



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, best-selling and international co-author, trainer, and change-maker.

Organisations have sought out Bianca, to create and facilitate 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 mental health and 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, is a licenced provider of We Al-li Programs' Trauma Informed, Culturally Integrated Healing Approach Workshops, and provide therapeutic support that is culturally safe, trauma-informed, and empowering.



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Warida Wholistic Wellness

She founded Warida Wholistic Wellness as an international Indigenous 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. Empowering a diversity of women to heal on their own terms.

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) and ngardi guwanda (deep listening).

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.

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

Our Services

Warida Wholistic Wellness employs proven decolonised psychological techniques and strategies, within an intuitive, integrated, trauma informed and culturally safe approach. At the grassroots level she supports women to reconnect to their inner fire regardless of experience, while at the corporate level she supports organisational / departmental system change approaches.

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Warida Wholistic Wellness

Bianca Stawiarski and Warida Wholistic Wellness offers:

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

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 as a guest lecturer
- 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 Senior consultant

Research / Published Works

2023 – Ngardi Guwanda (deep listening): A yarn about wellbeing (to be published mid 2024)

2023 – Gami Winda and Dyindi-Dyindi (children's book published August 2023)

2022 – co-author of Ubuntu: On whose shoulders we stand, an internationally released book compiled by Dr Tererai Trent (to be published October 2023).

2022 – co-author of Ignite – The New Business Guide: Everything you need to know to create your dream business (published 2023)

2022 – co-author of a reflections chapter in Ecotherapy: A Field Guide (published in the United Kingdom August 2023).

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).

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Research / Published Works continued

2022 – Co-author of Goodbye Busy, Hello Happy, an internationally released book (Women Changing the World publications)

2022 – Book Chapter on *Ngardi Guwanda*, Indigenous Healing, Dissociation, and Lived Experiences of Dissociative Identity Disorder (still to be published)

2022 – Chapter in Equine Assisted Therapy book (still to be published in the US)

2021 – current PhD exploring *Ngardi Guwanda* (deep listening), Indigenous Healing Practices and lived experience of dissociative identity disorder – Bachelor Institute, NT.

2021 – Book Chapter on Healing Disconnection: Incorporating Equine Assisted and Bush therapies (still to be published)

2021 – co-author of Indigenous Psychotherapy, COVID19, and the online space: Yarning about challenges and opportunities. *Psychotherapy and Counselling Journal of Australia* – 2021, Issue 4.

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

Professional Experience

Bianca is experienced in culturally competent, and trauma integrated therapeutic approaches with her focus on Indigenous Healing Practices, Equine Assisted / Animal Assisted Psychotherapy, Transformational / Transitional Coaching, Trauma-Informed Counselling, Horse Archery / Archery Assisted Psychotherapy, Bush Therapy, trauma workshop facilitation through We Al-li Programs as Lead Facilitator / licensed Sovereign Business and their SA Manager; and Wellbeing retreats /



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yarning circles as tools for empowerment. Bianca was also contracted by US company Small Biz Silver Lining Limited to deliver their mentoring / coaching services globally.

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

- 2023 – Clinical Director of Mental Health, Indigenous Healing Practices for Newosis Mental Health Foundation (ceased August 2023)
- 2023 – Beam Business Awards – GOLD Embracing Social Change Leader
- 2023 Women Changing the World Global Awards (UK) – GOLD Social Entrepreneur
- 2022-current – Accepted as Women’s Entrepreneurship Day Australian First Nations Ambassador
- November 2022 - current – Accepted into the International Women’s Forum: Women Leaders Globally committed to advancing women’s leadership and Championing Equality.
- 2022-current: Mental Health Professionals Network Co-coordinator for the Adelaide African, Indigenous and Culturally and Linguistically Diverse Communities special interest group
- 2022 Ausmumpreneur winner in 3 awards: Indigenous Business Excellence - Bronze, Wellness and Wellbeing - GOLD, Women will changing the World - Bronze,
- 2022 SA Woman finalist in First Nations Business Excellence award.
- 2022 Ausmumpreneur finalist in 5 awards: Indigenous Business Excellence, Wellness and Wellbeing, Ausmumpreneur of the Year, Women will changing the World, Women’s Business School – Accelerate.
- 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
- Psychotherapy and Counselling Federation of Australia (PACFA) –clinical
- Co-convenor and membership of the Leadership Team of PACFA’s College of Aboriginal and Torres Strait Islander Health Practices (CATSIHP)
- 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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- Supply Nation Certified Indigenous Business
- Social Traders Certified Social Enterprise

Qualifications

- 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: Family Violence / Community Recovery
- We Al-li Programs Lead Facilitator: Culturally Informed Trauma Integrated Healing Approach
- We Al-li Programs Facilitator Training – Recreating Songlines from Trauma Trails
- 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
- We Al-li Programs: Working with Children
- Diploma of Wayapa Practice
- Blue Knot Foundation: Working Therapeutically with Complex Trauma Clients (Level2) – three phased approach
- 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
- Diploma of Government (Contracting) Major Training Services
- Management Development Program, Leading and Managing People, Adelaide University
- Bachelor of Arts (Aboriginal Studies) Uni SA

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Professional Associations

- Member of the Australian Institute of Company Directors
- International Women's Forum: Women Leaders Globally committed to advancing women's leadership and Championing Equality.
- Newosis Mental Health Foundation
- Women's Entrepreneurship Day Australia First Nations Ambassador
- Mental Health Professionals Network Co-coordinator for the Adelaide African, Indigenous and Culturally and Linguistically Diverse Communities special interest group
- Psychotherapy and Counselling Federation of Australia (PACFA), including being a Board Member
- PACFA Leadership Group of College for Aboriginal and Torres Strait Islander Healing Practices (CATSIHP) – Co-Convenor
- Blue Knot Foundation
- International Society for the Study of Trauma and Dissociation (ISST-D)
- Australian & New Zealand Mental Health Association
- First Personal Plural – UK
- 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

Guest Lecturer

Griffith University

2022

- Guest Lecturer / Facilitator for Culturally Informed Trauma Integrated Healing Approaches specialist subject

Lead Facilitator, Approved Sovereign Business Model Facilitator, and South Australian Manager We Al-li Programs

2021 - current

- Facilitate culturally informed, trauma integrated workshops nationally.

SLAPStrategist (Business Mentor / Coach)

Small Biz Silver Lining Limited – United States of America

June 2022 – June 2023

- Working with business start-ups across Australia as a business mentor / coach.
- Coordinating Silver Lining's First Nations Entrepreneur cohort.

Guest Lecturer

Flinders University

2020 - 2022

- Guest Lecturer for cultural competency approaches for Psychology students

Managing Director, Indigenous Healing Practitioner, 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, families, and groups within Australia and Internationally, to improve their affect regulation, ease distress, move through trauma and disillusionment, to explore and embrace their uniqueness. Providing an integrative approach with modalities utilized being Gestalt Therapy, Narrative Therapy, Solution-



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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, lived experience of dissociative identity disorder, 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 Thirrili Indigenous Suicide Postvention Service; 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.
- 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 – March 2023

- 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.



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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.

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.

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**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.

**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.

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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.

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.

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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:

Oct 2022 – current: Co-Coordinator for Mental Health Professional’s Network Adelaide African, Indigenous and Culturally and Linguistically Diverse people’s Mental Health Network.

2021 – 2022: The Voice of Indigenous Communities and Enterprises (VOICE) – Indigenous Chamber of Commerce, development team

2020 – 2022: 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). Co Convenor and previously Deputy Convenor.

January 2019 – 2022: Indigenous Business Australia’s Strong Women Strong Business Indigenous female entrepreneur’s mentor.

June, 2018 – July 2023: Regional Coordinator for “Black Coffee”, Indigenous Business Networking organization. Duties include coordinating and distributing monthly networking meetings for Indigenous businesses throughout South Australia.

2015 – 2021: 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”.

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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 and internationally, including regional and remote areas.

Address: Lower Hermitage, South Australia

Email: Bianca@Warida.com.au

Phone: 0438 253 202

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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