

## NEW Training Workshop Calendar

May – July 2020

**DUNEDIN**

MAY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
26	Strengthening Resilience	2 Hours	\$175
28	Leadership in the Permanent Whitewater	2 Hours	\$175

JUNE	PUBLIC WORKSHOPS	DURATION	PRICE + GST
2	Communication Skills in times of Uncertainty	2 Hours	\$175
4	Leading Yourself & Others Through Change	2 Hours	\$175
9	Bringing the Team back Together	2 Hours	\$175
11	Developing Your CV for Career Change	2 Hours	\$175
23	Finding Calm in the Chaos	2 Hours	\$175
25	Supporting Ourselves & Others through Anxiety	2 Hours	\$175

JULY	PUBLIC WORKSHOPS	DURATION	PRICE + GST
1	Health & Wellbeing in the Workplace	2 Hours	\$175
14	Having Conversations that Matter	2 Hours	\$175
21	Appreciating & Working to your Strengths <b>includes your Personal Belbin Team Types Report</b>	2 Hours	\$275*
23	Strengthening Resilience	2 Hours	\$175
28	Leading Yourself & Others Through Change	2 Hours	\$175

### Please note:

- ✓ Dates may be subject to change.
- ✓ Subsidised Not-for-profit rates available upon consultation.
- ✓ \*Incl the cost of Belbin's Online Assessment & Personal Profile
- ✓ 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**



# Free Spirit Training & Development Ltd

Enhancing & enriching organisations by

***“Empowering People – Empowering Teams”***

to unleash their personal & professional potential.

**Specialists in facilitation, consulting,  
training & 1:1 coaching in:**

- Personal Development
- Team Development
- Leadership Development
- Human Resources
- Career Transition
- Psychometric Assessment
- General Skills Training
- Appreciative Inquiry
- Health & Wellbeing
- Mindfulness

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