

WORKSHOP RATE CARD

	Up to 16 ppl	Up to 30 ppl	Up to 50 ppl	Keynote	Multiple Booking Discount	
Face to face	\$1,490	\$1,950	\$2,450	\$3,950	2 workshops	10%
<i>(per person)</i>	\$93	\$65	\$49	N/A	3 workshops	12.5%
Online	\$1,095	\$1,495	\$1,690	\$3,450	4 + workshops	15%
<i>(per person)</i>	\$68	\$49	\$33	N/A	Back to back	5%

- Recommended face to face workshop size 16 to support interactivity + engagement

WHY CHOOSE US?

- Customised content - based on your employees specific needs and current national/global events
- Science and evidence-based
- Delivered by qualified, experienced facilitators with corporate management backgrounds
- Workshops design based on adult learning principles to maximise information uptake and support change - a combination of education, discussion, exercises and follow up work
- Short, sharp, concise and engaging workshops - perfect for busy professionals and our modern day attention span
- Followed up with extensive post workshop resources and option for accountability buddy programme, to maximise behaviour change, embed learning and integrate habits
- Workshop can be built on and complemented with additional workshops and programmes on offer
- We take a proactive approach to preventing stress, anxiety, hostility, burnout and sick leave while at the same time increasing employee focus, creativity, problem solving, innovation and decision making



PRICING INCLUDES

- Scoping call and response to brief including bespoke recommendation
- Travel to and from Auckland location
- Set up and pack down
- Follow up resources and correspondence
- Any relevant printing
- One hour workshop
- Inclusion of relevant key messages specific to workplace needs and industry