



# RECOVER Supporting Canterbury Business CANTERBURY

A collaboration of CDC, CECC, CCC, Central Government and Canterbury Business

## Upcoming Workshop Calendar - \* FREE \*

### WHAT IS THIS TRAINING ABOUT:

This training programme for Canterbury businesses affected by the earthquake is being fully funded by New Zealand Trade and Enterprise. This programme is also complemented by the Business Mentors New Zealand Programme. Canterbury businesses can now access this programme fully subsidised by the Ministry of Economic Development. Call Jill Tairaoa on 353 6860 to ask about being matched with a mentor to help you plan your business future.

### HOW DO I REGISTER?

Please phone  
Anne Jamieson  
Phone: 366 5096

#### Smart Business Thinking

Presented by Craig Rust

20 June, 9.00am – 12.00noon, Hinton's Winery

For every challenging situation there are opportunities. You will be challenged to think outside the square and refresh your business plan with the new environment and fresh challenges in mind.

#### Managing Stress in the Workplace

Presented by Linzi Ebbage Thomas

23 June, 1.00pm – 5.00pm, The George Hotel

Stress affects us all in many different ways. Learn how to identify and manage your own stressors and those of your team members. A healthy productive workforce is focused and in control. Stress is a part of everyday lives, but when it becomes problematic, it's time to re think.

#### PR Comms Post Crisis (including Social Media)

Presented by Yvonne Densem

24 June, 9.00am – 12.00noon, Hinton's Winery

Public relations can make a huge difference to the strength of your business. This workshop looks at how PR and Social Media can be incorporated into your business for maximising success.

#### Handling Conflict Post Earthquake

Presented by Victoria Barkway

21 June, 9.00am – 12.00noon, Addington Legends

The big earthquake has certainly thrown some challenges up and part of this has been the challenges that we are facing in the workplace now from employees, customers and suppliers alike – all with their own unique set of fears, stresses and needs. This workshop is both practical and informative and will give you some tools and techniques to handle conflicts as they arise, with confidence.

#### Managing Solvency Issues

Presented by Damian Grant

28 June, 9.00am – 12.00noon, Sudima Concorde

Sometimes we have to make difficult decisions. Damien presents on the different business recovery options including debt moratorium and voluntary administration.

#### Insurance Issues post Earthquake

Presented by Elisa Davis

28 June, 9.00am – 12.00noon, Sudima Concorde

Talk to anyone and you will find that most people are affected by insurance in some way. Eliza will give you the lowdown the potential minefield of earthquake insurance, and strategies to help you make progress with your recovery.

\*Special conditions apply

