



**21**  
**NOV**  
**2025**

SYDNEY,  
AUSTRALIA

**AGENDA**

## DAY TWO

8.30am Shared breakfast

9.00am Opening day two - recap

9.15am Self-awareness, trust building, communication / Ondina

10.15am Activity session

10.45am Break

11.05am Help! I made a mistake - now what? / Jacqui - KPMG

11.55am Panel: Help! I made a mistake / Ondina, Jacqui, and Toni

12.25pm Are you OK? Your physical and mental health /  
Rachael - Exercise Lab

1.05pm Lunch

1.55pm Check in

2.05pm elementTIME user group and Q&A for all payroll /  
Nic - elementTIME

2.45pm Activity: Payroll maturity

3.15pm Break

3.35pm Speed networking - meet and greet time /  
Ondina, Rachael, Toni, Jacqui, elementTIME team

4.15pm Wrap and prizegiving

4.35pm Close



**9.15am**

**Self-awareness, trust building,  
communication**



**Ondina Gregoric**  
Speaker, Mentor, Coach

**Mobile:** 0403 208 359

**Location:** Sydney, NSW

**Website:** [www.ondina.com.au](http://www.ondina.com.au)

**Email:** [ondina@ondina.com](mailto:ondina@ondina.com)

Ondina Gregoric has forged her place as one of Australia's most respected businesswomen and mentors, with a career spanning over four decades across the Fashion, Skincare, and Professional Development industries.

She opened her first business at just 21 in Darwin, as a young mother creating her own path. Since then, Ondina has built a reputation for substance, integrity, and personal transformation—establishing the Ondina brand and evolving it into a platform for helping others find their voice, their power, and their presence.

Today, Ondina is a Coach, Mentor and Speaker based in Sydney, working with leaders, business owners, managers, and entrepreneurs who want to develop deeper levels of self-awareness, courage, and communication. Her work is grounded in creating trust, building personal presence, and helping people speak powerfully and truthfully in their professional and personal lives.

Ondina's programs—delivered online and in person—focus on:

- Self-Mastery and Personal Presence
- Conversational Intelligence
- Leadership Development
- Powerful Communication
- Professional Presence & Image

As one of the first Internationally Certified Conversational Intelligence® Coaches, Ondina trained under the late Judith Glaser, a master coach and anthropologist. She is a Master NLP

# DAY TWO



Her clients include high-level professionals, corporate teams, public sector leaders, and creatives across Sydney, Brisbane, Melbourne, Canberra and beyond. She offers 1:1 coaching, group mentoring, corporate facilitation, and keynote speaking.

In 2012, Ondina was honoured as the first woman to be named COSBOA (Council of Small Business Organisations of Australia) Small Business Champion—recognition of her leadership and contribution to business.

Ondina’s core message is simple but powerful:

*“When we lose trust, we lose our voice.”*

She is passionate about helping people reclaim both.

## Session notes:

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## 10.15am Activity session

**Session notes:**

**11.05am**

**Help! I made a mistake - now what?**



**Jacqui Burford**

Manager – KPMG Enterprise

LinkedIn: [www.au.linkedin.com/in/jacqui-burford-change-manager](https://www.au.linkedin.com/in/jacqui-burford-change-manager)

**Jacqui** is a change management enthusiast who has learned from experience the importance and power of communicating and engaging with others to achieve successful outcomes.

Jacqui's experience involves working with local government, water utilities, not-for-profits and health organisations. She has developed strategies, roadmaps and toolkits to help those organisations put people first when implementing large and small changes. Jacqui takes a practical approach to managing change and uses her understanding of psychology to strengthen her work.

**Session notes:**

**11.55am**

## Panel: Help! I made a mistake



Presented by:

**Ondina, Jacqui, and Toni**

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**Ondina Gregoric** – Speaker, Mentor, Coach from Ondina

**Jacqui Burford** – Manager from KPMG Enterprise

**Toni Minovski** – Stakeholder Engagement Manager from NSW Industrial Relations

**Session notes:**



**12.25pm**

## Are you OK? Your physical and mental health

### Exercise Lab

#### Rachael Kent

Accredited Exercise Physiologist & Director, Exercise Lab

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

Instagram @ exerciselab

LinkedIn @ Rachael Kent

Rachael is here today to talk about something that affects us all – the impact of sitting for long hours at work. She will share practical tips on preventing neck and back pain, improving posture, and boosting overall wellness.

Presented by:

**Rachael Kent, Director – Exercise Lab** is an Accredited Exercise Physiologist with extensive experience in the assessment, management, and rehabilitation of musculoskeletal and chronic health conditions. She has successfully operated her own clinical practice, providing tailored exercise interventions to support recovery, improve physical function, and enhance overall health outcomes.

Rachael's expertise lies in exercise physiology, injury rehabilitation, and the prevention and management of musculoskeletal injuries. Her evidence-based and client-centred approach ensures that every program is designed to optimise movement, restore strength, and promote long-term wellbeing.

Through her clinical work and professional presentations, Rachael is dedicated to advancing understanding of the role of exercise in injury recovery, health restoration and wellbeing. She is passionate about helping individuals return to an active, balanced lifestyle and continues to advocate for the power of movement in achieving sustainable health.

**Session notes:**

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**2.05pm**

**elementTIME user group and Q&A for all payroll**

**Session notes:**

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**2.45am**

**Activity: Payroll maturity**

**Session notes:**