

TEAM KO 
SERVICES



1:1 MINDFULNESS + MINDSET COACHING

Learn practical tools and strategies for calming down reactive thinking, enhancing your mental clarity and reducing your every day stress.

60 min sessions.

STRESS MANAGEMENT 3 MONTH PACKAGE

1 x 60 min session and 3 x 45 min sessions held over 4 weeks.

Preceded by 2 monthly sessions.

Learn techniques to deepen your self awareness and understand your body's stress response. Gain a greater understanding of mindfulness meditation and how it can enhance your mental health + wellbeing.

MEDITATION CLASSES 1:1 OR PRIVATE GROUPS

Helping you establish or deepen your mindfulness meditation practice.

In home sessions available in Sydney, via zoom or at Kirsty's home studio in Cronulla.

CUSTOMISED MEDITATION AUDIOS

20 minute guided meditation audios written and recorded for you. These audios will also enhance the experience of existing services in your business like facials or treatments. Includes consultation to discuss your needs.

REIKI / DEEP MEDITATION SESSIONS

Experience the healing art of Reiki with Kirsty. Reiki treatments can assist you to reduce stress, anxiety and pain and promote greater wellbeing. Kirsty is a REIKI MASTER and combines meditation with the treatment to invoke deep relaxation.

45 minute sessions

WINE CHEESE + MEDI NIGHTS

Learn how you can begin to build mindfulness into your daily routine. Over a glass of wine, cuppa or kombucha we cover topics of happiness, gratitude, love and how you can take charge of your mental and emotional well being. Finishes with a 20 min medi.

1.5 hr sessions \$25 per person.

Kirsty is the real deal! She walks her talk and makes meditation easy. Kirsty's knowledge and encouragement helps you build meditation and mindfulness into a life long habit. I would recommend Kirsty to anyone who is looking to connect with themselves and reap the benefits of a regular meditation practice. - Charlie Bullis

Kirsty is amazing. She is kind and passionate and so understanding. I have worked with her now for a few years and she has helped me change my mindset and my life. Kirsty believes in you when you don't believe in yourself and she always has your back. she has a way of knowing just when I need her and will reach out with the perfect reminder at the perfect time. thank you for all that you do. You are truly amazing - Bree Mcewan

Straight off Kirsty showed me how to make these really small changes to my current day that had huge impacts on my stress and and my mindset. Through the day I often refer back to the guidance and strategies she has given me. My stress levels have lowered massively. I have monthly check ins with her now because I believe my mental health is worth this investment. - Aaron Wilson

KIRSTY O'BRIEN

C-MMT

CLC

CERT LOA PRACTITIONER

REIKI MASTER

