

Training Workshop Calendar

February – July 2023

DUNEDIN

FEBRUARY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
2	Goal setting for the year ahead	Full day	\$495
7	Leading Yourself & Others through Change	Full day	\$495
9	Finetuning Your Assertiveness	Full day	\$495
16	Giving & Receiving Feedback	Full day	\$495
22	Courageous Conversations - Having Conversations that Matter.	Full day	\$495

MARCH	PUBLIC WORKSHOPS	DURATION	PRICE + GST
1-3	Introduction to Management & Leadership Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	3 days	\$1595*
7	Leadership in a Permanent White Water	Full day	\$495
9	Mindful leadership & Team Growth	Full day	\$495
16	Effective Communication Skills	Full day	\$495
21	AWESOME Customer Service	Full day	\$495
28	Time Management	Full day	\$495

APRIL	PUBLIC WORKSHOPS	DURATION	PRICE + GST
3	Handling Customer Complaints & the Challenging Customer	Full day	\$495
5	Train the Trainer	Full day	\$495
27	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
2	Effective Communication Skills	Full day	\$495
9 - 11	Introduction to Management & Leadership Includes your Personal Belbin Report & 1:1 (1hr) coaching session.	3 days	\$1595*
16	MBTI – Me, Myself & I – discovering Personal Strengths using Myers Briggs Type Indicator (MBTI)	Full day	\$595*
18	Leadership in the Permanent Whitewater	Full day	\$495
25	Managing Performance Effectively	Full day	\$495
30	Courageous Conversations – Having Conversations that Matter	Full day	\$495

JUNE	PUBLIC WORKSHOPS	DURATION	PRICE + GST
6 - 8	Essentials of Appreciative Inquiry – Tool for Creating Positive Futures within your role, team &/or organisation.	3 days	\$1495*
13	Running Effective Meetings	Full day	\$495
15	Leading Yourself & Others Through Change	Full day	\$495
23	Finetuning your Assertiveness	Full day	\$495
27	Strengthening your Resilience Toolkit	Full day	\$495

JULY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
4	Train the Trainer	Full day	\$495
6	Appreciating & Working to your Strengths Includes your Personal Belbin Team Types Report & 1:1 (1hr) coaching session.	Full day	\$595*
11	AWESOME Customer Service	Full day	\$495
18	Time Management	Full day	\$495
25 - 28	Introduction to Management & Leadership 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.