



THE
HUMMINGBIRD
COLLECTIVE



THE HUMMINGBIRD COLLECTIVE



A NEW NAME
FOR A NEW
VISION

EMBODYING THE HUMMINGBIRD

When I started to think about changing my business name - I really took the time to sit with it and think about what this all means to me, why I do it and how I want to bring it forward.

Then one day, sitting watching a nature documentary with my Dad, these beautiful, magical, colourful creatures - **HUMMINGBIRDS** - came on the screen.... and I fell in love with them! A seed was planted and not long after - The Hummingbird Collective started to take root!

My core business since I became self-employed is as a Virtual Assistant. Then, I realised I have so much more to give and struggled with tying it all together with the nurturing, holistic side of my character - **The Hummingbird Collective** can **EMBODY** everything I have to offer & grow with me **AND** my business into the future!

THE HUMMINGBIRD

Although native to the Americas and I don't believe I have ever see one, these magical, mythical creatures are steeped in legend, folklore and cultural significance.

Hummingbirds represent:

Speed, Agility, Resilience

Creativity, connected to nature

Messengers of Joy, Love, Good Luck

Graceful in the face of challenges

Seek out new adventures & experiences

Living in the present moment

Often associated with healing and transformation

Positive Energy & Inspiration

Fierce defenders of their territories

Loyal, focused, disciplined

Joy, Energy, Lightness of Being

Beauty, Playfulness, Beacons for Positivity

OUR SERVICES

It is important to me to not feel restricted or defined by one service that I offer. That was largely the reason for changing from The Holistic Virtual Assistant to The Hummingbird Collective.

Why can't I offer my skills and expertise and energy all under the one roof? - incorporating the **'logical, techy, admin support'** with the **'holistic, nurturing, teaching'** role, representing all aspects of my character.

Balance in all things!!

THE HUMMINGBIRD COLLECTIVE

OUR SERVICES

Virtual Assistant – providing admin and business support to entrepreneurs and business owners. From Inbox Management to Newsletters to Bookkeeping, my aim is to help reduce stress levels and assist with the back office tasks that overwhelm business owners.

Business Management Set-up – helping aspiring or newly fledged entrepreneurs and business owners to get set up correctly with CRO (Ireland), source a domain name and hosting for their website, professional email and workspace.

There are *3 packages available* for these services.

1:1 Mentoring & Strategy Calls – there are two parts to these calls. One is for those aspiring or new business owners who want to DIY their business set-up but need some advice on how to do it! The second is for Aspiring Virtual Assistants – this call gives everything needed to get set up and fully booked as a new VA.

OUR SERVICES

REIKI MASTER | KEITH'S CACAO FACILITATOR

I am a **Reiki Master**, attuned to the **USUI Reiki lineage**. Reiki is a huge part of who I am and I incorporate it into my daily life, like breathing. My ethos is very much about bringing **balance** into our lives and **healing** on all levels – Reiki is a wonderful **energy healing modality** that really enables me to stay aligned with my purpose and clear any negativity or old patterns that hold me back.

I also facilitate **Cacao Ceremonies** as a **Keith's Cacao** practitioner and incorporate some Yin Yoga postures and peaceful Yoga Nidra meditations.

I have just licensed **The Power of Cacao** to host my own training course and teach fellow Cacao lovers how to become a Keith's Cacao Practitioner.

All details of this will be updated on my website.

THE HUMMINGBIRD

Some cultural **appreciation** (*not appropriation*)...

The **Ancient Mayans** believed that the Hummingbird was the "sun in disguise" that appears in a hummingbird form to "court" the Moon.

Huitzilopochtli, the most powerful **Aztec** god was thought to be half man, half bird. The Aztecs believed the god was made of hummingbird feathers that fell from the sky



THE HUMMINGBIRD

Some cultural **appreciation** (*not appropriation*)...

I also stumbled across this beautiful folklore story about how the Hummingbird got its colours*



According to the story, there was once a time when all hummingbirds were grey. They lived in a land of mist and shadows and never saw the sun.

One day, a group of hummingbirds flew to the top of a tall mountain, where they saw the sun for the first time. Its rays were so bright and beautiful that the grey birds took on a rainbow of colours.

From then on, hummingbirds have had associations with colour and light and are often seen as symbols of hope and happiness



* [SOURCE: WWW.A-Z-ANIMALS.COM](http://WWW.A-Z-ANIMALS.COM)



COLLECTIVE

DEFINITION:

A cooperative enterprise – collaborative, mutual, joint, cooperative, shared, common, united, synergistic, together, community.

"A COLLECTIVE MINDSET"

The words above are exactly my thought process on what 'Collective' means to me.

I want **The Hummingbird Collective** to be a place of community, with a shared, collaborative mindset, working synergistically, in a joint and mutual collaboration, united together to make our lives and the lives of all beings on the planet happier, healthier and abundant!

I PROUDLY WELCOME YOU TO



THE HUMMINGBIRD COLLECTIVE



THE HUMMINGBIRD COLLECTIVE

