

Wellness and Wellbeing Webinars

July – December 2022

t 07 3000 2148

e training@wearepeak.com.au

www.wearepeak.com.au



Wellness and Wellbeing Webinars

	Dates	Duration	Time	Price PP (inc GST)
<p>Lessons in Longevity</p> <p>Three proven strategies to feel great, gain energy and live long.</p>	<p>Friday 15 July Friday 29 July Friday 14 October Friday 28 October</p>	60 minutes	10.00am – 11.00am	\$200
<p>Change Your Thinking</p> <p>Positive and practical ways to challenge negative thoughts and self-defeating behaviours.</p>	<p>Tuesday 16 August Tuesday 30 August Tuesday 8 November Tuesday 22 November</p>	60 minutes	10.00am – 11.00am	\$200
<p>Respond with Resilience</p> <p>This webinar provides essential skills in dealing with difficult thoughts and feelings to live a more meaningful and values-centred life.</p>	<p>Friday 16 September Friday 30 September Friday 2 December Friday 16 December</p>	60 minutes	10.00am – 11.00am	\$200



Delivered by **David Cantarini**



Wellness and Wellbeing Webinars

Dates

Duration

Time

Price PP
(inc GST)

De-Escalating Aggressive and Hostile Language

How to keep your cool while others are losing theirs. This workshop provides essential skills in recognising and responding to potentially aggressive and hostile encounters.

Tuesday 12 July
Tuesday 26 July
Tuesday 4 October
Tuesday 25 October

60 minutes

10.00am – 11.00am

\$200

Powerful Presentations

Our webinar will show you how to deliver persuasive presentation with “a punch”.

Friday 19 August
Friday 26 August
Friday 4 November
Friday 18 November

60 minutes

10.00am – 11.00am

\$200

Customer Service Jumpstart

The workshop provides essential skills in developing long lasting customer experiences that will leave your customers wanting more.

Tuesday 6 September
Tuesday 27 September
Tuesday 6 December
Tuesday 13 December

60 minutes

10.00am – 11.00am

\$200



Delivered by Gerald Pauschmann

