

W E L C O M E T O H E R A

Your Starter Guide to Making The
Most of Your Membership



CARON PROCTOR
FOUNDER OF HERA

Y o u r H E R A T o o l b o x

Hello and Welcome!

Welcome darling,

At HERA -

You do not need a five-year plan or matching activewear.

Just come as you are.

Inside HERA, you'll find a collection of
resources designed to make life and business a
little easier.

Members' Directory

Meet the women and businesses that make up our
community.

Gallery

Photos, memories, and moments from our gatherings.

Events

All upcoming gatherings and experiences. The place to
book your powwow, and gatherings.

lifecoachnelson.co.nz/events-schedule

HERA Guides

Practical tools, ideas, and inspiration for life and business.

www.lifecoachnelson.co.nz/hera



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FOR ALL YOUR EVENTS &
DIRECTORY, PLEASE VISIT MY
WEBSITE

Between Events

Our online community is where we stay connected.

Introduce yourself when you're ready.

Share what you're creating, learning, celebrating, or navigating.

Ask questions. Offer encouragement.

Celebrate someone else's win.

A thoughtful comment or a kind word goes a surprisingly long way.

Pow Wows

Twice a month, we gather in smaller groups.

- One Social Pow Wow.
- One Business Pow Wow.

Think coffee. Think wine. Think conversations that somehow become much deeper than anyone expected. Members talk about life, work, ideas, challenges, and occasionally wonder where the last hour went.

OUR END OF THE MONTH GATHERING

This is our larger monthly gathering and one of the most-loved parts of HERA.

Each month:

A selected member shares a story or business update. **Email me if you would love to do this.**

We celebrate wins. (Shout-outs)

We shop local through our Mini Shops.

We laugh, connect, and remember we're not the only ones figuring life out as we go. We learn from the mixture of women's experiences from around the world.

Usually at The Honest Lawyer - Monaco

What Makes HERA A Different Way To Network?

1. A lot of groups promise connection.
We create it.
2. Events are organised. Members are welcomed.
Conversations are guided.
3. Not everyone joins HERA for business.
Many women join because they're craving connection.
Good conversation. New friends
4. HERA proudly supports the Nelson Women's Centre and the incredible work they do for women in our community.
5. HERA is intentionally affordable.
It's here so women can connect without pressure, pay without pain, and avoid the awkward networking handshake that nobody really knows how to end.



For Our Business Members

HERA gives you a place to be visible without being pushy.

To share what you do without feeling salesy.

To build relationships before transactions.

Business Members are invited to create special member offers for the community, making it easier for women to discover and support one another.

Current Member Offers

✦✦ 10% off at PC Eatery - 49 Saxton Road, Nelson 7011

✦✦ \$10 off your first purchase, plus an ongoing discount with Roz Speirs -clarityglass.co.nz

✦✦ \$10 off your first hair appointment with Danni James at Oasis Hair using code **HERA10** -
oasishair.co.nz

✦✦ \$50 off your first coaching session with Caron
lifecoachnelson.co.nz

For Our Social Members

Not everyone joins HERA for business.

Many women join because they're craving connection.

Good conversation. New friendships.

A reminder that they're more than the roles they play for everyone else.

As a Social Member, you'll have access to:

- ☐ ✨ Women-owned local businesses to support
- ☐ ✨ Advice, encouragement, and wisdom from women who've usually made the mistake first
- ☐ ✨ Gatherings and events throughout the year
- ☐ ✨ A community that feels warm, genuine, and refreshingly free of competition

This isn't networking. It's belonging.



Our Wider Purpose

HERA proudly supports the Nelson
Women's Centre and the incredible work
they do for women in our community.

Because when women support women,
everyone benefits.

The ripple always travels further than we
think.

And HERA is the birthplace of HERstory.

*Come to our events. Say hello. Join a
conversation. Share your light and
promote your business. Support another
woman. Let yourself be supported too.
That's really what this community is
about.*

*Women walking alongside women.
And we're very glad you're here.*

Love & Stardust

Caron xox