeing focus event.

WunderBites
Interactive 90 minute Workshop
- Positively Charged and Resilient
- Strengths: Strong Values in Action
- Mindfulness WunderBite
- Brain Boost
- Mastering Stress
- Yoga and Meditation
- Mental Toughness
- Go F.A.R: Grit and Growth
- Mastering your Mojo
- Productivity with P.U.N.C.H
- Six Thinking Hats
- Breakthrough Creativity
- Powerful Communication

Parent Programs
We provide positive wellbeing and strengths based interactive workshops to enable parents to learn, share stories and meet other parents. Our aim is to support their wellbeing and assist in building a connected whole school community and to deliver the latest research and strategies through a practical and applied approach.

WunderBites
Interactive 90 minute Workshop
- Positively Charged and Resilient
- Live Life Forward: PERMA
- Strengths: Strong Values in Action
- The Good life
- Mindfulness
- Brain Boost
- Mental Toughness

Strengths Coaching
Strengths Coaching Circles:

'It was nice to see who had similar strengths and to compare my strengths with the whole year level'
CAITLIN YEAR 11

'Raising children ...is about identifying and nurturing their strongest qualities, what they own and are best at.'

SEILGMAN & CSIKSZENTMIHALYI
2000 p6

PAGE 6
Building on our Strengths

Under what conditions do teams flourish?

The science of wellbeing provides scientifically validated guidance to support teams to reach peak performance.

We review and build on five key domains which underpin a high performing team.

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
- EDUCATORS OR STUDENT LEADERSHIP TEAMS
- POSITIVE WORKPLACE CULTURE
- BUILD COLLABORATION AND TRUST

10/10 Informative, fun, involved everyone and gets you thinking.
ALICIA, SSO SEATON HIGH SCHOOL

A highly insightful and engaging session with a clear message.
ANDRE, BURTON PRIMARY SCHOOL

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 or VIA Me) in a work setting, including the rationale for a strengths-based perspective and purpose.

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

FULL DAY
- PARTNER PROGRAMS: VIA INSTITUTE ON CHARACTER
- TRAIN THE TRAINER

...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
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.

Moving from what’s wrong to what’s strong.

Designed to teach teenagers resilience and strengths with coaching tools that can be applied personally and in their relationships with others.

Students learn coaching and character strengths principles grounded in scientific research. Practising these principles has been shown to increase achievement, productivity, happiness and satisfaction in one’s academic and personal life.

This workshop can be taught in 12, 50-minute modules, or spread out over an entire school year.
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 a WunderTraining wellbeing hero workshop and has delighted 1000s of participants at conferences nationally. Suitable for small teams to 300+ participants. A guaranteed hit!

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.

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

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.
What keeps us happy and healthy as we go through life? What matters most?

This workshop will stimulate a deeper consideration of intentional behaviours in relationships and also brings participants to a holistic understanding of their own wellbeing.

We shine a spot light on positive communication and relationships and research based strategies to cultivate, appreciate and nurture the people in our lives.

The quality of peer relationships can have a profound impact on well-being. They can often be tricky.

This interactive and strengths based workshop aligns with school values and culture. The focus is on interpersonal and communication skills.

The self-reflective activities promote insight and an examination of personal style in situations of stress or conflict.

Includes a 10 minute hard copy communications profile assessment conducted during the workshop.

Excellent, we had great feedback and it was just what we were looking for. Positive and uplifting.

EXCELLENT, WE HAD GREAT FEEDBACK AND IT WAS JUST WHAT WE WERE LOOKING FOR. POSITIVE AND UPLIFTING.

CUSTOMER NETWORK EVENING

10/10 Thank You. Enjoyed the tips about communication and how to say no - I needed to know this! Fun. I had a great time.

PHOEBE, YEAR 10 LORETO COLLEGE
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 mindfulness in daily life.

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Brain Boost: Feel Brain Fit

Discover research based and proven strategies to tame your anxious brain and unleash your flourishing mind.

Has your creative mojo departed you? Finding it hard to sleep? Feeling anxious or depressed? Come and hear what’s happening in your brain, why it behaves like it does and how you can tame and re-energise it for optimum performance. This is an engaging, interactive and highly liberating session that is guaranteed to leave you wondering why no-one has shared this with you earlier. Leave with evidenced-based, scientifically proven tools to boost creativity, problem-solving ability and optimism.

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**WELLBEING AT WORK PROGRAM**

Excellent - This should be mandatory for everyone.
Thoroughly enjoyed this.
I learnt new skills and the presenters were brilliant.

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**PARAFIELD GARDENS HIGH SCHOOL**

Optimise Your Thinking

Focus and Clarity

Clear, linked to science and achievable. Vibrant, knowledgeable and enthusiastic presenter.

10/10 This should be taught in all work places.
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 responsibility. For students, exam stress and conflict in peer relationships can be overwhelming. This workshop offers participants a three option approach for addressing any stressful situation and brilliant techniques to manage and master stress.

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

SSO AND SUPPORT TEAM DEVELOPMENT DAY

Lifestyle Approach

FOCUS AND CLARITY

Yoga and Meditation

In this workshop you will learn the practical tools of meditation and yoga to cultivate balance and groundedness in your life.

We develop greater focus and control of our thinking and reactions by increasing our self awareness and understanding of body, breath and mind.

Through this practice we can train our minds to be our greatest tool, to enable us to make positive choices that can have a powerful impact on the quality of work we do and our relationships. Activity based, perfect for a student wellbeing event or staff conference.

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

SSO AND SUPPORT TEAM DEVELOPMENT DAY

“... When I was at school it appeared like I had it all, but not many people were aware under the surface I was struggling with social and study anxiety, perfectionism and the stress of peer pressure. I wish I had learnt what I know now.

BRITTY GEE, WUNDER TRAINER
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

"Inspiring for our leadership team to self-reflect on their mental toughness. Highly recommend."

ROB, SERVICE DIRECTOR DORMAKABA

Mental Toughness is when you can find fuel in an empty tank.

Go Far: Grit and Growth

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, sacrifices and effort, and you need to have the endurance to stay on the path.

90 MIN / 3 HOUR
- EDUCATORS, STUDENTS, SPORTS TEAMS
- BUILDING PERSEVERANCE AND SELF-EFFICACY, EVIDENCE BASED ACTIVITIES

"Inspirational and I thoroughly enjoyed all aspects. A highly engaging facilitator."

UNIVERSITY OF SOUTH AUSTRALIA

Life is a marathon, not a sprint.”

ANGELA DUCKWORTH
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 insights and strategies into 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.

“...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

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.

Mmm... sound familiar?
The PUNCH Personal Productivity workshop will teach both new and tried and tested ways to organise your time for a more productive professional and personal life. Having a sense of achievement is a key element to building wellbeing.

We loved the PUNCH workshop a real conference highlight - insightful, engaging, fun and empowering.
NATALIE MEDVET AUSTRALIA

Excellent - Very good presentation! Eat that frog... what a great way to tackle work.
SAFWORK PARTICIPANT
INNOVATION AND PROBLEM SOLVING

Six Thinking Hats

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 is a crucial skill. In order to facilitate effective and structured thinking, it is important to look at decisions from various perspectives. This leads to more collaborative, more effective and productive discussions and outcomes.

Brilliant workshop with strategies relevant in the school setting. Objectives tailored to students’ own problems or to their innovative projects. We bring the hats!

INNOVATION AND PROBLEM SOLVING

Breakthrough Creativity

Creativity is critical in today’s challenging workplaces. How do we leverage it?

Individuals and institutions that embrace change, encourage innovation and exhibit flexibility have a competitive advantage in contemporary life.

It’s not IF you’re creative - it’s HOW you’re creative. The fact is everyone is creative. Just as there are multiple styles of intelligence, there are multiple styles of creativity that produce different yet equally valuable results. Based on the work of Levesque who constructed a research-based model of creative personalities that is rooted in the pioneering work of Carl Jung and tied to the Myers-Briggs Type indicator.

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

NATIONAL RAIL SAFETY REGULATION

Interesting, insightful and completely unexpected.

UNIVERSITY OF SOUTH AUSTRALIA: WORKSMART PROGRAM
POSITIVE INFLUENCE AND COMMUNICATION

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 further develop their authentic style and truly engage their audience through structure, stories and highly visual and state of the art use of PowerPoint. Jane shares the wisdom gained over 20 years of experience. She has been listed in the most popular speakers for entertainment oz 2015, 2016, 2017. Take your presentations to an elite level.

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

PHILL, SENIOR LEADER, UNI SA

POSITIVE INFLUENCE AND COMMUNICATION

Positive 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 positive leadership workshop is designed to empower, inspire and support your senior students on their journey through personal discovery of self-awareness, strengths evaluation, and developing their interpersonal and communication skills.

Extraordinary leadership incorporates building a vision, role-modelling behaviours that support it and empowering others to align and to join you in the journey. Activities are interactive and enlightening.

10/10 Highly engaging. Enjoyed the facilitators energy and the links to our school culture and our pos ed framework.

KATH, SENIOR LEADER QUEENSLAND ACADEMY FOR SCIENCE, MATHEMATICS AND TECHNOLOGY

Made me feel empowered to effectively motivate my team.

MANAGER, ANYTIME FITNESS
Powerful Communication will build your ability to listen and speak effectively when it matters most and be clear on your intentions.

Open, honest and clear communication, so essential in building relationships, are skills that can be developed.

Includes key skills for building rapport, deep listening, developing respect through focused awareness and building receptivity techniques to reduce misunderstandings. Learn to appreciate key communication qualities of expressing empathy, forgiveness and gratitude.

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.

ALANA, YEAR 10 PLP PROGRAM

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 difference in the things we do.

Enjoyed the collective discussions and looking at human needs in understanding our clients. The facilitator’s enthusiasm rubs off.

JAN BUSINESS OWNER
Teacher and student relationships are the key to student wellbeing

Students who enjoy good relationships with their teachers also report that they are happier at school, make more friends, feel like they belong and are satisfied with their school. They are also less likely to report that they feel lonely at school, or that they feel like an outsider or awkward and out of place in school.


Leaders who focussed on developing themselves and their teams through strengths were more effective and successful. (Smedley, 2007).

A global study of almost 20,000 people across multiple organisations, industries and countries found that when people were encouraged by their managers to focus on their strengths, their performance rose 36%. When they focused on their weaknesses, performance dropped by 27%.

Corporate Leadership Council (2002)

In a study of students between 12-14, life satisfaction rose in those who experienced character strengths-building activities and challenges within the school curriculum. (Proctor et al, 2011)

A study of university students who developed their strengths increased on self-esteem measures over a four-week period. This was true with strengths they used frequently and strengths with untapped potential. (Minhas, 2010).