

Training Workshop Calendar

February – July 2022

DUNEDIN

FEBRUARY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
10	Goal setting for the year ahead	Full day	\$495
15	Leadership in the Permanent Whitewater	Full day	\$495
17	Finetuning Your Assertiveness	Full day	\$495
22	Giving & Receiving Feedback	Full day	\$495
24	Appreciating & Working to your Strengths Includes your Personal Belbin Team Types Report & 1:1 (1hr) coaching session.	Full day	\$595*

MARCH	PUBLIC WORKSHOPS	DURATION	PRICE + GST
3	Courageous Conversations – Having Conversations that Matter.	Full day	\$495
8	Leading Yourself & Others through Change	Full day	\$495
10	Effective Communication Skills	Full day	\$495
15 - 17	Introduction to Management & Leadership Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	3 days	\$1595*
29	Strengthening your Resilience Toolkit	Full day	\$495
31	AWESOME Customer Service	Full day	\$495

APRIL	PUBLIC WORKSHOPS	DURATION	PRICE + GST
5	Time Management	Full day	\$495
7	Handling Customer Complaints & the Challenging Customer	Full day	\$495
12	Train the Trainer	Full day	\$495
21	Wellness in the Workplace	Full day	\$495
28	Building Strength based Teams	Full day	\$495

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
3	Effective Communication Skills	Full day	\$495
10 - 12	Essentials of Appreciative Inquiry – Tool for Creating Positive Futures within your role, team &/or organisation.	3 days	\$1495*
17	MBTI – Me, Myself & I – discovering Personal Strengths using Myers Briggs Type Indicator (MBTI)	Full day	\$595
19	Leadership in the Permanent Whitewater	Full day	\$495
26	Managing Performance Effectively	Full day	\$495

JUNE	PUBLIC WORKSHOPS	DURATION	PRICE + GST
9	Courageous Conversations - Having Conversations that Matter	Full day	\$495
14 - 16	Introduction to Management & Leadership Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	3 days	\$1595*
21	Running Effective Meetings	Full day	\$495
23	Leading Yourself & Others Through Change	Full day	\$495
28	Finetuning your Assertiveness	Full day	\$495
30	Strengthening your Resilience Toolkit	Full day	\$495

JULY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
5	Train the Trainer	Full day	\$495
7	Appreciating & Working to your Strengths Includes your Personal Belbin Team Types Report & 1:1 (1hr) coaching session.	Full day	\$595*
19	AWESOME Customer Service	Full day	\$495
21	Time Management	Full day	\$495
26 - 28	Skills of the Effective Team Leader - Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	3 days	\$1595*

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**.
- 1:1 Coaching options.