

# Training Workshop Calendar

**August – December 2022**

**DUNEDIN**

AUG	PUBLIC WORKSHOPS	DURATION	PRICE + GST
5	Managing Conflict Positively & Proactively	Full day	\$495
9 - 11	Introduction to Management & leadership <b>Includes your Personal Belbin's Team Types Report, Strengths Profile &amp; 1:1 Coaching.</b>	3 days	\$1595*
16	Time Management – Self Management	Full day	\$495
18	Finetuning Your Assertiveness	Full day	\$495
23	Train the Trainer	Full day	\$495
30	Working to your Strengths <b>Includes your Personal Belbin Team Types Report &amp; Strengths Profile.</b>	Full day	\$575*

SEPT	PUBLIC WORKSHOPS	DURATION	PRICE + GST
6	Health & Wellbeing in the Workplace	Full day	\$495
8	Courageous Conversations – <b>Having Conversations that Matter.</b>	Full day	\$495
13	Giving & Receiving Feedback	Full day	\$495
20	Strengthening Your Resilience	Full day	\$495
22	Effective Communication Skills	Full day	\$495
27	Leading Yourself & Others Through Change	Full day	\$495

OCT	PUBLIC WORKSHOPS	DURATION	PRICE + GST
11	Managing Performance Effectively	Full day	\$495
18 - 20	Introduction to Management & Leadership <b>Includes your Personal Belbin's Team Types Report, Strengths Profile &amp; 1:1 Coaching.</b>	3 days	\$1595*
25	Courageous Conversations – <b>Having Conversations that Matter.</b>	Full day	\$495
27	AWESOME Customer Service	Full Day	\$495

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NOV	PUBLIC WORKSHOPS	DURATION	PRICE + GST
1 - 3	Essentials of Appreciative Inquiry (Ai)	3 days	\$1495
8	Train the Trainer	Full day	\$495
10	Managing Customer Complaints & Challenging Customers	Full day	\$495
15	Finetuning Your Assertiveness	Full day	\$495
17	Mindful Leadership & Team Growth	Full day	\$495
22	Leading Yourself & Others Through Change	Full day	\$495
29	Preparing for Career Change <i>Includes your own Personal Selector Career Step &amp; Strengths Profile.</i>	Full Day	\$575*

DEC	PUBLIC WORKSHOPS	DURATION	PRICE + GST
1	Time Management – Self Management	Full day	\$495
6	Leadership in the Permanent Whitewater	Full day	\$495
8	AWESOME Customer Service	Full day	\$495
13	Strengthening Your Resilience	Full day	\$495
15	Celebrating Success	Full day	\$495

**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 or Selector Career Step report.
- ✓ 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**.
- ✓ 1:1 Coaching options.

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

**[www.freespiritnz.com](http://www.freespiritnz.com) or call us on 03 478 0061**