

HAUORA WELLNESS RETREAT

20 - 22 November 2020



pulman
HOTELS AND RESORTS

AWAKEN / INVIGORATE / MOTIVATE

**LIMITED TO
12 PEOPLE ONLY**

Rotorua accommodation packages available

Register now!

ATSCOACH.COM

*Never underestimate
the value and
important difference
you make in every life
you touch,
for the impact you
make today has a
powerful rippling effect
on every tomorrow.*

Leon Brown
Pro Baseball Player



HAUORA WELLNESS RETREAT

Holistic Wellness Coaching

Pullman Hotel, Rotorua

20-22 November 2020

Welcome

Tēnā koe friend

Congratulations – You have made the first step towards what is going to be an amazing weekend for a small intimate and exclusive group of 12 like-minded people. Taking time out for yourself is vital and can be one of the most rewarding experiences for your health and well-being. It can simply jump start a new way of being in the world with the essence of coaching assisting you of letting go of what no longer serves your vitality mentally, emotionally, and physically.

Sometimes we lose track of what it really means to live life to the fullest and there is nothing wrong with that if it is not for too long and we get going again.

ATS Coach is offering a unique and innovative holistic wellness coaching retreat to help you;

*** Awaken – dreams, ambitions, destiny forgotten, lost or undiscovered**

*** Invigorate – and retune the mind, body and spirit**

*** Motivate – you to the next level of your life journey.**

Our holistic wellness coaching programme has been developed to motivate change and give you the tools for lasting results. You will participate in meditation, stretching classes, one on one coaching sessions and attend workshops facilitated by experienced trainers, coaches and experts in their respective fields;

Holistic Health and Wellness Coaching / Lifestyle Coaching / Emotional Intelligence

Hypnotherapy / Neuro-Linguistic Programming / Personal and Business Coaching

Nutrition / Stretching / Meditation / Key-note Speakers

Hosted at the stunning and only 5-star accommodation in Rotorua, the Pullman Hotel and the Hauora Wellness Retreat is a place for you to take time to reset and gain a wealth of knowledge to create a healthier, happier and more motivated you. You will also experience some of the amazing activities unique to Rotorua and eat some amazing food.

To read the T&C's and register go to www.atscoach.com/exclusive-retreats and click on the retreat link, alternatively contact us via phone or email.

Our team is looking forward to serving you.

Ngā mihi nui



Alan Tāne Solomon
Chief Coach

MEET YOUR COACHES, TRAINERS AND FACILITATORS

Mia Turner

Mia uses hypnotherapy, NLP, guided meditation and mindfulness to facilitate a gentle but powerful experience that enables her clients to identify and shift what no longer serves them.

Mia empowers clients to release anything that is holding them back and then teach them how to harness the power of their mind so they can live their best life.

'I support this journey by sharing easy to implement tips to incorporate mindfulness and meditation into your daily life to enhance your mental, emotional, and physical states.'



Anaru Kapa

Ka mihi. No Te Aupouri, Maniapoto, Tainui ahau.

- Professional Life & Mindfulness Coach & Counsellor
- Neuro Linguistic Practitioner
- Bicultural Trainer/ facilitator and strategist
- Personal Trainer and Outdoorsman
- Business Coach / advisor
- Trainer.

'Being truthful, genuine and acting with right intent are the words that would best describe the way I live and work.'



Miriam Hewson

Miriam is a business coach with a background in accounting. She uses techniques of Neuro Linguistic Programming to help her clients overcome self-doubt, procrastination, overwhelm and fear of failure so they can reach their goals and milestones.

'To me business is a holistic affair. I help my clients align within, to reach their full potential through personal and professional development.'



Christine Walter

Christine is a qualified Hypnotherapist, Coach and Trainer and a founding Director of Australia and New Zealand Coaching Alliance. Her enthusiasm for mentoring and coaching people to achieve their outcomes is infectious. Her success comes from her genuine passion to see others flourish.

- Master Practitioner in Neuro Linguistic Programming
- Train the trainer certification in NLP
- Diploma in Clinical and Advanced Hypnotherapy
- Breakthrough Life Coaching

'You have the answers within and are in control of your own life.'



Tina Burt

Tina loves working with people at a conscious and subconscious level, using a combination of coaching and innovative energy healing to remove emotional blockages, initiate change and create a life clients really want. These transformations affect all areas of our lives including career, business, relationships with others and yourself. Tina's experience working in the corporate world, small business, emergency services, medical and holistic health allows her to bring a depth of experience to help others.

'My own personal life experiences have helped develop my empathic and intuitive abilities. Together we will create a transformation unique to you.'



Nimmie Shanmugam

Nimmie is a Heart Centred Entrepreneur who utilises mindfulness and gratitude to sustain a kind, healthy and meaningful lifestyle. She is an experienced professional and her vocations took her deep into people and interaction centric fields, particularly hospitality services, training, and coaching.

Nimmie has personally experienced the power of positive visualisation and realisation of success. She aspires to inspire individuals to visualise their desired life and coach them to achieve it.

'What is stopping you from moving forward? I can help!'

Muiread Douglas

Muiread is a gut health practitioner specialising in a holistic approach to health looking at the gut-brain connection to wellbeing.

When our gut is being taken care of through nutrition that supports each individual then the brain and physical body can work in harmony to rebalance and heal.

'My clients walk away with the ability to create a wonderful path to wellbeing.'



Alan Tāne Solomon

Kei te mihi atu kia koutou i roto i te ingoa o tātou ariki a Ihu Karaiti.
Ngā mihi ki tō tātou matua i Te Rangi.

Alan has worked in leadership, personal development and health and wellness with more than 20 years experience. His main goal in life is to bring formative and positive change to people lives.

- Coach
- Trainer
- Speaker
- *Enthusiast*

'The clarity of the why brings focus to the why. I can help you find your why!'

RETREAT PROGRAMME

Friday 20 November

Check-in at the Pullman Hotel from 2:00pm onwards. You will have time to freshen up and settle in your room.

4:00pm - Our team will meet you in the foyer on the 1st floor.

- Whakatau
- Welcome address
- Group introductions
- Welcome drink and canapes
- Group discussion
- Expectations / Aims
- The Wheel of Life, Te Whare Tapa Wha

5:30pm

Welcome dinner @ Pullman Hotel
Opening keynote speaker
Mix & Mingle

7:30pm onwards

- Activity option 1: Polynesian Spa



Saturday 21 November

7:00am - Stretching class

7:45am - Breakfast

9:00am

- Group workshop 1
- Coaching 1:1 session 1
- Focused topic session: 1

12:30pm - Lunch

1:30pm

- Group workshop 2
- Group coaching session 1
- Meditation session 1

6:00pm

Dinner @ own arrangements

7:30pm

- Activity option 1: Polynesian Spa
- Activity option 2: Redwoods Tree Walk

Sunday 22 November

8:00am - Stretching class

8:45am - Breakfast

9:30am

- Group workshop 3
- Coaching 1:1 session 2
- Focused topic 2

12:45pm - Lunch

1:30pm

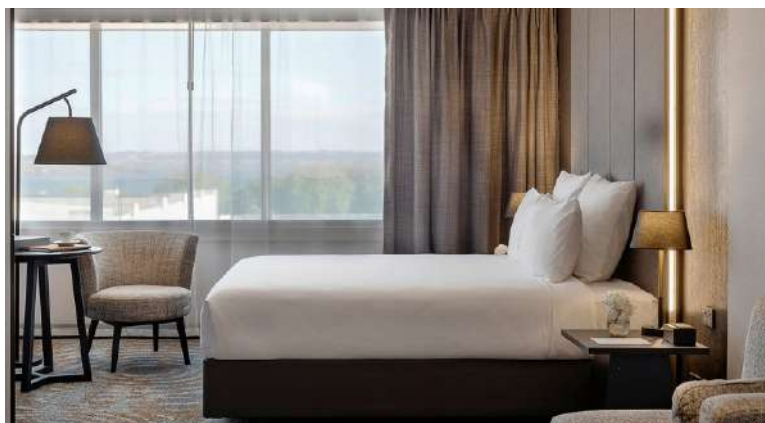
- Group workshop 4
- Group coaching session 2
- Group meditation session
- Evaluation

6:00pm

Dinner @ Solitaire Lodge

Closing keynote speaker

NB: Programme is subject to change



SUPERIOR RETREAT PACKAGE

- 3 x nights in a Superior Room with King bed
- All meals (*own dinner arrangements Saturday night*)
- Retreat: Classes / Workshops & 1:1 coaching sessions
- Keynote speakers
- Unique Rotorua tourist experiences
- Two follow up 1:1 coaching sessions post retreat.

INVESTMENT OPTIONS

- **1 person: \$2899**
Early bird special: \$2599
Partner not attending retreat + \$399
- **2 people: \$4898**
Early bird special: \$4598
- **2 people: 2 queen beds: \$4879**
Early bird special: \$4579

Payment:

Full payment is required to confirm booking or a non-refundable 25% deposit of package investment. Then 3 easy payments of 25% with full payment required 7 days prior to retreat. All prices exclude GST.

Included:

Complimentary airport transfers if required
Complimentary internet
Tea/coffee, refreshments during sessions

Not included:

Alcohol and non-alcoholic drinks
Valet parking is available on request @ \$25 per 24 hours

Additional Info:

Check in 2:00pm Friday 20 November
Check out 11:00am Monday 23 November



PULLMAN ROTORUA

Whether you are travelling on business or for pleasure, the new Pullman Rotorua is ideally located in the centre of New Zealand's vibrant geothermal wonderland.

GEOTHERMAL ESCAPES

Situated in the city, moments away from the lakefront, Pullman Rotorua is the perfect base to explore the region's geothermal paradise. A Pullman stay is an entire experience with 130 luxurious rooms and suites, energising gym, executive lounge, vibrant dining and a chic bar. Conferencing by Pullman offers 5 dynamic meeting rooms with hyper-connectivity. Pullman is surrounded by surreal scenery and iconic attractions. Discover shooting geysers, bubbling mud, natural hot springs and magical forests.

COSMOPOLITAN & STYLISH

Sophisticated and contemporary, guest rooms at Pullman Rotorua provide a spacious, peaceful haven, allowing you to relax in total comfort. Guests can choose from a range of accommodation options, including superior king rooms, superior twin rooms, deluxe rooms, deluxe twin rooms and suites. Each room is beautifully appointed, containing everything you need for a restful stay.

THE BEST OF THE HOTEL



Luxurious Accommodation



Inspired Dining



Contemporary Conference Spaces

ELEGANT, COMFORTABLE ROOMS

- 130 rooms and suites
- 54 superior rooms king (33m²)
- 36 superior room two queens (33m²)
- 36 deluxe rooms kings (33m²)
- 4 suites (50m²)
- 8 accessible rooms (33m²)

With:

- C.O Bigelow® bathroom amenities
- High speed wifi
- Pullman bedding

In the Deluxe Rooms & Suites:

- Nespresso® coffee machine



1.

FLEXIBLE CREATIVE DINING

- Signature restaurant (all day dining)
- Lobby bar
- Executive lounge
- In-room dining
- Active breakfast concept
- Daily social hour



2.

PRIVATE EVENT SPACES

- 174sqm of dynamic meeting and event space
- Four private meeting spaces
- Pre-function area
- Up to 150 people theatre style
- Boardroom / private dining room
- State-of-the-art audio visual equipment
- Innovative and bespoke catering
- Dedicated event specialists
- Complimentary wifi



3.

WELLNESS BY PULLMAN

Discover a space dedicated to wellness. The spacious gym offers natural daylight, and is equipped with cardiovascular and training machines.

- Gym



4.

1. SPACIOUS ROOMS AND SUITES 2. CONTEMPORARY DINING
3. EXECUTIVE LOUNGE 4. DYNAMIC LOBBY

ACCESS TO THE HOTEL

PULLMAN ROTORUA
1135 ARAWA ROAD, ROTORUA 3010, NEW ZEALAND

pullmanhotels.com

AIRPORT:

- Rotorua Regional Airport - 12 minute drive

BY BUS:

- Fenton Street Station - 2 minute walk

SOME TIPS B4 U ARRIVE

1

Come prepared with an open mind and open heart. Creating change requires these two keys

2

Relax, let go and have fun.

3

Be honest with your coaches and more importantly, be honest with yourself. We are committed to you.

4

Make new friends.

5

Enjoy our beautiful city, our amazing food and awesome activities.

6

**Be yourself.
You are amazing.**





The ATS whanau look forward to
you joining our retreat waka.

REGISTER NOW!
ATSCOACH.COM/
EXCLUSIVE-RETREATS

