



OCEAN ORIENTED™

BIMINI TRIP DETAILS
August 11-14, 2022

See you at sea.

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Mission



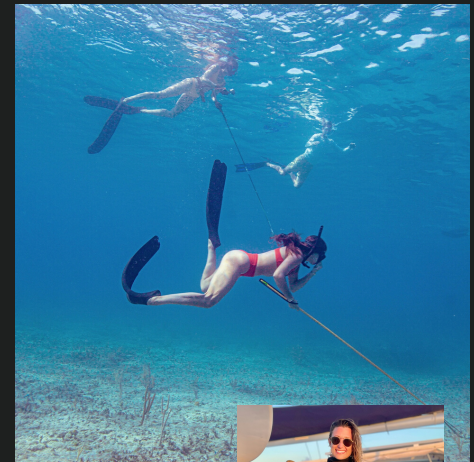
LEADERSHIP RESILIENCY TRAINING FOR PERFORMANCE, WELLBEING, & GROWTH BY DR. LINDSAY BIRA

Dr. Bira incorporates neuroscience-based resiliency training into every aspect of the trip and creates Individual Growth Plans (IDPs) for each guest. The PR-6 Resiliency measure is given pre-trip, 1 week post-trip, and 3 months later to track your growth. Improve your mindset, drop emotions & memories that trip you up, & build your emotional intelligence to better face any challenge ... & help others do the same.

Delivered through ...

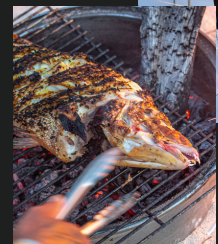
OCEAN ADVENTURE FREEDIVING, SPEARFISHING, + RAW NATURE

Freediving allows us to tap into our natural water reflexes to break old mindsets. PADI certification + spearfishing training included. Allow yourself to reset & refuel in the raw & wild ocean. Feel that natural sense of awe & remember what it feels like to thrive while integrating your resiliency training in ways that level you up in all areas of life.



With ... OCEAN-TO-TABLE EATING BY AWARD WINNING CHEFS

Salt-of-the-Earth. Enjoy impressive culinary creations from the group's daily catches. Get back to gratitude by learning to live off the sea.





BIMINI

August 11-14, 2022

The Catamaran

CATAMARAN + ROOMS

- Modern FP catamaran w/ AC, WiFi, & all comforts
- Private room with queen bed + full bath
- Captain, staff, boat chef, & guest chef to meet all needs
- 4-6 guests total with Dr. Bira & guest Chef
- 5-star meals with dietary preferences & preferred drinks
- Crystal clear water of the Bahamas & thriving ocean life



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BIMINI

CHARTER FLIGHT: FLL Exec >Bimini

CATAMARAN: Board in Bimini

Guest ITINERARY

LOGISTICS:

THINGS TO KEEP IN MIND:

Thursday, 8/11

DAY 1

- Take charter flight to Bimini from FLL Executive
- Board catamaran [redacted] around 3pm
- Meet & greet, settle into your floating home
- Personal growth plans - reviewed by Dr. Bira
- Sail to remote island & anchor
- Sunset snorkel, freedive intro, dinner

- Simply arrive!
- Hop in your uniform for the trip: a swimsuit & sunglasses
- Set intentions for the trip
- Relax & enjoy

Friday, 8/12

DAY 2

- Wake up in paradise, breakfast by Chef
- Neuroscience resiliency modules w/ Dr. Bira
- Freedive spearfish, sandbar, island explore
- Island campfire dinner by Chef
- Night dive & snorkel (optional)

- This is a day of expansion & growth
- Get epic photos doing epic things
- Use resiliency tools get more in touch with yourself & the ocean
- Relax, enjoy, expand, rejuvenate.

Saturday, 8/13

DAY 3

- Wake up in paradise, breakfast by Chef
- Neuroscience resiliency modules w/ Dr. Bira
- Experiences: [redacted]
- [redacted], special dinner by Chef
- Sunset sail & anchor for night
- Night ceremony - resiliency & growth

- Another day of expansion & growth!
- Get epic photos doing epic things
- Incorporate resiliency & practice building it in lasting ways
- Open, connect, enjoy, rejuvenate.

Sunday, 8/14

DAY 4

- Wake up in paradise, breakfast by Chef
- [redacted], lasting growth plans
- Wrap-up, sustained resiliency module
- Disembark catamaran by 12pm

- Maximize the morning & do what speaks to you
- Tie it all up with a strong mission you carry forward



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BIMINI

August 11-14, 2022

Meet the Team



DR. LINDSAY BIRA
HOST & FOUNDER
@DrLindsayBira

Dr. Bira is a psychologist, executive coach, & PADI Freedive Instructor who will host you, guide you, & make sure you leave elevated. She founded Ocean Oriented™ after her own personal journey, realizing the power of ocean adventure blended with neuroscience to support success & wellbeing in high-performing people.



CHEF FABIAN SPIQUEL
OCEAN -TO-TABLE
@FabianSiquel

Chef Fabian is a Michelin-starred chef with an Australian heritage. Currently migrating all over the globe to serve love in glasses & on plates, his passion is to create sensational yet sustainable dishes full of popping flavors. He is former chef & co-owner of the renowned Maison Manesse restaurant in Zurich, Switzerland.



LAURENT GLOOR
PHOTOGRAPHER
@LCGloor

Laurent is a skilled underwater photographer, PADI Freedive Instructor, and impressive spearfisher who captures the perfect shots that tell the story. He is passionate about delivering the images you want & others you didn't know you needed to drive home the power of what you've experienced & all the ways in which you grew.

*** Additional Captain + Assistant Chef on board to meet all needs**

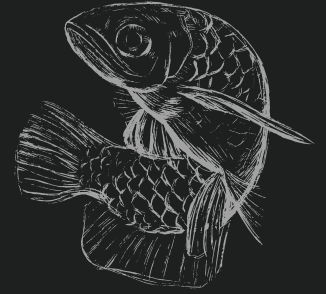
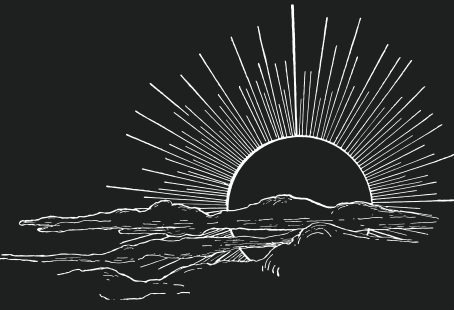


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Packing List



WEARABLES:

- 2-6 swimsuits or or 2-4 swim trunks
- Light & loose cover-ups & breathable athletic wear
- A couple of shorts & t-shirts
- 1 pair of flip flops (we will be mostly barefoot)
- Any photo-ready ocean outfits for epic shots
- 2 pairs of sunglasses

EXTRAS:

- Toiletries - toothbrush, toothpaste, cosmetics
- Shampoo & conditioner if you have a favorite
- Medicine & supplements
- Sunscreen
- Electronics & all charging items

Provided:

- All meals, snacks, & drinks
- All diving equipment & photography
- All towels & linens
- Basic shampoo, & body wash
- Electricity & WiFi (could be spotty, but cellular phones should be fine the entire trip)





Testimonials

"I returned to my life feeling like a new & better version of myself - that has persisted weeks after the trip & is still going. I really didn't expect that."

"Dr. Bira brought the neuroscience into this adventure in such interesting ways that actually sunk in."

"What did I like best about the Ocean Oriented expedition?
EVERYTHING. The discussions Dr. Bira led were incredible & helped me make major shifts ... I need more of that."

"I found a new sense of community with people I didn't know existed previously, who have now become part of my professional network... and now my fellow freedivers!"

" I went into this trip having led global events but with a fear of holding my breath in water for longer than 10 seconds, and I came out of this with a 2:21 breath hold and completely new view of my abilities. I was in disbelief and found such natural joy - I can't wait to integrate these lessons with myself and my teams at work."

"Dr. Lindsay Bira uses her expertise in Ocean Oriented to support and enhance high-performing people. I'm thrilled to see more value being placed on emotional wellbeing and growth - especially for leaders and teams. Her approach is unique and powerful."

"Dr. Bira changed my life and impacted my career in incredible ways. I recommend that every leader embrace this completely unique opportunity."

- PAUL ENGLISH, CO-FOUNDER & CTO, KAYAK

- BETH DOANE, FORBES

