



Bread and Pomegranates
Growing Reflective Helping Professionals

Welcome

Hi Auckland business owner – congratulations on reaching out through First Steps to gain the support you and your team need. It has been a tough couple of years hasn't it, full of changes, challenges and struggles. On a good day you are passionate about your business and dedicated to the people you serve through it. You have done all you could to support your team and your family through the emotional, social, psychological and financial challenges they have faced. Now you are realizing the toll that it has taken, the stress that you are feeling and have made the courageous decision to find support and training. I look forward to talking further about your needs and what I provide in a free 30 minute introductory call.

Who am I?

My name is Christina and I am a psychologist who shows knowledgeable people how to be wise, because sometimes the hardest journey is knowing how to look after ourselves. I will show you how to think about your thinking and offer you treasures from my store of psychological theories, strategies, skills, techniques and habits. I believe that psychology should be for everyone and that building wisdom is a key component in preventing struggles before they arise or become severe. Before I completed my psychologist registration in 2020 I had worked in a variety of roles supporting, training and developing individuals, teams and organisations in the for purpose sector. I would love to support you and your team to become effective, sustainable, passionate and flourishing.



Well-Being Support for Individuals

I know it is hard to ask for help when you are used to keeping it together to lead others towards your vision. But struggling on alone is not the answer. I am here to work collaboratively and creatively with you so that you can increase your well-being and move from depleted towards flourishing. I am a NZ registered general psychologist and am familiar with issues of workplace stress, burnout, grief, loss, and transition. I also have experience working with those who experience imposter syndrome, struggles with self-confidence and illness. I offer one to one (50 minute) appointments for \$200 +GST an hour. I am available via secure video call or in my office in Blockhouse Bay.

Coaching for Individuals

Uncover Wisdom is my 4 month long individual coaching package. You will have the opportunity to work one to one with me to identify and implement the strategies and habits that you need to be wise and well as you navigate all the changes and stresses of your work. You will move from feeling lost and overwhelmed to having a toolbox of strategies that you can use to face the challenges that arise. You will become confident in who you are, understand what is important and know how you do your best work. This package is available through secure video call or face to face in my office in Blockhouse Bay. The cost is \$5,000 +GST per person.



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Training for Teams and Groups

Become durable is my 4 module training program, which can be offered for teams or groups. Surviving the pandemic is no longer about focusing on bouncing back once it is over. We all need to be understanding how to sustain ourselves in the middle of struggle. To be responsible as much as we can for nurturing ourselves through consistent small actions taken during difficult times. In this course you will learn how to maintain your well-being in spite of the stress and strain of working through uncertain times. You will have the tools to feel strong, stable and grounded in the face of all the challenges that work is throwing at you. This is best delivered as four training sessions of 2.5 hours each, one week apart to allow time to practice new habits. This is usually held at your location, although can be offered via webinar if gatherings are restricted. The cost is \$6,000+ GST

I also offer bespoke training in self-care, burnout, compassion fatigue and other areas of wellbeing. Enquire to find out more.

Resources

From time to time free or low cost resources are available on my website:

<https://www.breadandpomegranates.com/resources2>

Currently you will find a free self-care and well-being plan and a month of self-compassion exercises.