



Whakapiri Whakamarama Whakamana

Rock and Water
New Zealand Ltd.

Engagement Enlightenment Empowerment



PROUDLY PRESENTS:

A PROFESSIONAL DEVELOPMENT COURSE PRESENTED BY *MARIA MCKENZIE AND JACKIE AGALAWATTA* TEACHING STUDENTS SELF CONFIDENCE, SELF CONTROL AND SELF RESPECT

The Rock and Water Course offers educators a new way to interact with students and empower their physical and social development. Physical exercises are constantly linked with mental and social skills. In this way the programme leads from simple self defence, boundary and communication exercises to a strong notion of self-confidence. Rock and Water is delivered in 18 countries around the world and has been translated into four languages. The basics of the programme can be taught to students as young as five years old, and to both boys and girls.

Specialised Two-Day Seminar – Focus on Girls/Women This new workshop focuses on the basic skills of Rock and Water. The workshop pays special attention to the developmental challenges and qualities of girls and women. Participants will learn to work with the different Rock and Water principles to build on their communication skills. This training supports girls and women in their journey to become powerful individuals. The programme teaches them how to connect with their body, inner feelings and strength, and from there to connect with the people they love and/or work with.

Please complete the details below, clearly showing the date and location of your desired training.

Dates of workshop:
Time: 8.30am-5.00pm
Venue:

**2 day workshop \$525.00 NZD (inc GST)
(includes lunch and manual)**

REGISTRATION FORM

Title: _____ Surname: _____ Given Name: _____
Position: _____ Organisation: _____
Address: _____ Town / Suburb / City _____
Postcode _____ Telephone (wk) _____ Facsimile _____
Email address _____ **Please Print Clearly**

PAYMENT DETAILS

Full payment must accompany your registration or please tick the box below if you wish to be invoiced.

Please make cheques payable to "Rock and Water NZ" Total Cost: \$_____.

- Please invoice our organisation the above amount
- I have enclosed a cheque
- Signature _____

Please return the enrolment form to Rock and Water NZ at the address below.

Cancellations received 3 weeks prior to workshop date will be refunded less an administration fee of \$55.00 NZD. Cancellations made after these dates will not be eligible for a refund, however registrations and names may be transferred.