



Want What You Want

Optimised Life | 2025/26 Memberships



Diva
Bitch
Sloth
Martyr
Hippie
Scrooge
Flake
Rebel



These are the labels designed to keep you small.

To dismiss your light.

But you were meant for more than this.

And you know it.

If you want to celebrate who the fuck you are and
optimise your life for it...

Let's go!

OPTIMISED LIFE



Mindset Mentoring

Private one to one sessions to move from where you are to where you want to be with ease.



Mastermind Coaching

Elevate your connections with group coaching supported by other authentic, aligned action takers.



VIP Events

VIP Sprints for powerfully, playful momentum. Generous, luxe Retreat days to celebrate your courage.

"The best thing I've ever invested in."

LYN
CANBERRA



TESTIMONIAL



MEMBERSHIP TIERS



Desktop Workspace

You're tired of feeling disorganised.
You know there's a better way.

[Join now](#)



C Suite

You're done with having no white
space in your calendar. You know
the life you really want. It's time to
claim it.

[Nine memberships available](#)



Home Haven

You're no longer available for
shoulda, woulda, coulda. You're
here for what you want. The haven
you desire.

[Nine memberships available](#)

Mindset Mentoring

Private Mindset Mentoring sessions are the core of each membership tier.

These sessions allow us to discern your version of an Optimised Life and to lay down the mindset foundations to create it. You will learn the foundations of thought work through techniques like STEAR models, Thought Downloads, and Thought Ladders all grounded in neuroscience. There's nervous system support and somatic work.

If you were an elite athlete you would want a high performance coach and a physiotherapist. With me you're getting the equivalent for your mind and body. A technician for your brain. A wellbeing expert for your body. A cheerleader for your life.

Sessions are held once a month in C Suite and three times a month in Home Haven. We focus on outcomes so session lengths vary between 45 minutes and 75 minutes.



WANT WHAT YOU WANT



Mastermind Group coaching is so juicy.

There's a topic for each one and then the opportunity to jump into the hot seat and be coached live in front of your membership cohort.

What I've found in every, single mastermind I've been in, is that whether you are the one in the hot seat or not, you will learn so much about yourself. Sometimes you are able to learn even more from simply watching, whether the issue is something you are personally struggling with or not.

The distance allows you to see more clearly how our brains can trip ourselves up.

Of course there's no requirement to sit in the hot seat. But you may surprise yourself if you do.

Mastermind Groups

Optimise Your office, Your home, Your life

Home Haven Mastermind Groups are the first Monday in September, October, March, April, May, June and a combined one in July.

C Suite Mastermind Groups are the last Monday in September, October, March, April, May, June and a combined one in July.

Masterminds are supported by a weekly Telegram check in.

Masterminds are 60 - 90 minutes



"My decision making has become a lot quicker and a lot clearer. I have much less cognitive load."

MELANIE
MELBOURNE



TESTIMONIAL



VIP Events

Connect with your cohort, fast track your learning and lean into your optimal life.

VIP Events are all inclusive.

That means once you arrive at the event location everything is taken care of for you. Your meals. Your beverages. All the materials you need to make the most of the event.

We know you love surprise and delight so there's always a gift or two to celebrate You.



VIP Sprints

Home Haven and C Suite membership tiers include access to two VIP Sprint Days in November and February. The November Sprint Days are on the theme of mindset and the February Sprint Days are on the theme of alignment. Locations: Sydney and Melbourne

Model-athon

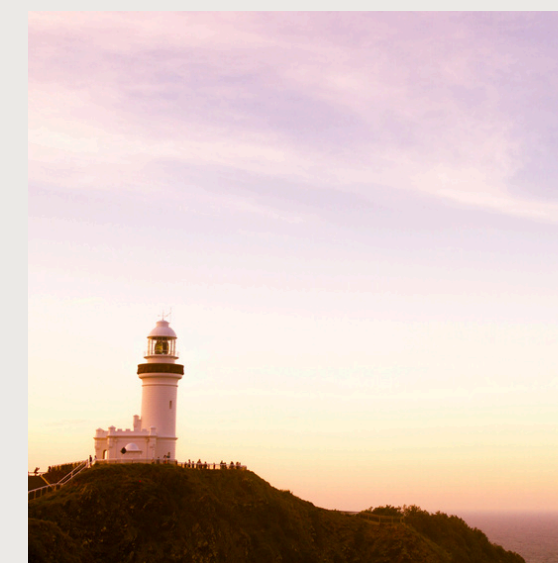
All tiers can apply for the add on Model-athon event in May. This is an intensive event where we will run through as many intentional and unintentional models as possible with a mix of live one to one coaching, partnered coaching and group coaching. Model-athons rapidly elevate your thought work. This event will be open to non members, but as a member you will have first opportunity to apply, you will be given priority selection during coaching, and you will enjoy a seamless VIP check in on the day where you receive your premium event pack. Location: Queensland.

Abundance Retreat

The Abundance Retreat in Byron Bay is a bonus for three members. One space for the first person to confirm their Home Haven membership, one space for the first person to confirm their C Suite membership, and the third space available to any tier, including Desktop Workspace, via prize draw.

This retreat features a rainforest walking meditation, pranayama on the beach, spa treatment, sauna, swimming, morning yoga and amazing food. There's also private mentoring as well as a group mastermind. Luxury accommodation at my favourite resort in Byron, meals, beverages, activities, treats and surprises are all included.

Entries for the Abundance Retreat prize draw are awarded based on membership tier and additional entries may be earned through games and challenges with the prize drawn 1 December 2025. Location: Byron Bay



VIP Events

VIP Sprints include pomodoro sprints on our theme, group coaching and hot seat coaching, plus a great lunch and a celebratory end to the day.

The Model-athon is an all day deep dive into intentional and unintentional models and how to use thought ladders, thought downloads and somatic work to power up your “Affirmations”

The bonus Abundance Retreat is an exclusive event for three members.



3 Nov

Sydney

VIP Mindset Sprint
In person mastermind
Home Haven members

24 Nov

Melbourne

VIP Mindset Sprint
In person mastermind
C Suite members

30-31 Jan

Byron Bay

VIP Abundance Retreat with
private mentoring and
mastermind for three members

2 Feb

Sydney

VIP Alignment Sprint
In person mastermind
Home Haven members

23 Feb

Melbourne

VIP Alignment Sprint
In person mastermind
C Suite members

18 May

Brisbane

Members Model-athon
Optional add on for all
membership tiers

Celebrate Retreats

The final week of your membership is for celebrating all your mindset shifts and expansion it took to create your optimised life.

It's also a chance to reconnect with other members and celebrate their achievements.

Again everything is considered for you: all meals, beverages, and if applicable, transfers, spa treatments and accommodation.

Plus, as always, some bespoke gifts and very, special surprises for all tiers.



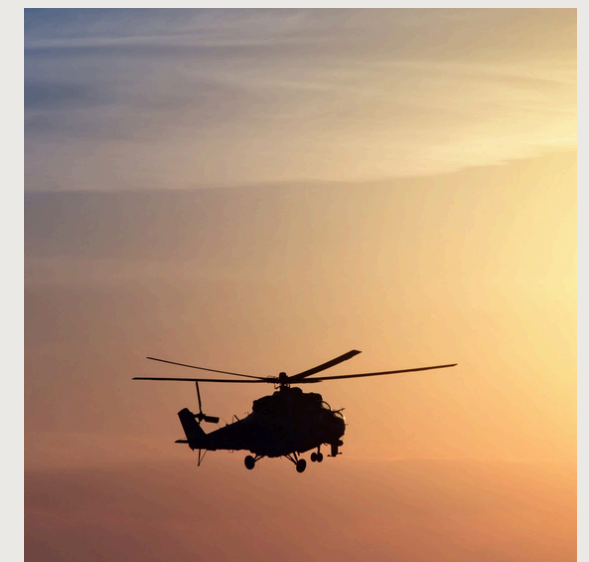
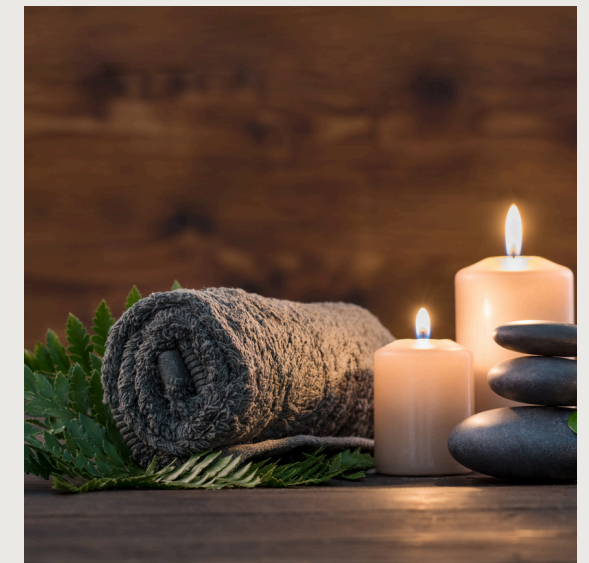
We've created a mix of ease, luxury and surprise to Celebrate your Optimised Life. Each Celebrate Retreat is a little different. We aim to balance space for reflection and integration with time together connecting, witnessing and celebrating each other. Each retreat will be tweaked once we've gotten to know each of you better. To give you a little taste of what you might experience, this is what we've got lined up so far for our Home Haven members.

Day 1. Your Home Haven Celebrate Retreat includes a limousine transfer from your home or airport to our stunning five star hotel. After your VIP check in, rest and refresh before joining us for cocktails and canapés at the member mingle with C Suite.

After we farewell C Suite members we're off to dinner at one of Melbourne's finest restaurants. Later at our hotel enjoy a nightcap while unwrapping your gifts, or sweat it out in the sauna before take a refreshing dip in the pool, or why not grab an evening spa or sleep treatment, it's on us.

Day 2. After a relaxing slumber awaken to breakfast in your one bedroom suite before our 10am Mastermind session. Lunch and then free time for pampering with your choice of a massage, facial, meditation, or private 30 min mentoring session. We regroup for the Awards Dinner where we can Celebrate all your achievements throughout the year, and after our champagne toast I'll reveal the next day's destination.

Day 3. A leisurely 10am start for our scenic helicopter ride to our indulgence day featuring spectacular scenery, rejuvenation practices, delicious local produce and stunning wines followed by restorative time in nature. Our return helicopter flight back to Melbourne concludes with a farewell cocktail before your limousine transfers you back to your home or airport.



Celebrate Retreats

The Desktop Workspace Celebrate Retreat is one day event on 27 July 2026 from 10am.

The C Suite Celebrate Retreat is two days, one night commencing 3pm 28 July.

The Home Haven Celebrate Retreat is three days, two nights commencing 3pm 29 July.



27 Jul

Desktop Workspace
10am to 7pm

28 Jul

C Suite
3pm to 9pm

29 Jul

C Suite
10am to 7pm

29 Jul

Home Haven
3pm to 9pm

30 Jul

Home Haven
10am to 7pm

31 Jul

Home Haven
10am to 7pm

“Kerryn was so wonderful to work with. I felt comfortable from our first meeting... the mental and emotional space I’ve been able to ‘clear up’ has been invaluable. I really couldn’t recommend working with Kerryn more highly.”

CATHY
MELBOURNE



TESTIMONIAL



DESKTOP WORKSPACE

Tier One



Mentoring

One x 60 minute private session
One x 45 min private followup session

Telegram

Six weeks of Monday telegram check ins
Aug to Sep

Mastermind

Model-athon optional add on \$2,000

Events

Celebrate Retreat Day 10am to 7pm

Fee

Desktop Workspace \$3,000 AUD



C SUITE

Tier Two



Mentoring

Nine x 45-60 minute private mentoring sessions
Sep to Nov and Feb to Jul

Telegram

Optional Monday telegram check ins
Sep to Nov and Feb to Jul

Masterminds

Last Monday of the month
Sep, Oct, Mar, Apr, May, June

Events

VIP Alignment Sprint Melbourne
VIP Mindset Sprint Melbourne
Celebrate Two Day Retreat

Fee

C Suite \$27,000 AUD



HOME HAVEN

Tier Three



Mentoring

Twenty seven x 45-75 minute private sessions
Sep to Nov and Feb to Jul

Telegram

Monday telegram check ins
Sep to Nov and Feb to Jul

Masterminds

First Monday of the month
Sep, Oct, Mar, Apr, May, June

Events

VIP Alignment Sprint Sydney
VIP Mindset Sprint Sydney
Celebrate Three Day Retreat

Fee

Home Haven \$45,000 AUD



Benefits Bonuses

There's so much value packed into these memberships, and while some are only available during your membership period, others are lifetime access, so you can take things at your preferred pace.



Private mentoring sessions for deciding what to think, to feel the way you want, in order to take the action that will delight you. This is how you enjoy the journey of creating your Optimised Life.

Mastermind groups with your cohort of no more than nine members where you'll experience guided meditations, visualisations, affirmations and affirmations that work, nervous system support through breath work and body connection practices, hot seat coaching, Q&As, games and prizes.

VIP Days so we can connect, laugh together, reinforce the vibe and practice of an Optimised Life and answer this question with pride: who the fuck do you think you are!

Retreats so you have that dedicated time and space away from daily distractions to immerse yourself

Telegram check ins with me and your mastermind group so that you don't have to wait a full month to reflect, offer insights or ask a question of the group.

Choose your own adventure resources on anything that you want to optimise in your office, home, life such as my Nibble the Frog office planning and prioritising system, my Clear Space program for decluttering, organising, cleaning, and styling your home, my comprehensive STEAR thought work journal system to teach you how to fish when it comes to unblocking unhelpful beliefs and creating integrity and alignment in your life. My Metta Heart Space program for emotional connections in your relationship to self and others, and my SoKinYo wellbeing practices bundle with yoga flows, kinesiology supports, meditations and so much more. *Lifetime Access including any updated or additional content.*

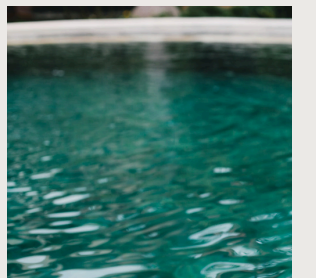
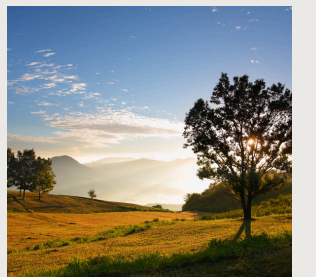
Games because gamification works for so many of us there are regular games and challenges you can opt into and win prizes large and small. *Lifetime access.*

Prizes like a bundle of my merchandise personalised for you, or champagne and chocolates with a massage voucher, a Dream Day package, VIP KayDays where I come to you and we balance ease and effort as we optimise, and Upgrade bundles where I'll take something in your life that you consider economy class and upgrade it to your first class option.

Surprises and delights like flowers turning up on your doorstep on a random Tuesday, or a skincare bundle, a spa voucher, or a sleep package. *Lifetime Access*

Bonuses with special VIP additions that you can access like the Desire Retreat, the Abundance Retreat, the Dream Day package, a KayDay, and the Model-athon. *Lifetime Access*

Connectors Club one of the three things that propelled my former career was my ability to connect people with someone they felt destined to meet. All members get access to my Connectors Club which highlights anything you want to offer to our community of heart centred gals, gays and theys and the people that love them in the entrepreneurial space. Think branding, social media, personal trainers, stylists, photography, editors, writers, business managers, EFT practitioners etc. Plus it's where I draw people and services from to support all my personal and professional endeavours, and it's who I recommend to family, friends, peers and clients with a deep understanding of why they're special and who's the best fit for you from the club. *Lifetime Access*



Sep 2025

The first Monday of the month is reserved for Home Haven mastermind calls and the last Monday of the month is reserved for C Suite mastermind calls, unless there is an in person event on that month.

Home Haven private mentoring sessions for members Alpha-Indigo occur Wednesdays to Fridays.

C Suite private mentoring sessions for members Juliette-Romeo occur Wednesdays to Fridays.

Telegram check ins are available Mondays.



Calendar Sample

M	T	W	T	F	S	S
1 Home Haven Mastermind	2 No member sessions	3 11am A 2pm B 5pm C	4 11am D 2pm E 5pm F	5 11am G 2pm H 5pm I	6 No member sessions	7 No member sessions
8 Telegram check in DW S2	9 No member sessions	10 11am A 2pm B 5pm C	11 11am D 2pm E 5pm F	12 11am G 2pm H 5pm I	13 No member sessions	14 No member sessions
15 Telegram check in DW S2	16 No member sessions	17 11am A 2pm B 5pm C	18 11am D 2pm E 5pm F	19 11am G 2pm H 5pm I	20 No member sessions	21 No member sessions
22 Telegram check in DW S2	23 No member sessions	24 11am J 2pm K 5pm L	25 11am M 2pm N 5pm O	26 11am P 2pm Q 5pm R	27 No member sessions	28 No member sessions
29 C Suite Mastermind DW S2	30 No member sessions					

"But honestly the best bit about working with Kerryn was the absolute respect and empathy she showed me throughout the whole process. I never felt judged at all. She was very respectful of my neurodivergence and limitations."

GEORGI
MELBOURNE



TESTIMONIAL





Kerryyn Simmons



Living an optimised life

From tracking lions in Sabi Sabi to swimming with whale sharks in Mexico, from meditating at Niagra Falls to trapeze in Seattle, from surfing at Byron Bay to high ropes in Taupo, my adventurous spirit has guided me forward.

South Africa. Mexico. Turkey. Italy. Germany. Belgium. The Netherlands. Switzerland. France. England. New Zealand. Canada and the USA. I've explored them all. The oceans. The mountains. The beaches. The cities. The freedom and possibilities delighted me.

Trusting my intuition I followed my career interests through national policy development, rock climbing, yoga, massage, meditation, kinesiology, consulting, trauma coaching, mindset mentoring, volunteering and so much more.

I know what it takes to get to the edge of your discomfort and move forward.
To feel all your feelings all the way through. It's a superpower.
To trust in yourself.
And have a blast while doing it.
I know that having your own back changes your life forever.

Living your Optimised Life evolves with each season and focus in your life. Exploring and adventuring. Dynamic career progression and creating. Nesting and quiet contentment. Clearing and streamlining. Legacy building. Reflecting. It's whatever you want it to be.
Join me to discern your desires and curate your Optimised Life.

Got Questions



If this is enough information to whet your appetite, reach out via email with any questions you may have and to request a full membership pack for your preferred tier.

Alternatively, you can book a Let's Chat session in July or August 2025 via the website.

Please understand I am only interested in enthusiastic consent. This means I don't do persuasion. Be assured that I will only use a Let's Chat session to answer your questions and to help you discern if this is meant for you or not.

Want What YOU Want

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