

## Training Workshop Calendar

February – July 2019

**DUNEDIN**

| FEBRUARY | PUBLIC WORKSHOPS                                 | DURATION | PRICE + GST |
|----------|--|----------|-------------|
| 7        | Providing AWESOME Customer Service               | Full day | \$495       |
| 12       | Time Management                                  | Full day | \$495       |
| 15       | Leading Yourself & Others through Change         | Full day | \$495       |
| 19       | Negotiation Skills                               | Full day | \$495       |
| 26       | Effective Communication Skills                   | Full day | \$495       |
| 28       | Assertiveness & having Conversations that Matter | Full day | \$495       |

| MARCH | PUBLIC WORKSHOPS  | DURATION | PRICE + GST                                  |
|-------|---|----------|--|
| 19    | Giving & Receiving Feedback   | Full day | \$495  |
| 21    | Presentaion Skills  | Full day | \$495  |
| 26    | Train the Trainer   | Full day | \$495  |
| 27-29 | Introduction to Management & Leadership <b>Includes your Personal Belbin Report &amp; 1:1 (2hr) coaching session.</b> | 3 days   | \$1495*<br><b>Early Bird Special \$1250*</b> |

| APRIL | PUBLIC WORKSHOPS                         | DURATION | PRICE + GST |
|-------|--|----------|-------------|
| 2     | Courageous Conversations                 | Full day | \$495       |
| 4     | Motivating & Influencing Others          | Half day | \$295       |
| 9     | Leading Yourself & Others through Change | Full day | \$495       |
| 11    | Wellness in the Workplace                | Half day | \$295       |

| MAY | PUBLIC WORKSHOPS  | DURATION | PRICE + GST |
|-----|---|----------|-------------|
| 2   | Effective Communication Skills  | Full day | \$495       |
| 7   | Conflict Management   | Full day | \$495       |
| 14  | MBTI – Me, Myself & I – <b>discovering Personal Strengths using Mypers Briggs Type Indicator (MBTI)</b> | Half day | \$375*      |
| 28  | Leadership in the Permanent Whitewater  | Full day | \$495       |

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DUNEDIN

| JUNE    | PUBLIC WORKSHOPS  | DURATION | PRICE + GST                                  |
|---------|---|----------|--|
| 4       | AWESOME Customer Service  | Full day | \$495  |
| 6       | Interviewing Skills & Techniques  | Full day | \$495  |
| 11      | Train the Trainer   | Full day | \$495  |
| 19 - 21 | Skills of the Effective Team Leader <b>Includes your Personal Belbin Report &amp; 1:1 (2hr) coaching session.</b> | 3 days   | \$1495*<br><b>Early Bird Special \$1250*</b> |
| 25      | Wellness in the Workplace   | Half day | \$295  |
| 27      | Leading Yourself & Others Through Change  | Full day | \$495  |

| JULY | PUBLIC WORKSHOPS   | DURATION | PRICE + GST |
|------|--|----------|-------------|
| 2    | Motivating & Influencing Others  | Half day | \$295       |
| 4    | Finetuning Your Assertiveness  | Full day | \$495       |
| 23   | Working to your Strengths <b>includes your Personal Belbin Team Types Report &amp; 1:1 (2hr) coaching session.</b> | Full day | \$575*      |
| 25   | Managing Performance Effectively   | Full day | \$495       |
| 30   | Courageous Conversations   | Full day | \$495       |

**Please note:**

- Dates may be subject to change.
- Subsidised Not-for-profit rates available upon consultation.
- \*Includes the cost of the 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.

**For further public workshop information &  
on our full suite of offerings call us on  
03 478 0061 or visit our website  
[www.freespiritnz.com](http://www.freespiritnz.com)**