

Training Workshop Calendar

August – December 2025

Dunedin

August	Public Workshops	Duration	Price + GST
5 - 7	Introduction to Management & Leadership Includes your Belbin Strength Based Report, Strengths Profile & 1:1 Coaching.	3 days	\$1795*
21	Courageous Conversations Having Conversations that Matter.	Full day	\$650
26	Time Management – Self Management	Full day	\$650
28	Providing AWESOME Customer Service	Full day	\$650

September	Public Workshops	Duration	Price + GST
2	Creating a Wellness Workplace	Full day	\$650
4	Presentation Skills	Full day	\$650
18	From Stress to Strength - Strengthening Your Resilience.	Full day	\$650
23	Building Strength Based Teams	Full day	\$650
30	Train the Trainer	Full day	\$650

October	Public Workshops	Duration	Price + GST
21	Managing Conflict Positively & Proactively	Full day	\$650
23	Handling Customer Complaints	Full day	\$650
30	Courageous Conversations Having Conversations that Matter.	Full Day	\$650

November	Public Workshops	Duration	Price + GST
4 - 6	Introduction to Management & Leadership Includes your Belbin Strength Based Report, Strengths Profile & 1:1 Coaching.	3 days	\$1795*
11	Communicating Positively for Deeper Connection	Full day	\$650
18	Finetuning Your Assertiveness	Full day	\$650
20	Time Management – Self Management	Full day	\$650

For further workshop information & full suite of training & development offerings

visit www.freespiritnz.com or call us on 03 478 0061 or 021 467 203.

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December	Public Workshops	Duration	Price + GST
2	Preparing for Career Change Includes your own Selector Career Step & Strengths Profile.	Full Day	\$795*
9	Providing AWESOME Customer Service	Full day	\$650
11	From Stress to Strength - Strengthening Your Resilience.	Full day	\$650

Please note:

- ✓ Dates may be subject to change.
- ✓ Subsidised Not-for-Profit Rates available upon consultation.
- ✓ *Includes the cost of Belbin Strength Based Assessment, MBTI (Myers Briggs Type Indicator), Selector Career Step & / or Strengths Profile Online Assessment & 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 is available for all Training Workshops
- ✓ 1:1 Wellness Coaching is available

For further workshop information & on our full suite of offerings visit www.freespiritnz.com.

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SELECTOR