

# Future Fit

## Getting you ready for the future you want



For dates, locations and more information  
<https://www.no8hr.co.nz/page/future-fit/>

To book your place now  
<http://www.no8hraccess.co.nz/formwcs0139690/>

## What you'll get

A full day workshop that focuses on you, how you can get the most out of yourself, your life and your work.

The skills you need to interact confidently with others, even those who you find difficult.

An understanding of your personal mindsets and how you can use these to create positive outcomes for you.

A plan so you can get the most out of your present and your future.

## Our Future Fit Programme helps you...

Understand the critical behaviours and thinking that will get you 'fit for the future' both at work and personally.

Explore, Learn and Understand...

- The strengths of your personality type
- The secrets of great interpersonal relationships
- The fundamentals of great communication
- How to build your personal resilience
- What it takes to successfully cope with change
- The steps to creating wellness for your life

In short....get yourself ready for everything and everyone...get yourself 'Future Fit.'