



Warida
Wholistic
Wellness

CAPABILITY STATEMENT



About Bianca Stawiarski

ABN: 57 628 153 855

Founder and Managing Director of, Supply Nation and Social Traders Certified, Warida Wholistic Wellness, Bianca Stawiarski, is a strong, centred and purpose-driven healer, consultant, speaker, lecturer, author, trainer and change-maker.

Leading organisations have sought out Bianca, to create and deliver sensitive and engaging programs both online and in person, or to educate wider audiences through their publications. Bianca has become a preferred provider to Local, State, National and International organisations, as well as Government departments and agencies. She is in demand due to her dynamic, uplifting, and engaging training style – across areas of wellbeing, business, and support of First Nations peoples and women.

Bianca is highly skilled and qualified, and brings with her a unique approach, which is the culmination of her decades of work experience (including Commonwealth Government), her vast number of qualifications and accreditations, her lived experience, traumas and healing, and her absolute connectedness to her culture and Country.

She has the specialised ability to create, facilitate and deliver unique mindset changing programs, provide therapeutic support that is culturally safe, trauma-informed, and empowering, as well as develop and present customised wellbeing training.

Bianca infuses her calming, resilient, earthy, Indigenous connectedness into all that she does. At all times, she draws upon her Badimaya / Badimia (Indigenous) and Ukrainian heritages, connection to Australian Indigenous wisdom, sense of community and holistic healing approach.

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Warida Wholistic Wellness

She founded Warida Wholistic Wellness as a social enterprise:

Vision

Our vision is to be a sanctuary that provides the right tools for people to heal and thrive; and encourages community change – one person at a time.

Mission

Our Mission is to welcome a diversity of clients, embracing their individual experiences of wellbeing, while empowering them to heal by connecting in a culturally safe way, honouring Country and embracing the ethos of Gudu-Guduwa (Coming Together).

Purpose

Our purpose is to further support the development of strong empowered families and communities, providing volunteering, training or employment opportunities; as well as to facilitate positive mental wellbeing, balanced with self-care priorities, to Australian First Nations people impacted by trauma.

Our Services

Warida Wholistic Wellness employs proven psychological techniques and strategies, within an intuitive, integrated, trauma informed and culturally safe approach.

Warida Wholistic Wellness offers:

- Dynamic Speaker, Guest Lecturer & Presenter
- Workshop, Webinar & Program Facilitator, Trainer, and Consultant, including We Al-li Programs Lead Facilitator and Sovereign Business.
- Culturally Safe, Trauma informed Therapeutic Clinical support & Training
- First Nations Networking & Business Support
- Community Engagement & Mentoring
- Content Creator & Published Author
- Job Pathways Strategies & Coaching

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Our Clients

Facilitating change in individuals, communities and workplaces has the potential to break through intergenerational trauma, disconnection, and disempowerment. In turn creating space for healing, confidence, mental strength and shifts in organisational culture and management.

We work within the following key areas:

- Local, State & Federal Government Agencies
- Universities
- International organisations
- Hospitals and Aboriginal Health Services
- First Nations Business & Jobseeker Support
- National media organisations – through our contract with an EAP provider
- National Employee Assistance Program provider as a consultant

Our Research

2021 – PhD exploring how Indigenous practice of Dadirri may assist people with dissociative identity disorder establish inner communities of care – Bachelor Institute, NT (still researching)
2021 – Book Chapter on Healing Disconnection: Incorporating Equine Assisted and Bush therapies – Psychotherapy and Counselling Federation of Australia (still to be published)
2022 – Co-author of Courage and Confidence, an internationally released book and Amazon best seller in women in business category (Women Changing the World publications).
2022 – Co-author of Goodbye Busy, Hello Happy book. To be published 2023

Appearances and Features

NITV

SBS & SBS Small Business Secrets

ABC radio

ABC Television

Southern Cross Television

Koori Mail

Business SA Chamber of Commerce & Industry South Australia

Youthwise magazine

West Coast Sentinel

Port Lincoln Times

The Bunyip Newspaper

Equestrian Australia

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Professional Experience

Bianca is experienced in culturally competent, and trauma integrated therapeutic approaches with her focus on Equine Assisted / Animal Assisted Psychotherapy, Confidence-Building, Transformational / Transitional Coaching, Trauma-Informed Counselling, Horse Archery, Bush Therapy, trauma workshop facilitation through We Al-li Programs as Lead Facilitator and Sovereign Business, and Wellbeing retreats / yarning circles as tools for empowerment and mental strength building.

She has also had vast experience in training, development, program development and empowerment – at an individual, local, state, and national level. Online training has been delivered in across Australia, but also in the UK, US, and Brazil.

Awards, Professional Registration and Affiliations

- 2021 Telstra Best of Business SA Finalist - Indigenous Excellence
- 2021 Global Business Mothers Awards - Women will Change the World Award - GOLD
- 2021 Global Business Mothers Awards - Oceania Business Excellence Award - GOLD
- 2021 Top 50 Small Business Leaders in Australia - Small Business Insider
- Queens Trust for Young Australians national participant
- Australian Counselling Association – Level 3
- Psychotherapy and Counselling Federation of Australia (PACFA) –clinical
- Leadership Team of PACFA’s College of Aboriginal and Torres Strait Islander Health Practices (CATSIHP)
- Founding Board member of the Australasian Association of Equine Assisted Psychotherapy and Equine Assisted Learning (AA-EAP-EAL)
- SA Trainer for the Equine Psychotherapy Institute
- SA Trainer for Converge International’s Employee Assistance Program
- Indigenous Business Australia’s Strong Women Strong Business, Mentor.
- Indigenous Business Australia’s Business Startup Facilitator

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Awards, Professional Registration and Affiliations continued

- Supply Nation Certified Indigenous Business
- Social Traders Certified Social Enterprise

Qualifications

Currently studying PhD in Indigenous Studies (Allied Health)

Master (Counselling Practice) Tabor College

PACFA Mental Health Practitioner

Accredited in Acculturation Scale for Aboriginal Australians (IPS)

Accredited in Acculturation Stress Scale for Aboriginal Australians (IPS)

Accredited in the Westerman Aboriginal Symptom Checklist – Adults and Youth (IPS)

We Al-li Programs Lead Facilitator: Culturally Informed Trauma Integrated Healing Approach

We Al-li Programs Facilitator Training – Recreating Songlines from Trauma Trails

Diploma of Wayapa Practice

Blue Knot Foundation: Working Therapeutically with Complex Trauma Clients (Level2) – three phased approach

We Al-li Programs: Dadirri: Ancient Aboriginal Mindfulness Traditions

We Al-li Programs: Trauma informed Care and Practice: An Indigenous approach to developing worker skills

IICT Diploma of Life Coaching Estrada College

Post Graduate Diploma (Counselling) Tabor College

Post Graduate Diploma equiv. (Equine Assisted Psychotherapy) E. Psychotherapy Institute

Certificate Aboriginal Narrative Practice course – Dulwich Centre

Working Therapeutically with Complex Trauma Clients (Lvl 2) – 3 Phased Approach - Blue Knot F.

Advanced Trauma Training – Equine Psychotherapy Institute

Cert IV of Government (Contracting) Major Training Services

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Qualifications continued

Diploma of Government (Contracting) Major Training Services

Management Development Program, Leading and Managing People, Adelaide University

Bachelor of Arts (Aboriginal Studies) Uni SA

Professional Associations

Psychotherapy and Counselling Federation of Australia (PACFA)

PACFA Leadership Group of College for Aboriginal and Torres Strait Islander Healing Practices (CATSIHP)

Australian Counselling Association (ACA)

Blue Knot Foundation

International Society for the Study of Trauma and Dissociation (ISST-D)

Australian & New Zealand Mental Health Association

First Personal Plural – UK

Australasian Association for Equine Assisted Psychotherapy & Equine Assisted Learning (AA-EAP-EAL)

Equestrian Australia (EA)

Clearances

Working with Children check

National Police Check

Childsafe RAN

Working with Disabled persons clearance

First Aid & CPR

Australian Government Security Vetting Agency – Baseline Clearance (*will need to be transferred to new sponsor*).

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Resume

**please note that my resume doesn't have exact dates in some areas due to data loss resulting from a house fire.*

Employment

Lead Facilitator and Approved Sovereign Business Model Facilitator

We Al-li Programs

2021 - current

- Facilitate culturally informed, trauma integrated workshops.

Managing Director, Transformational Coach, Counsellor, Equine-Assisted Psychotherapist, Bush-Therapist and Training Consultant

Warida Wholistic Wellness Pty Ltd (self-employed) (formerly Life Empowerment 4 You and Empowerment 4 Riders)

October 2018 - current

- Facilitating and empowering individuals and groups within Australia and Internationally, to improve their affect regulation, ease distress, move through trauma and disillusionment, to explore and embrace their uniqueness. This may include acknowledging and processing self-limiting / internal beliefs, assisting with realistic goal setting, changing mindset / narrative strategies, stabilising and processing trauma or grief amongst other areas. Providing an integrative approach with modalities utilized being Gestalt Therapy, Narrative Therapy, Solution-Focused, Emotion-Focused Therapy, Equine assisted psychotherapy, Indigenous Healing Practices and Neurolinguistic Programming. Experience in working with individuals effected by trauma / complex trauma and emotional dysregulation, women impacted by domestic violence, and Australian First Nations people.
- Therapeutic support for a national Indigenous Youth Suicide research team (February 2020) – Broome and Derby, WA.
- Training facilitation projects for Indigenous Business Australia (Indigenous Business Start-up Workshops), Community consultation facilitation for PWC PIC -Aboriginal Entrepreneur Hub, SA First Nations Entrepreneur Hub Design and Delivery team, Indigenous Professional Services Facilitation Consultant, Flinders University Guest Lecturer, SA Aboriginal Health Services Network, SA State Horse Archery trainer for Pony Club Association of South Australia. Delivering training online to cohorts in the UK, US, Brazil and across Australia.

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- Featured in local and national newspapers and media, including national ABC radio, SBS Small Business Secrets, NITV, 7 News, Indigenous Business Australia media, Impact Boom (national social enterprise).

Senior Consultant (external),

People Assist, EAP, Critical Incidents, Mental Health Training, Integrated onsite services

Converge International

April 2019 – current

- Providing Employee Assistance Program (EAP) trauma-informed Counselling services for Indigenous specific and other clients, critical incidents response for Converge International's clients and delivery of mental health training.
- Providing onsite integrated counselling / wellbeing services various organisations
- Therapeutic Support for audience and panel members for television show

Counsellor (Master's Student)

Life Design Counselling Centre (attached to Tabor College)

August 2018 – June 2019

Facilitating and empowering individuals to improve their affect regulation, ease distress and move through trauma and disillusionment, to explore and embrace their uniqueness.

Transformational Coach

Life Empowerment 4 You (self-employed)

July 2016 – October 2018

- Facilitating and empowering individuals and groups within Australia and Internationally, to improve their affect regulation, ease distress and move through disillusionment, to explore and embrace their uniqueness. This may include acknowledging and processing self-limiting beliefs, assisting with realistic goal setting, and changing mindset strategies. Modalities utilized are Gestalt Therapy, Narrative Therapy, Solution-Focused, Emotion-Focused Therapy, Cognitive Behavioural Therapy, Neurolinguistic Programming. Specialised in working with individuals effected by trauma / complex trauma and emotional dysregulation, women impacted by domestic violence, and Australian First Nations people.

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Transformational and Confidence Coach, Horse Archery Instructor, Equine Assisted Learning Practitioner, Equine Assisted Psychotherapist

Empowerment 4 Riders (self-employed)

January 2015 -October 2018

- Outreach Industry specialist providing confidence-building, empowerment and social and emotional resilience to individuals and groups working in partnership with horses. Australian specialist in utilizing horse archery techniques to assist with improving affect dysregulation, processing trauma and positive mental health. Clinics held across South Australia, New South Wales, Victoria and Tasmania. Invited to United Kingdom to share knowledge of Confidence-Building techniques. Leading specialist when dealing with issues of riding Confidence and dealing with anxiety. Sought by Riding for Disabled Association (SA), Horse SA, Equestrian Australia (National Office) and Pony Club Board of South Australia to provide anxiety training at the local, state and national level. Assisted with horse archery instruction to the Girl Scouts of America whilst in the US during October 2015. Featured in local and national newspapers and media, including national ABC radio.

Commonwealth Department of Education & Commonwealth Department of Education, Employment and Workplace Relations

Senior Contract Manager (APS6), National School Chaplaincy and Student Welfare Programme
2012 – 5 January 2015

The National School Chaplaincy and Student Welfare Programme (NSCSWP) provided support and funding to engage chaplains and student welfare workers in schools across Australia.

Duties included:

- Leading role in the contract management team managing business relationships with key internal and external stakeholders.
- Undertaking site monitoring visits and performance discussions that focused on strategies to improve performance of the service providers whilst ensuring compliance with contractual conditions.
- Utilising, including providing training on the NSCSWP administration system (SEMIS).
- Part of a team that undertook the successful contract management of 700 funding recipients responsible for 3555 funded schools with a project value of \$74 million per annum. Over 10,000 payments were made.
- Proven ability to manage, supervise and provide leadership to a small team.

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**Commonwealth Department of Employment Education,
Senior Policy Officer (APS6), Ministerial Team – Adelaide**

2011 - 2012

Preparation of Ministerial Responses relating to the Commonwealth Government's Chaplaincy Program. Duties included:

- Leading role in the Ministerial team, writing responses from Prime Minister / Ministers on the program to both external clients and Cabinet.
- Coordinating information from other internal stakeholders.
- Proven ability to manage, supervise and provide leadership to a small team.

**Commonwealth Department of Employment, Education and Workplace Relations, Senior
Contract Manager (APS6),
Indigenous Employment Programme – Ceduna and Adelaide**

2002 - 2011

The Indigenous Employment Programme provided support and funding to train Indigenous job seekers across South Australia so that they can gain meaningful and ongoing employment within their town / community.

Duties included:

- Leading role in the contract management team managing business relationships with key internal and external stakeholders.
- Was assigned to work with the highly specialized, political, or high-risk clients
- Undertaking site monitoring visits and performance discussions that focused on strategies to improve performance of the service providers whilst ensuring compliance with contractual conditions.
- Proven ability to manage, supervise and provide leadership to a small team.

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**Aboriginal and Torres Strait Islander Services & Aboriginal and Torres Strait Islander Commission,
Senior Case / Project Manager (various levels from APS1-APS6), Deputy Regional Manager (EL1 – Temporary),
Indigenous Employment Programme,
Community Development Employment Program, and the Wangka Wilurrura Regional Council.
1993 - 2002**

The Indigenous Employment Programme provided support and funding to train Indigenous job seekers across the Far West Coast of South Australia, so that they can gain meaningful and ongoing employment within their town / community.

Duties included:

- Leading role in the contract management team managing business relationships with key internal and external stakeholders.
- Undertaking site monitoring visits and performance discussions that focused on strategies to improve performance of the service providers whilst ensuring compliance with contractual conditions.
- Proven ability to manage, supervise and provide leadership to a small team.

Undertook a temporary role as the Deputy Regional Manager of the Ceduna Aboriginal and Torres Strait Islander Services Ceduna Regional office for period of approximately 6 months. Duties included:

- Manage the Regional Office and multi-million-dollar budget, dealing with internal and external stakeholders including various government departments, Aboriginal communities, police and service providers.

Volunteer Employment History:

2021 – current: The Voice of Indigenous Communities and Enterprises (VOICE) – Indigenous Chamber of Commerce, development team

2020 – current: The Circle, First Nations Entrepreneur Hub, Design and Delivery Team, Lot 14

November 2019 – current: Psychotherapy and Counselling Federation of Australia (PACFA) Leadership Group for national College of Aboriginal and Torres Strait Islander Healing Practices (CATSIHP).

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January 2019 – current: Indigenous Business Australia’s Strong Women Strong Business Indigenous female entrepreneur’s mentor.

June, 2018 – Current: Regional Coordinator for “Black Coffee”, Indigenous Business Networking organization. Duties include coordinating and distributing monthly networking meetings for Indigenous businesses throughout South Australia.

2015 – current: Chief Horse Archery Instructor, Secretary (until 2018) & President (from 2018), The Flying Fletches Incorporated. Duties included Risk Assessment, skills instruction and confidence building as well as negotiation with external stakeholders such as Insurance companies and writing internal policy documents.

2014 – 2016: Operated Fundraising barbecues at Bunnings Hardware, Modbury. Duties included serving customers, food handling, cooking, set-up and pack up of the stall and money handling.

2010 – 2015: Undertook the rescue and care of Specialised Restricted Native Animals (Koalas, microbats and Flying Foxes) with the Fauna Rescue Association of South Australia.

2014 – Hosted and was featured in a television episode of the national children’s program “Totally Wild”.

Location of Business

Whilst Warida Wholistic Wellness is based in the Adelaide Hills (Lower Hermitage); we have the demonstrated ability to deliver contracted work across Australia, including regional and remote areas.

Address: Lower Hermitage, South Australia

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Insurance Detail

Copy of insurance cover will be provided to the Contractor upon request. The Consultancy insurance cover of to the value of \$20 million for both professional indemnity and public liability.

Please note: Contractor is to cover flights, accommodation and vehicle hire for interstate / international work

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