



KATE ROSS

ADVISORY

A KATE ROSS RESET

RETREAT

in **UBUD, BALI**

OCTOBER 2-8, 2025

A RETREAT FOR WOMEN

About My Resets

The Kate Ross Reset Retreat isn't your typical Bali escape.

It's personal. And how you walk in won't be how you walk out.

These resets are designed for women who juggle it all, careers, businesses, families and are quietly burning out behind the scenes.

You'll get the space (and the permission) to stop, breathe, and ask: What's working for me? And what's not?

Because everything is connected, your work, health, mindset, and results, we break it all down.

This is a highly personalised retreat. Together, we explore what needs to change, whether in your business, job, home life, or within yourself, so you can begin rebalancing from the inside out.

It also includes daily movement, meditation, and honest, grounded conversations that help you reconnect with yourself and reprioritise what truly matters.

You'll walk away challenging the status quo, with clear strategies to create change (both in life and business), and a new sense of alignment so your existence doesn't come at the cost of you coming last.

If you've been feeling burnt out, questioning your direction, or just bloody over the same old shit—this is your time.

It's time to put you first, whatever that means for you, and watch how everything else falls into place.



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The Essence Of Your Program

Clarity on What's Next

"You don't need another to-do list, you need a clearer why."

- Cut through the noise and reconnect with your purpose.
- Gain clarity on where you're heading in life or business.
- Leave with a fresh roadmap that truly reflects you.

A Mindset Reset That Sticks

"You can't create a new life with the same old beliefs."

- Let go of outdated stories holding you back.
- Rewire self-doubt into self-belief, personally and professionally.
- Discover how your inner world shapes your outer results.

Reconnection to Your Energy and Self

When was the last time you checked in with yourself?"

- Reconnect with what fuels you, mentally, emotionally, and spiritually.
- Ditch burnout and reawaken your spark.
- Align your energy with your goals (so success feels good again).

Supportive, Real Conversations with Like-Minded Women

"You're not meant to figure this all out alone."

- Deep, honest connection with women who get it.
- Safe space to be vulnerable, bold, and inspired.
- Build a sisterhood that lifts you long after the retreat ends.

Practical Tools to Realign and Move Forward

- Walk away with tools, frameworks, and next steps tailored to you.
- Workshops that blend mindset and strategy, no fluff.
- Feel grounded, empowered, and ready for your next chapter.



Meet Kate

Kate Ross is a passionate advocate for women, known for her ability to blend strategic thinking with grounded, deeply intuitive support. With 30 years of building a business from scratch into a nationwide leader, and then selling it to a global company, she has expertise in branding, leadership, and business growth. Kate helps women refine their vision, align with their purpose, and attract the right opportunities. Kate believes in flow, not push; when you find your flow, you are aligned.

Her professional background spans recruitment, talent strategy, and strong business development, giving her a sharp eye for positioning and long-term success. Having supported hundreds of professionals and entrepreneurs, Kate brings a unique mix of real-world experience and transformational coaching to everything she does. She is down-to-earth, real.

At the Bali Reset Retreat, Kate works closely with women who find themselves at a crossroads, both personally and professionally. Through immersive workshops and 1:1 coaching, she helps them reconnect with what matters, clarify what's next, and create a life and/or business that feels deeply aligned to them and no one else.

Kate's style is honest, empowering, and always tailored to the individual. If you're ready for change, she's ready to help you lead it.

Your Sanctuary



On our June retreat, we stayed in the luxury retreat, Dwa Chandra Villas, just outside of Ubud. Your accommodation for the October retreat, will align with this level of quality. More details to follow.



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PRIVATE RETREAT IN SECLUDED INDONESIA

Your sanctuary on retreat, is the luxurious 'House of Amerta', located 20 minutes from Ubud City. Our villa features 5 x King suites with ensuite, a beautiful pool with a view of the river gorge, elegantly designed living and dining rooms, and many quiet and peaceful nooks, where you can enjoy downtime for rest, reflection or reading. Each day begins with yoga & meditation, followed by a nourishing breakfast, then a deep dive into your daily mentoring and reset workshops. The rest of the day is yours to choose.



"I'd recommend this retreat for anyone, business owner or not, who needs to rebalance their lives." ~ Ingrid O, June Retreat



"I had no idea what to expect, because I was going along as part of the 'Bring A Friend' discount. What I found was that Kate had designed the program based on questions she asked me before we left. I had no idea she had curated the retreat around those answers. Just WOW! I had epiphany after epiphany!" ~ Nicole B, June Retreat



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"It's not what it says on the tin.
It's not standard mentoring, or a
retreat strictly for business.

No, this retreat is so much more
than that. It's real soul-searching,
and discovery of what's impacting
how you run your business and
life. Tina B, June Retreat



Daily Itinerary

AM

Gentle Yoga & Meditation

Nourishing Breakfast

Mentoring & Clarity Coaching with Kate

PM

Delicious Lunch

You Time to Explore or Relax

Dining Experience *(optional)*



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What's Included

6 Nights/7 Days Luxury Villa
(accommodation, breakfast & lunch incl.)

A Complimentary Massage

Personalised Reset Program

Daily Mentoring & Clarity Sessions w. Kate

Daily Yoga & Meditation Sessions

24/7 Admin Support

Airport Transfers

Private Chef & Staff

Laughter As Medicine

** Flights not included*

** Additional services & excursions can be organised for you,
and will incur additional charges*



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Pricing

Early Bird

\$3500 + GST

**pay in full before September 10, 2025*

Standard Single Price

\$3800 + GST

Bring A Friend & Get 25% Off!

\$3800 First Guest + GST

\$2850 Second Guest + GST

**pay in full before Sept 10, 2025*

****All Pricing in NZD**

We Accept Afterpay, Klarna, Credit Card and Bank Transfer

***please note Stripe Transactions Incl. Fee*

Connect Today

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