

# Training Workshop Calendar

**August – December 2023**

**Dunedin**

August	Public Workshops	Duration	Price + GST
8	Managing Conflict Positively & Proactively	Full day	\$595
10	Communicating Positively & Effectively	Full day	\$595
15	Creating a Wellness Workplace	Full day	\$595
17	Finetuning Your Assertiveness	Full day	\$595
22	Working to your Strengths <b>Includes your Belbin Strength Based Report &amp; Strengths Profile.</b>	Full day	\$695*
24	Courageous Conversations – <b>Having Conversations that Matter.</b>	Full day	\$595
31	Building Thriving High Performing Teams	Full day	\$595

September	Public Workshops	Duration	Price + GST
5	Time Management – Self Management	Full day	\$595
7	Train the Trainer	Full day	\$595
12-14	Introduction to Management & Leadership <b>Includes your Belbin's Strength Based Report, Strengths Profile &amp; 1:1 Coaching.</b>	3 days	\$1695*
19	Giving & Receiving Feedback	Full day	\$595
21	From Stress to Strength - Strengthening Your Resilience	Full day	\$595
26	Leading Yourself & Others Through Change	Full day	\$595

October	Public Workshops	Duration	Price + GST
10	Managing Performance Effectively	Full day	\$595
12	Working to your Strengths <b>Includes your Personal Belbin Team Types Report &amp; Strengths Profile.</b>	Full day	\$695*
17	Providing AWESOME Customer Service	Full Day	\$595
19	Time Management	Full Day	\$595
24	Train the Trainer	Full day	\$595
26	Mindful Leadership & Team Growth	Full Day	\$595

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November	Public Workshops	Duration	Price + GST
2	Communicating Positively & Effectively	Full day	\$595
7 – 9	Essentials of Appreciative Inquiry (Ai) – <b>a Collaborative Process for Creating Positive Futures for yourself, your role, your team, your organisation &amp;/or your community.</b>	3 days	\$1695
14	Managing Customer Complaints & Challenging Customers	Full day	\$595
16	Finetuning Your Assertiveness	Full day	\$595
21	Leadership during time of Change, Challenge & Uncertainty	Full day	\$595
23	Leading Yourself & Others Through Change	Full day	\$595
28	Building Thriving High Performing Teams	Full day	\$595

December	Public Workshops	Duration	Price + GST
5	Time Management – Self Management	Full day	\$595
7	Preparing for Career Change <b>Includes your own Personal Selector Career Step &amp; Strengths Profile.</b>	Full Day	\$695*
12	AWESOME Customer Service	Full day	\$595
14	From Stress to Strength - Strengthening Your Resilience	Full day	\$595

## 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 Strength Based Online Assessment & Reports or Selector Career Step Reports
- ✓ All 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 are available for all these Training Workshops

**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 or 021 467 203.**

