

Training Workshop Calendar

February – July 2025

DUNEDIN

FEBRUARY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
4	Leading Yourself & Others through Change	Full day	\$650
12	AWESOME Customer Service	Full day	\$650
18	Finetuning Your Assertiveness	Full day	\$650
27	Courageous Conversations - Having Conversations that Matter.	Full day	\$650

MARCH	PUBLIC WORKSHOPS	DURATION	PRICE + GST
4	Handling Customer Complaints	Full day	\$650
6	Mindful Leadership & Team Growth	Full day	\$650
18-20	Essentials of Appreciative Inquiry – Tool for Creating Positive Futures within your role, team &/or organisation.	3 days	\$1695*
20	MBTI – Me, Myself & I – discovering your Personal Strengths using Myers Briggs Type Indicator (MBTI)	Full day	\$795*
26	Time Management	Full day	\$650
28	Effective Communication Skills	Full day	\$650

APRIL	PUBLIC WORKSHOPS	DURATION	PRICE + GST
8	Building Strength based Teams	Full day	\$650
10	Train the Trainer	Full day	\$650
16	AWESOME Customer Service	Full day	\$650
22 - 24	Introduction to Management & Leadership Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	3 days	\$1795*

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

P / 03 478 0061 or 021 467 203

E / info@freespiritnz.com



SELECTOR

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MAY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
2	Communicating Positively for Deeper Connection	Full day	\$650
6	Leadership in the Permanent Whitewater	Full day	\$650
13	Wellness in the Workplace	Full day	\$650
20	Courageous Conversations – Having Conversations that Matter	Full day	\$650
27	Effective Communication Skills	Full day	\$650

JUNE	PUBLIC WORKSHOPS	DURATION	PRICE + GST
10	Building a Strength based High performance Culture	Full day	\$650
12	AWESOME Customer Service	Full day	\$650
19	Finetuning your Assertiveness	Full day	\$650
24	Strengthening your Resilience Toolkit	Full day	\$650

JULY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
1	Time Management – Self Management	Full day	\$650
3	Train the Trainer	Full day	\$650
15	Appreciating & Working to your Strengths Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	Full day	\$795*
17	From Stress to Strength - Strengthening Your Resilience	Full day	\$650
22	Mindful Leadership & Team Growth	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 **Professional & Leadership Coaching** is available for all Training Workshops
- ✓ 1:1 **Wellness Coaching** available.