

# Embracing Level 1- Training Workshop Calendar

June – December 2020

**DUNEDIN**

JUNE	PUBLIC WORKSHOPS	DURATION	PRICE + GST
23	Finding Calm in the Chaos	Full day	\$495
25	Supporting Ourselves & Others through Anxiety	Full day	\$495
30	Preparing for Career Change <i>Includes your own Personal Selector Career Step &amp; Strengths Profile.</i>	Full day	\$575

JULY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
1	Health & Wellbeing in the Workplace	Full day	\$495
14	Courageous Conversations - Conversations that Matter	Full day	\$495
21	Appreciating & Working to your Strengths <i>Includes your Personal Belbin Team Types Report &amp; Strengths Profile.</i>	Full day	\$575
23	Strengthening Resilience	Full day	\$495
28	Leading Yourself & Others Through Change	Full day	\$495

AUGUST	PUBLIC WORKSHOPS	DURATION	PRICE + GST
4	Preparing for Career Change <i>Includes your own Personal Selector Career Step &amp; Strengths Profile.</i>	Full Day	\$575
6	Managing Conflict Positively & Proactively	Full day	\$495
11	Time Management	Full day	\$495
13	Working with Different Communication Styles	Full day	\$495
18-20	Introduction to Leadership & Management <i>Includes your Personal Belbin's Team Types Report, Strengths Profile &amp; 1:1 Coaching.</i>	3 days	\$1525 <b>Early Bird Special \$1275</b>
25	Train the Trainer	Full day	\$495
27	Building High Performing Teams	Full day	\$495

SEPT	PUBLIC WORKSHOPS	DURATION	PRICE + GST
3	Health & Wellbeing in the Workplace	Full day	\$495
8	Effective Communication Skills in times of Change & Uncertainty	Full day	\$495
10	Giving & Receiving Feedback	Full day	\$495
15	Strengthening your Resilience	Full day	\$495
17	Motivating & Influencing Others	Full day	\$495
22	Leading Yourself & Others Through Change	Full day	\$495

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OCT	PUBLIC WORKSHOPS	DURATION	PRICE + GST
8	Managing Performance Effectively	Full day	\$495
13	Courageous Conversations - Conversations that Matter	Full day	\$495
15	Appreciating & Working to your Strengths <i>Includes your Personal Belbin Team Types Report &amp; Strengths Profile.</i>	Full day	\$575
20-22	Introduction to Leadership & Management <i>Includes your Personal Belbin's Team Types Report, Strengths Profile &amp; 1:1 Coaching.</i>	3 days	\$1525 <b>Early Bird Special \$1275</b>
28	Presentation Skills	Full Day	\$495

NOV	PUBLIC WORKSHOPS	DURATION	PRICE + GST
3-5	Essentials of Appreciative Inquiry (Ai)	3 days	\$1495 <b>Early Bird Special \$1250</b>
10	AWESOME Customer Service	Full day	\$495
12	Managing Customer Complaints & Challenging Customers	Full day	\$495
17	Finetuning Your Assertiveness	Full day	\$495
19	Mindful Leadership & Team Growth	Full day	\$495
24	Leading Yourself & Others Through Change	Full day	\$495
26	Preparing for Career Change <i>Includes your own Personal Selector Career Step &amp; Strengths Profile.</i>	Full Day	\$575

DEC	PUBLIC WORKSHOPS	DURATION	PRICE + GST
1	Time Management	Full day	\$495
3	Power of Positive Thinking	Full day	\$495
8	Supporting Ourselves & Others through Anxiety	Full day	\$495
10	Strengthening Resilience	Full day	\$495
16	Celebrating Success	Full day	\$495

### Please note:

- ✓ Dates may be subject to change.
- ✓ Subsidised Not-for-profit rates available upon consultation.
- ✓ Workshops can also be run as **In-house training workshops** tailor-made to suit the needs of you, your team & your organisation's mission, values & focus or as **Online Webinars**.
- ✓ 1:1 Coaching options.

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