



LUNCH & LEARN

Small conversations. Practical tools. Real connection.

The RNZAF Mentoring Programme's Lunch & Learn Series is a short, informal, and accessible professional development opportunity designed to help NZDF personnel strengthen their skills, build connections, and explore practical topics that support mentoring, leadership, communication, and personal growth.

Delivered in a relaxed format, these sessions create space for people to pause, connect, learn something useful, and return to the workplace with a practical insight they can apply immediately. Lunch & Learn sessions help make professional development more visible, accessible, and connected to everyday workplace life. They encourage conversations across teams and give people an opportunity to think more intentionally about their own development, the opportunities available to them, and the ways they can support others.

Sometimes a small moment of learning can lead to a mentoring conversation, a new opportunity, a fresh insight, or a renewed sense of belonging.



WHAT YOU EXPLORE

- Connection and networking
- Leadership development
- Workplace communication
- Career development opportunities
- Learning pathways and schemes
- Resilience and wellbeing
- Belonging and community
- Practical tools back in the workplace



RNZAF Mentoring Programme

To lead workplace mentoring so that our people can unlock and achieve success.

Bring your lunch.
Bring your curiosity.



PRACTICAL DETAILS



Approximately
40–60 minutes



Open to NZDF
personnel



Location TBD



Whiria te tângata

Weave the people
together.

