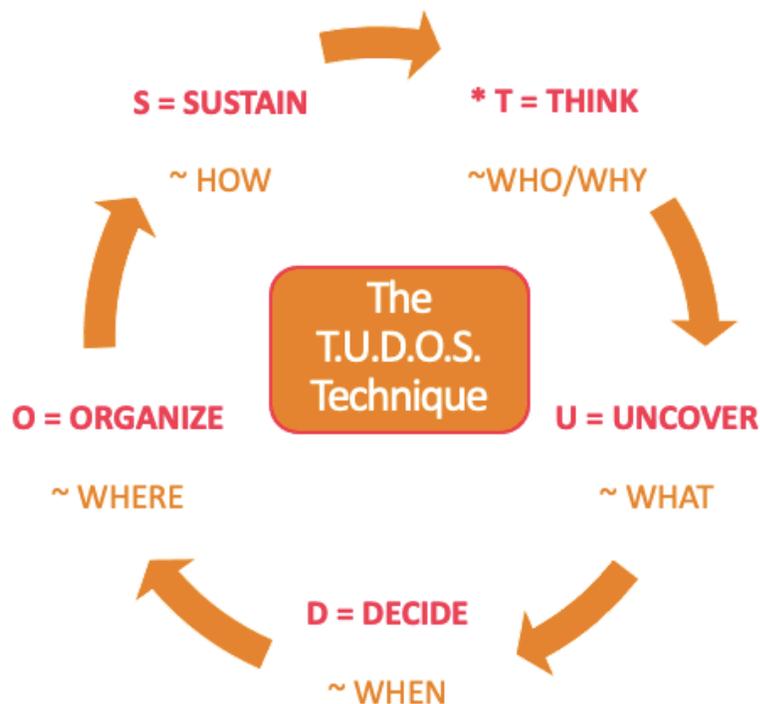


Thanks for reaching out to learn more about learning and coaching with me!

As a Toronto-based experiential educator, organizer and personal development coach, I help busy, creative and results-driven people transform mental and physical clutter into clarity and productive action, in order to thrive.

My Organizing & Coaching philosophy is based on the premise that meaningful inspiration, strategic planning, and intentional action all lead to potential transformations that can change how you think, feel and act in the world.

Using my proven T.U.D.O.S. Technique as a guide, my goal is to help you overcome the obstacles (time, focus, skills, motivation) that get in the way of you creating, and maintaining, the conditions for your organizational success so you can live with more ease, control, and joy.



Imagine what physical, mental and emotional DIS-organization is costing you in: TIME, MONEY, ENERGY, PEACE OF MIND, HEALTH AND RELATIONSHIPS?

Together, let's focus your energy on creating the conditions for your success, and transform your clutter into clarity and productive action so you can thrive.

Is now YOUR time? I can help when you are ready!

2021 Online Learning & Coaching Programs

GET IT DONE ACCOUNTABILITY GROUP

February, March & April 2021 | \$200

The **Get It Done Accountability Group** is for you if you're feeling overwhelmed, stuck and/or frustrated by the clutter and disorganization, both external and internal. This group is for you if you want to make, and sustain, weekly decluttering and organizing progress in your home, with your work, or in your personal life. Drawing on my expertise as an experiential educator, life coach, and professional home organizer, my facilitation is intended to be the catalyst to accomplish more, within a structured framework and supportive online community.

Imagine how GREAT it would feel to:

- Understand how your mindset, attitude and personality affect your organizing success
- Learn to overcome challenges such as lack of structure, motivation, accountability and time
- Develop & implement organizing strategies geared to *your lifestyle and your unique situation*
- Build lifelong decluttering & organizational skills through hands-on activities & discussion
- Create momentum and build confidence – two crucial skills for achieving your goals
- Receive ongoing support, feedback, and direction from Jessica and other group members

Invest in YOU and you will receive:

- Access to bi-weekly live teaching and Q & A with Jessica (6 in total)
- Free access to mastermind course/s during the 3-month program
- T.U.D.O.S. Technique work sheets to transform your ideas into action and results
- Access to beneficial resources inside our private Get it Done Facebook group

GET IT DONE PLUS PRIVATE COACHING & ACCOUNTABILITY GROUP

February, March & April 2021 | \$400

For those who desire a massive breakthrough and recognize that personal coaching will enable this to happen, this is the program for you! This program includes all aspects of the **Get It Done Accountability Group** with PRIVATE PERSONAL DEVELOPMENT COACHING facilitated by Jessica.

In addition to all of the benefits listed above, the *Get it Done Plus* program includes:

- Learning how to identify and overcome your *unique organizing challenges 1:1*
- Co-creating a *detailed and personalized strategy and action plan* for your success
- Understanding your *distinctive mindset beliefs* through online surveying & coaching

Invest in YOU and you will receive:

- Bi-weekly one-on-one private coaching (3 x 45-minute individual sessions)
- Ongoing 1;1 email and/or text support to help troubleshoot, clarify, and support
- Access to bi-weekly live teaching and Q & A with Jessica (6 in total)
- Free access to mastermind course/s during the 3-month program
- T.U.D.O.S. Technique workbook to transform your ideas into action and results
- Access to beneficial resources inside our private *Get it Done* Facebook group

POWER HOUR PRIVATE COACHING CALL | \$100

Have a particular decluttering or organizing problem that needs addressing? Need expert and timely advice on managing a task? Frustrated by your lack of progress? Drawing from my proven T.U.D.O.S. Technique, each 60-minute personal coaching session will focus on YOU getting results – quickly.

Recent *Get it Done* Students on What it's Like to Learn with Jessica

"I appreciated Jessica's ability to support open dialogue, ask probing questions, and offer different ways to approach decluttering and organizing tasks. During the course I developed motivation to get the work done, and the accountability was terrific. The biggest value for me was building momentum, as starting can be the hardest part! Now that I've started, I want to continue, have the tools to do so, and most importantly, have momentum and confidence."

"My biggest takeaway was motivation and accountability – I got a lot done in a short amount of time. Jessica's non-judgmental approach, along with her skilled facilitation during group calls, really motivated me. I've done more cleaning and organizing this month than I have in a long time."

"I really did get a lot done. More than I expected. But the biggest takeaway is that I am smarter about how I approach organizing. I look at spaces and critique its contents."

"Others should join this group if they want to improve the organization of their house and in turn, experience positive outcomes like more control, joy, time, mastery, authenticity, and less stress."

"I now ask myself questions before I decide to declutter or organize. Questions like, "Do the contents merit the spot it has in my home? Could I use this space differently? What would be more efficient and effective? Does this choice or decision work for my style?"

"I felt a transformation happen during the course - it was great for motivation! I've organized so many parts of my house, and I'm doing better at keeping it organized."

"This course opened up a whole new area of knowledge for me. Other than reading one book by Marie Kondo I have not formally learned much on this topic. And Marie did not inspire me to do anything except thank a few souvenirs and throw them out."

"I now think about why I am doing what I am doing to prepare myself for the other steps like collecting, purging, organizing, etc."

"I appreciated how you have distilled the wisdom in the decluttering and organizing field, plus added your own, to develop the TUDOS Technique. It is brilliant how your name works to create the acronym for a powerful system!"

*"The best part about the *Get it Done* course was recognizing my personal preferences on the clutter, minimalist, stuff spectrum. Learning about, and being accepting of, my own personal style and organizing type (not a magazine's) was a major takeaway as it helps me define what I need to be content."*

"The live class structure was the key to my success. Prepping ahead of time for the call using the well-developed TUDOS Technique was very important to make the most of the live session."

"The T.U.D.O.S. Technique covered so much online, and along with the Facebook group, experienced change and got stuff done."