



Setting a *NEW* standard for Rainbow Diversity, Equity & Inclusion Practices

# TRAINING PROGRAMME OVERVIEW 2026

[info@pridepledge.co.nz](mailto:info@pridepledge.co.nz)  
[www.pridepledge.co.nz](http://www.pridepledge.co.nz)

# Pride Pledge Training Overview

Pride Pledge is Aotearoa, New Zealand's leading provider of training solutions to support organisations, workplaces and individuals in building understanding and awareness of our Rainbow Communities.

Since 2018 Pride Pledge has trained more than 15,000 people in our workshops up and down the country.

Pride Pledge offers a mix of in person, online, or hybrid programmes covering the following core options. The details of each programme, pricing and content is outlined in this overview.

- **Rainbow Awareness 101 Workshops**
- **Trans 101 Workshops**
- **Pronouns 101 Workshops**
- **Navigating The Rainbow Workshops**

Pride Pledge can also deliver **custom workshops** to cover topics like, gender affirmation at work, allyship and more as part of your broader training requirements on a case-by-case basis.

Pride Pledge also regularly host and MC Diversity & Inclusion events and panels on a case-by-case basis.

For more information, get in touch with us at [info@pridepledge.co.nz](mailto:info@pridepledge.co.nz) and check out our client testimonials at [www.pridepledge.co.nz](http://www.pridepledge.co.nz)



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# Rainbow Awareness Workshops

**In Person Rainbow Awareness 101 Workshops \$1375 plus gst per workshop includes:**

- Ideally 2 hours duration
- Up to 30 participants (guideline only and we can do large groups lecture style)
- Hosted on at your location or location of your choice
- Slides provided to participants after the workshops
- Fee includes preparation time, emails and general set up
- Does not include travel costs for events held outside Auckland

**2.Live Hosted Online Rainbow Awareness 101 Workshops \$695 plus gst per workshop includes**

- 90 minutes - 2 hours duration
- Up to 50 participants (guideline only)
- Hosted on either Pride Pledge video link or your own video link
- Slides provided to participants after the workshops
- Fee includes preparation time, emails and general set up

**3.Live Ongoing Rainbow Awareness 101 Workshops - part of your our annual subscription service (\*free for subscribing organisations)**

- Every 4 weeks, Pride Pledge hosts 90 minute **live**, online workshops for our Pride Pledge subscribing clients. These are open to employees from our Pride Pledge organisations to attend and can be booked directly via our online booking system. *These are \$75 plus booking fees for Non-Pride Pledge attendees.*



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# Rainbow Awareness Workshops

## Rainbow Awareness 101 Training Overview

The Pride Pledge Rainbow Awareness 101 Sessions will be facilitated by Martin King (he/him), Director and Founder of Pride Pledge or George Fowler, (he/him) Gender Diversity Specialist.

The Rainbow 101 sessions are designed to be interactive and informative covering all the essentials of understanding and navigating our Rainbow Communities including.

- Who are our Rainbow Communities
- What is the latest data and trends from NZ and around the world
- Understanding sex, gender and sexuality basics
- Navigating the LGBTTTQIAP+ acronym
- Diving deeper into gender diversity, trans and non-binary communities
- Inclusive language and pronoun usage
- Tips and tricks for and allies
- And more fun filled facts and recommendations to implement in your organisation immediately

These workshops are suitable for anyone wanting to understand more about our rainbow communities, including rainbow identifying individuals and allies.



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# Trans Awareness Workshops

## 1. Trans 101 In Person Workshop \$1450 plus gst per workshop includes:

- Ideally 2 -2.5 hours duration
- Up to 30 participants (guideline only)
- Hosted on at your location or location of your choice
- Slides provided to participants after the workshops
- Fee includes preparation time, emails and general set up
- Does not include travel costs for events held outside Auckland

## 2. Trans 101 Online Workshop \$850 plus gst per workshop includes:

- Ideally 90 – 2 Hours duration
- Up to 50 participants (guideline only)
- Hosted on either Pride Pledge video link or your own video link
- Slides provided to participants after the workshops
- Fee includes preparation time, emails and general set up

## 3. Live Ongoing Trans 101 Workshops - part of your our annual subscription service (\*free for subscribing organisations)

- Every 6 - 8 weeks, Pride Pledge hosts 90 minute **live Trans 101**, online workshops for our Pride Pledge subscribing clients. These are open to employees from our Pride Pledge organisations to attend and can be booked directly via our online booking system.

*Non-Pride Pledge attendees can register for \$75 plus booking fees per attendee.*



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# Trans Awareness Workshops

## Trans 101 Workshop Overview

Join us for Trans 101 by Pride Pledge facilitated by our Gender Diversity Expert, George Fowler (he/him). This is an informative, action-packed and interactive training session

The workshop will cover:

- A refresher on gender fundamentals
- History, research, and current data around gender diversity
- Getting current on language and acronyms, do's and don'ts.
- Transitioning fundamentals
- Understanding medical transition in more detail
- Gender beyond western norms
- Putting learnings into action and active allyship

This workshop is recommended for anyone looking to advance their understanding of our trans communities in more detail. We recommend you have completed a Rainbow 101 prior to attending this session.



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# Pronouns 101 Workshops

## 1. In Person Pronouns 101 Workshops \$1375 plus gst per workshop includes:

- Ideally 1 hour duration
- Up to 30 participants (guideline only and we can do large groups lecture style)
- Hosted on at your location or location of your choice
- Slides provided to participants after the workshops
- Fee includes preparation time, emails and general set up
- Does not include travel costs for events held outside Auckland

## 2. Live Hosted Online Pronouns 101 \$695 plus gst per workshop includes

- Ideally 1 hour duration
- Up to 50 participants (guideline only)
- Hosted on either Pride Pledge video link or your own video link
- Slides provided to participants after the workshops
- Fee includes preparation time, emails and general set up

## 3. Live Ongoing Pronouns 101 - part of your our annual subscription service (\*free for subscribing organisations)

- At least every quarter Pride Pledge hosts **live Pronouns 101**, online workshops for our Pride Pledge subscribing clients. These are open to employees from our Pride Pledge organisations to attend and can be booked directly via our online booking system.

*Non-Pride Pledge subscribers can sign up for these per person at \$45 plus booking fees.*



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# Pronouns 101 Workshops

## Pronouns 101 Workshop Overview

Hosted and presented by George Fowler (he/him) our Gender Diversity Expert.

The session is designed to support individuals and organisations with the use and implementation of pronouns into day to day life and practice.

Pronouns are a key tool to create a safe, welcoming and inclusive environments for all gender identities and expressions and we aim to help make this easy and practical for you including:

- Foundational frameworks including Gender Identity and Expression
- What are pronouns
- Where to use them
- How to use them
- What if you stuff up
- Implementing pronouns in your organisation

This is NOT a Rainbow 101 and if you have attended our 101 before then some of the same information may be covered as a refresher.



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# Navigating The Rainbow Workshops

## 1. In Person Navigating The Rainbow and Why It Matters Workshops \$1375 plus gst per workshop includes:

- Ideally 45 minutes - 1 hour duration
- Up to 30 participants (guideline only and we can do large groups lecture style)
- Hosted on at your location or location of your choice
- Slides provided to participants after the workshops
- Fee includes preparation time, emails and general set up
- Does not include travel costs for events held outside Auckland

## 2. Live Hosted Online Navigating The Rainbow and Why It Matters \$695 plus gst per workshop includes

- Ideally 45 minutes - 1 hour duration
- Up to 50 participants (guideline only)
- Hosted on either Pride Pledge video link or your own video link
- Slides provided to participants after the workshops
- Fee includes preparation time, emails and general set up

## 3. Live Ongoing Navigating The Rainbow Workshops - part of your our annual subscription service (\*free for subscribing organisations)

- Every quarter Pride Pledge hosts **live Navigating The Rainbow**, online workshops for our Pride Pledge subscribing clients. These are open to employees from our Pride Pledge organisations to attend and can be booked directly via our online booking system.

*Non- Pride Pledge attendees can register to attend for \$45 plus booking fees per person.*



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# Navigating The Rainbow Workshops

## Navigating The Rainbow Workshop Overview

Hosted and presented by Martin King (he/him) Director and Founder of Pride Pledge the session is designed for leaders, decision makers, HR & DEI professionals and rainbow advocates wanting to either start or accelerate their commitments to our Rainbow Communities. *Learn about the business case for change!*

The session will cover:

- The latest global and local data about Rainbow Identities you never know existed
- Rainbow Health and Wellbeing implications and opportunities
- Workplace Rainbow Inclusion and WHY it is vital for organisations to have clear and explicit commitments for our Rainbow Communities
- Tips, tools and advice on getting started and support available through Pride Pledge.

This is NOT a Rainbow 101 and if you have attended our 101 before then some of the same data will be covered, plus new data and trends.



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# ONLINE TRAINING 2026

[pridepledge.co.nz/training](http://pridepledge.co.nz/training)

<b>Rainbow Awareness 101</b>	<b>Trans 101</b>	<b>Pronouns 101</b>	<b>Navigating The Rainbow and WHY it Matters</b>
<b>11 February</b>		<b>27 February</b>	<b>20 February</b>
<b>11 March</b>	<b>19 March</b>		
<b>1 April</b>		<b>17 April</b>	
<b>6 May</b>	<b>15 May</b>		
<b>3 June</b>		<b>19 June</b>	<b>11 June</b>
<b>1 July</b>	<b>14 July</b> <i>(Non-Binary Day)</i>		
<b>5 August</b>		<b>14 August</b>	
<b>2 September</b>	<b>17 September</b>		<b>22 September</b>
<b>7 October</b>		<b>21 October</b> <i>(Pronouns Day)</i>	
<b>5 November</b>	<b>20 November</b> <i>(Trans Day of Remembrance)</i>		<b>10 November</b>
<b>2 December</b>		<b>10 December</b>	