

# Premier 1:1 Coaching

with Wiremu Matthews



Invest in your **growth** and **wellbeing** with Wiremu's premier 1:1 coaching. This flexible 3-hour package is designed to fit your schedule and goals, offering multiple ways to structure your sessions:

- 3 x 1-hour sessions.
- 1 x 3-hour intensive session.
- 1 2-hour session followed by 1 x 1-hour follow-up a month later.

Sessions are available online via Zoom or in person in Tauranga

## What to Expect:



You will come away with **clarity**, actionable strategies, and a renewed energy and **confidence** to accelerate towards your goals.



His unique ability to quickly identify **root causes** means you'll save time and see **real change** - fast.



Wiremu's coaching is co-designed to meet your unique needs, focusing on any area of wellbeing or leadership development that **YOU CHOOSE**.



With an extensive background in **leadership coaching, conventional medicine, holistic wellbeing, personal training, business ownership, workshop facilitation, and te ao Māori**, Wiremu brings a wealth of expertise to every session.

## Investment:

\$4,500 — a **premium coaching experience** tailored to help you thrive both personally and professionally. Book your sessions today and start transforming your future.

## What Others Have Experienced:

“

*As a Māori professional, engaging in an authentic Māori way brought me a great deal of comfort. I valued coaching sessions with Wiremu – they were a game-changer for me at this point in my life. I was hungry for direction to evolve in my career, and Wiremu came through big time. He’s super cool, easy to vibe with, and nails the art of breaking down his examples so I could resonate with them. His coaching, all rooted in a Kaupapa Māori approach, made it easier for me to conquer my own roadblocks and was seriously worth its wight in gold.*

– **Bodean Peters, Director - Tupu Services**

“

*Working with Kānuka helped me realise I was avoiding having difficult conversations and that this was not healthy for anyone – problems don’t just go away by not facing them. I realised I had a lack of faith in my own abilities, in fact, I found them absolutely nerve wracking! I was encouraged to try some specific techniques and tools which have been pivotal in me finding the confidence to have the necessary conversations and in doing so this has also built my resilience.*

– **Lisa Knowles, CFO - SILC**

“

*This is my first non-clinical role and it is a different landscape. I can’t tell you how much coaching with Wiremu helped me. He gave me very simple concepts that I wouldn’t have considered and I had significant changes. I really appreciate the opportunity to give feedback as it was such an awesome experience for me*

– **Annabel - Midwife**

“

*Just thank-you! I’m so grateful for all the learnings & tools Wiremu shared with me that will support me both at work and in everyday life. It was also awesome to be able to switch between te reo Māori and te reo Pākehā when we needed to. E mihi nui ana!*

– **Rakera Willison Stevens, Huria Trust**