

OUR collective

TOGETHER WE RISE



Kia ora, I'm Dr Kamaia, founder of Our Collective.

Your journey to feeling calm and confident begins here. We help you to identify and release the limiting beliefs and mental blocks keeping you stuck. Once released, you'll be able to bring about the powerful, positive states that help create an inspired life that you love and a successful thriving business.

Complimentary Consultation

Book in for your free 30 minute consultation to see how we can best help you before we start

Release the Pressure

Online **private** sessions that focus on:

- negative emotions
- limiting beliefs and
- covid-19 experiences

Rebuild with Purpose

Become aware of your love, skills, passion and how you can combine these to better serve humanity. Live with purpose and drive in 2022 by discovering your **Inner Why**

Stay on Track

Utilising the most effective scientific outcome measures will **keep us on track**. After collecting baseline measures, we'll see how you are going at the 4, 8 and 13 week marks

Meditation & Breathwork

Our online guided meditation modules help you to feel calm, connected and aligned with your Inner Why. The Breathing and self-soothing techniques that you'll learn give you an effective tool to **stay present**

Accountability & Actions

Feel accountable with weekly check-ins and personalised activities to **align** with your goals

OFFER 1: RELEASE THE PRESSURE (8 weeks)

This package is designed as an intensive course for business owners who are aware of their specific blocks and limiting beliefs and are needing extra help to release them. Once processed we start rebuilding your mind, beliefs and business to align with your inspired vision.

INITIAL SESSION

1 x 1-on-1 online session (90 minutes)

- Discuss your intake form results to identify areas you would like to see improvement
- Explore your personal mind, belief and business goals
- Start processing the impacts of COVID-19 on your sleep, relationships, work life and social life

RELEASE THE PRESSURE

4 x 1-on-1 online sessions (75 minutes)

- Learn breath work and self soothing techniques to calm the mind during each session
- Process and release core experiences, emotions and limiting beliefs causing overwhelm
- After each session receive a guided affirmation meditation that aligns with your goals
- Get personalised actions for the following week to keep you moving

REBUILD WITH PURPOSE

1 x 1-on-1 online session (90 minutes)

- Be guided through your Inner Why and how to use this stepping into 2022
- Appreciate the progress you have made with a graph of your stress and anxiety scores
- Troubleshoot self-guided breath work, self-soothing techniques and affirmations
- Create actionable goals for the future

ADDITIONAL SUPPORT

phone call (15 minutes)

- Keep on track and accountable with mid-weekly phone calls
- Feel supported and book in anytime using our online platform

FREE RESOURCES

Free Online Resources

- Guided meditations to feel CALM and practice gratitude
- Find your Inner Why. IKIGAI is a Japanese concept that combines your skills, love & passion, what you're good at and how you can better serve humanity

Total hours: 9.5 hours at \$220 ph = \$2,090

OFFER 2: RELEASE OVERWHELM & ANXIETY (13 weeks)

This package is designed for business owners who are needing support to release feelings of anxiety, overwhelm and pressure from COVID-19. We begin processing the limiting beliefs and emotional blocks that are contributing to overwhelm over 10 weeks, then start rebuilding positive emotions and beliefs for you and your business.

INITIAL SESSION

1 x 1-on-1 online session (90 minutes)

- Discuss your intake form results to identify areas you would like to see improvement
- Explore your personal mind, belief and business goals
- Start processing the impacts of COVID-19 on your sleep, relationships, work life and social life

RELEASE OVERWHELM & ANXIETY

6 x 1-on-1 online sessions (75 minutes)

- Learn breath work and self soothing techniques to calm the mind during each session
- Process and release core experiences, emotions and limiting beliefs causing overwhelm
- After each session receive a guided affirmation meditation that aligns with your goals
- Get personalised actions for the following week to keep you moving

REBUILD WITH PURPOSE

2 x 1-on-1 online session (90 minutes)

- Be guided through your Inner Why and how to use this stepping into 2022
- Appreciate the progress you have made with a graph of your stress and anxiety scores
- Troubleshoot self-guided breath work, self-soothing techniques and affirmations
- Create actionable goals for the future

ADDITIONAL SUPPORT

phone call check in (15 minutes)

- Keep on track and accountable with mid-weekly phone calls
- Feel supported and book in anytime using our online platform

FREE RESOURCES

Free Online Resources

- Guided meditations to feel CALM and practice gratitude
- Find your Inner Why. IKIGAI is a Japanese concept that combines your skills, love & passion, what you're good at and how you can better serve humanity

Total hours: 15 hours at \$220 ph = \$3,300