



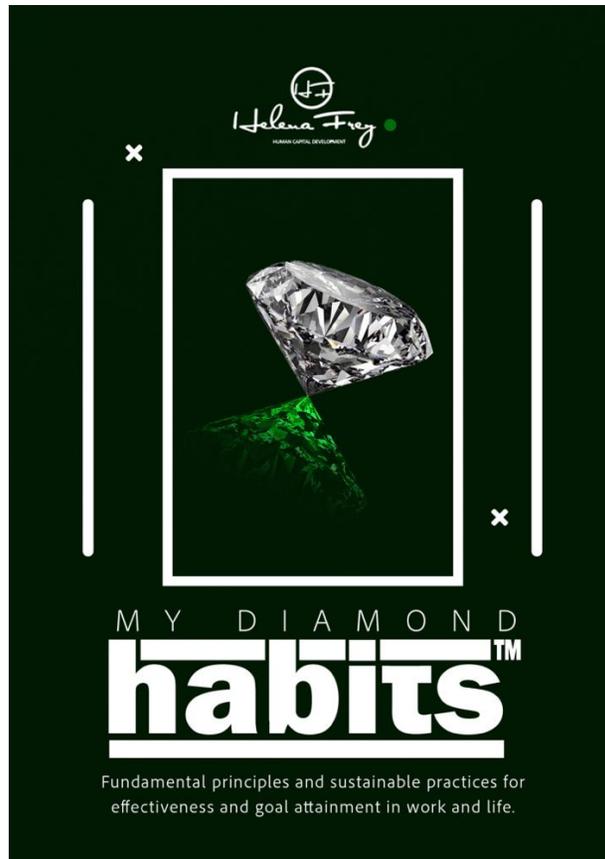
OPEN-CLASS TRAINING CALENDAR

APRIL – JULY 2026

APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 MY DIAMOND HABITS™	17 MY DIAMOND HABITS™	18	19
20	21	22	23	24	25	26
27	28	29	30			

APRIL.



16th & 17th APRIL 2026

EARLY BIRD: N250,000 (Per Person) (Ends 16th March 2026)

REGULAR: 280,000 (Per Person)

CLICK TO REGISTER: <https://forms.gle/XFAyiZpkHZwSNn3s8>

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MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
			HARMONY AT WORK	HARMONY AT WORK		
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MAY.



HARM ONY AT WORK:

WHY CONFLICTS ARISE... TEAMS FAIL...AND HOW TO
PURPOSEFULLY ALIGN- PEOPLE, STRATEGY AND
OPERATIONS USING EMPOWERING CONFLICT
RESOLUTION AND MANAGEMENT TOOLS.

14th & 15th MAY 2026

EARLY BIRD: N255,000 (Per Person) (Ends 16th April 2026)

REGULAR: 285,000 (Per Person)

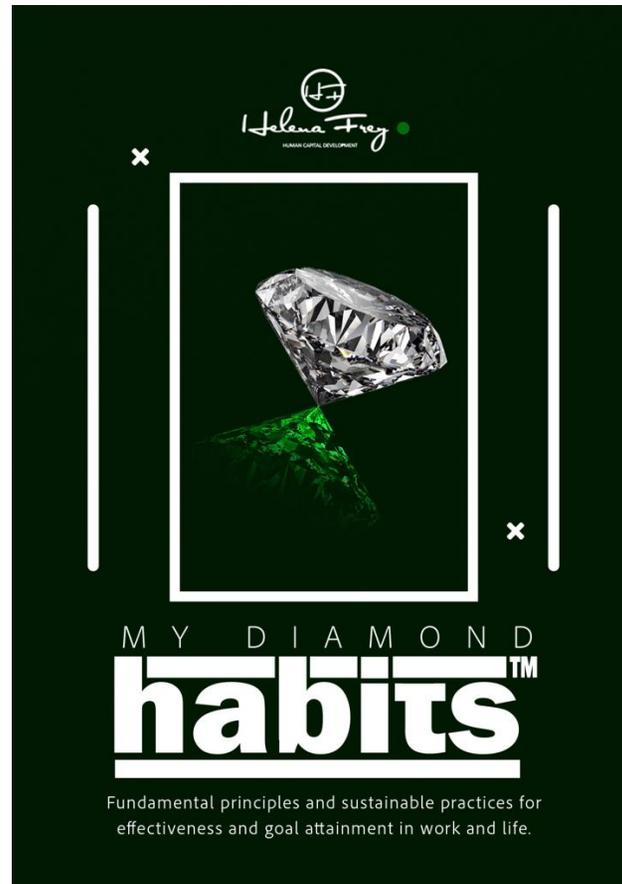
CLICK TO REGISTER: <https://forms.gle/PK2zefvieGxE2GgCA>

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JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
			MY DIAMOND HABITSM	MY DIAMOND HABITSM		
22	23	24	25	26	27	28
29	30					

JUNE.



18th & 19th JUNE 2026

EARLY BIRD: N250,000 (Per Person) (Ends 16th March 2026)

REGULAR: 280,000 (Per Person)

CLICK TO REGISTER: <https://forms.gle/XFAyiZpkHZwSNn3s8>

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JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 HARMONY AT WORK	17 HARMONY AT WORK	18	19
20	21	22	23	24	25	26
27	28	29	30			

JULY.



HARM ONY AT WORK:

WHY CONFLICTS ARISE... TEAMS FAIL...AND HOW TO
PURPOSEFULLY ALIGN- PEOPLE, STRATEGY AND
OPERATIONS USING EMPOWERING CONFLICT
RESOLUTION AND MANAGEMENT TOOLS.

16th & 17th JULY 2026

EARLY BIRD: N255,000 (Per Person) (Ends 16th June 2026)

REGULAR: 285,000 (Per Person)

CLICK TO REGISTER: <https://forms.gle/PK2zefvieGxE2GgCA>

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OUR GO! EXPERIENCE

A key objective of all our services and training programs is to bring the best of new age knowledge, ideas and technology-assisted education to enhance the learning experience of our participants. Our ultimate focus at every training program we facilitate is the creation of the GO! Experience. This is a unique, out of the box, highly inspiring, exciting, liberating, empowering, and intellectually stimulating paradigm, that compels the participant to recognize and exercise LESSONS GATHERED as a matter of supreme urgency.

HENCE-

- Our programs are research-based and interdisciplinary because we are bundles of connections and each aspect of who we are should align and reinforce the other to produce a more sustainable result.
- The magic happens when people are able and willing to make the necessary shifts despite what stands ahead. So we make the connection between theoretical knowledge and application, addressing not only the WHAT and WHY but the HOW.
- The GO! Experience is a critical balance of fun-time and serious knowledge exchange along the objectives of each training. The GO! Experience is the final intellectual and emotional state of the participant at the end of the program that propels them to take the first necessary step. This uniqueness in all our training programs is a phenomenon we are proud to affirm...
CANNOT BE FOUND ANYWHERE ELSE.

LET'S STAY CONNECTED

HELENA FREY is a thinking and solution driven human capital development company.

We believe in the ingenuity of the human spirit and what it can create. We offer products and services for persons who are in search of a more aligned and meaningful life both personally and professionally. We build people who can be trusted with responsibility, power, and influence.

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Parkview Estate,
Ikoyi

IKEJA OFFICE:

39 Akinremi Street,
Off Awolowo Way
Ikeja.

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