



*Vivid Vibrations*

## Clear Away the Clutter and Calm the Mind

2-3 Hour Interactive Workshop

In this interactive workshop we will investigate the relationship between a clear and organized space and a quiet mind through interactive and introspective activities.

Get personalized guidance on how and where to start getting clear and take a look at the habits and beliefs you hold onto that might be hindering your ability to keep your space tidy and efficient.

Bring photos of your current 'problem' areas in your home or workplace and get on the spot help forming a plan of action!

Fee: \$400 per person (minimum 6 people)  
Venue of your choosing

Participants can enjoy a 20% discount off private services booked within one month of the workshop

## De-clutter and Get Organized

Whether you are striving for efficiency, more aesthetically pleasing surroundings or mental and emotional calmness, we can help you to get organized mentally and physically.

De-cluttering and organizing is simply a matter of learning a new skill and understanding or becoming aware of how you actually use and interact with your space. Many of our actions and habits are mostly subconscious: how you shop, how you measure wants and needs, how you store items, how you decide on what stays and what goes. Until we take a good look at these habits, long lasting change is difficult to achieve.

Often clutter in the home can be a reflection of or cause of internal turmoil or unsettledness personally and within the family. Coaching and counseling are key here and would typically focus on attachment issues, emotional obstacles such as depression, lack of motivation, low self-worth and or self confidence to name a few. Getting to the root of these issues and seeing the connection to your space is often very liberating and can lift a weight from your shoulders that you have never really been able to pin point.

## Our Approach

Unlike many other approaches that offer a step - by - step, systemized, and homogenized solution ours is unique and purposefully focuses on the individual needs of each client.

Finding the best processes and solutions to creating long term changes are reached by way of a highly personal approach involving 'getting to know' each client - through verbal communication but also through observation. How you and your family function in your space and what specific outcomes you hope to achieve are very important to our process.

There is always the option of not getting personal as well if that is what you prefer!  
In this circumstance we would consult with you and bring in a team to quickly get the job done!