

Training Workshop Calendar

February – July 2024

DUNEDIN

FEBRUARY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
1	Goal setting for the year ahead	Full day	\$595
6	Leading Yourself & Others through Change	Full day	\$595
8	Wellness in the Workplace	Full day	\$595
13	Finetuning Your Assertiveness	Full day	\$595
15	Courageous Conversations - Having Conversations that Matter.	Full day	\$595

MARCH	PUBLIC WORKSHOPS	DURATION	PRICE + GST
7	Leadership in a Permanent White Water	Full day	\$595
12	Mindful Leadership & Team Growth	Full day	\$595
14	MBTI – Me, Myself & I – discovering your Personal Strengths using Myers Briggs Type Indicator (MBTI)	Full day	\$695*
19	Effective Communication Skills	Full day	\$595
21	Time Management	Full day	\$595
26 - 28	Essentials of Appreciative Inquiry – Tool for Creating Positive Futures within your role, team &/or organisation.	3 days	\$1695*

APRIL	PUBLIC WORKSHOPS	DURATION	PRICE + GST
4	Building Strength based Teams	Full day	\$650
9	Train the Trainer	Full day	\$650
11	AWESOME Customer Service	Full day	\$650
16 - 18	Introduction to Management & Leadership Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	3 days	\$1750*

For further workshop information & on our full suite of offerings visit

www.freespiritnz.com or call us on 03 478 0061

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MAY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
2	Effective Communication Skills	Full day	\$650
14	Leadership in the Permanent Whitewater	Full day	\$650
16	Wellness in the Workplace	Full day	\$650
23	Courageous Conversations – Having Conversations that Matter	Full day	\$650
28	Effective Communication Skills	Full day	\$650

JUNE	PUBLIC WORKSHOPS	DURATION	PRICE + GST
4 - 6	Introduction to Management & Leadership Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	3 days	\$1750*
13	Building a Strength based High performance Culture	Full day	\$650
18	Leading Yourself & Others Through Change	Full day	\$650
20	Finetuning your Assertiveness	Full day	\$650
25	Strengthening your Resilience Toolkit	Full day	\$650

JULY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
2	Train the Trainer	Full day	\$650
4	Appreciating & Working to your Strengths Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	Full day	\$795*
16	AWESOME Customer Service	Full day	\$650
23 - 25	Introduction to Management & Leadership Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	3 days	\$1750*
30	Time Management	Full day	\$650

Please note:

- Dates may be subject to change.
- Subsidised Not-for-profit rates available upon consultation.
- *Incl the cost of MBTI (Myers Briggs Type Indicator) or Belbin's Online Assessment & Personal Profile
- Workshops can be run as **In-house training workshops** tailor-made to suit the needs of you, your team & your organisation's mission, values & focus & as **Training Bites**.
- As of 1st of April 2024, our workshop fees will increase slightly to ensure we continue to offer great service to our valuable clients.
- 1:1 Coaching options.