Teams & Group Workshops

Information about our prices & professional services.









Workshop Fees

Ideal for sporting clubs, gyms, health groups or businesses with targeted clientele.

1hr Group presentation

\$550

60 minutes

1.5-2hr Group presentation

\$690

120 minutes

Half day rate

\$1,020

120 minutes

Full day rate

\$1,790

7.6hrs

Workshop fees include:

The research and development of workshop content and a factsheet. It includes the delivery of a presentation on any topic of your choice. Costs associated with any follow up questions from participants also included. Printing of resources for smaller groups included.

All services are available online & in person

Prices are subject to change. Last update July 2024.