

## The 3 Coaching Packages:

### 1. Simplify Your Lifestyle with Organization Services: \$50.00/hour \*\*Local

- Home/Office Organization + *Clean and Redesign services to detail project*
- Estate Clean-Outs + Downsizing - *declutter, organize, clean, pack up, toss, donate*
- Walk & Talk - DIYer! - **\$100** - *Written Summary of Walkthrough within 5 days*
- Interior Redesign + Home Prep/Stage - *redesign and stage to stay or stage to sell*

### Coaching Package Activities: to facilitate your journey to Simplify Your Lifestyle!

- Vision/Mood Board Kit - *learn techniques of creative visualization to achieve goals*
- Journals Kit - *help you organize your thoughts, set goals with positive self-encouragement*
- Daily Planner Kits - *help with time management, become more productive, stay on tasks*

### 2. Slow-Living Lifestyle Coaching: \$50/hour \*\*Local

### Hands-On Coaching Session: Each Session Includes Organize/Clean/Redesign Services

- What is a Slow-Living Lifestyle? *Taking time to enjoy life*
- What are the benefits? *Less stress, increase happiness, more time to enjoy moments*
- Declutter your spaces- *having organized spaces give you more energy and time*
- Learn to say “NO” - *you will learn not to feel bad for making yourself a priority*
- Step away from Social Media - *there is no such thing as living slowly on these platforms*
- Spend time doing nothing - Not Literally! *Savor time during the day to enjoy what brings joy*
- Do things more slowly - This IS Literally! *Be less aggressive and more purposeful with your time*
- SLOW acronym: *Sustainable - Local - Organic - Whole*

### 3. Simplify Your Lifestyle Coaching Program: Online \$157.00 Total

**I created an online program to teach you the same methods we use to organize any space in a room, a home, a workplace ... any size, any condition! Same procedure **(WORKSHOP COMING SOON!)****

### Online Modules: with homework/downloads/summary/activities/challenges

- Organize your Basement - *module 1 - video + guidebook*
- Organize your Bathroom - *module 2 - video + guidebook*
- Organize your Garage - *module 3 - video + guidebook*
- Organize your Home Office/Workplace - *module 4 - video + guidebook*
- Organize your Kids' Spaces - *module 5 - video + guidebook*
- Organize your Kitchen/Pantry - *module 6 - video + guidebook*