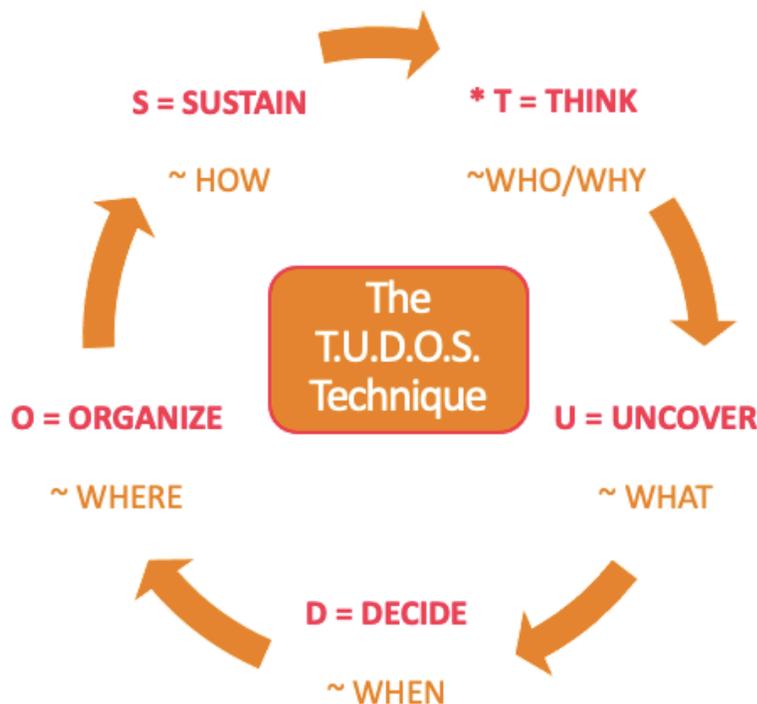


Thanks for reaching out to learn more about working with me!

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 mental and physical 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 ORGANIZING COURSE + ACCOUNTABILITY GROUP (5 weeks) | \$200

The **Get It Done Online Organizing Course & Accountability Group** is for you if you're feeling overwhelmed, stuck and/or frustrated by the clutter and disorganization in your home – and in your head. This group is for you if you want to make, and sustain, weekly decluttering and organizing progress within a supportive online group facilitated by an expert home organizer, coach and experiential educator.

Imagine how GREAT it would feel to:

- Understand how your mindset, attitude and personality affect your organizing success
- Learn to overcome challenges associated with a lack of structure, motivation and time
- Develop & implement organizing strategies that work for you *and your lifestyle*
- Build lifelong decluttering & organizational skills through hands-on activities & homework
- Receive ongoing, dedicated support from Jessica and our active group members

Invest in YOU and you will receive:

- Access to weekly live teaching and Q & A calls with Jessica on Zoom (5 total)
- The T.U.D.O.S. Technique workbook designed to integrate theory into action and results
- Videos/resources available inside our private Facebook group
- Ongoing guidance and support from Jessica and the group

GET IT DONE ULTRA w/ PRIVATE COACHING (INCLUDES COURSE + GROUP) | \$400

For those who are committed to making a breakthrough in their organizing mindset alongside their physical decluttering and organizing over 6 weeks, **this package combines PRIVATE COACHING with the Get it Done online Organizing course and the Accountability Group.**

Benefits of this bi-weekly one-on-one coaching program, course & group include:

- Learning how to identify and overcome your unique organizing challenges
- Understanding how your distinctive lifestyle and personality affect your progress
- Uncovering mindset limits that are holding you back/slowing you down
- Co-creating a personalized action plan that builds in the conditions for your decluttering and organizing success
- Learning how to implement a practical step-by-step strategy using the T.U.D.O.S. Technique
- Building momentum and confidence so you can reach your goals more easily.

Invest in YOU and you will receive:

- Bi-weekly one-on-one private coaching (3 x 45-minute sessions)
- The **Get It Done Online Organizing Course & Accountability Group** outlined above
- Ongoing email and/or text support to help troubleshoot, clarify, and cheerlead

POWER HOUR PRIVATE COACHING CALL | \$100

Have a particular decluttering or organizing problem that needs addressing? Looking for expert advice on managing a specific task? Getting frustrated by a lack of progress? Need expert, dedicated and timely support?

Drawing from my proven T.U.D.O.S. Technique, each 60-minute personal coaching session will focus on YOU getting the expert advice, support, and guidance that can transform your specific challenge into an opportunity for success and impact.

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

"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."*

"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."

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

"This was just the right length, with each part of the T.U.D.O.S. Technique covered online, along with the Facebook group sharing. Long enough to experience change and get stuff done."

2021 In-Person Home Organizing Services

HALF DAY CLUTTER INTO CLARITY & ACTION HOME ORGANIZING | \$400 INVESTMENT

Considerable progress can be made when we work to declutter and organize side by side. Once we decide what your overall goals are and which area to focus on, we will use my proven T.U.D.O.S. Technique to systematically take out all items, sort like with like, decide on a “home” for every item, and organize items according to their function and form.

During our session, you will learn the principles of organizing, how to decide what to keep, toss, donate, recycle, or take action on, and how to display/store items for optimal accessibility and usage. Lastly, we will implement a sustainability plan that prevents clutter and disorganization from returning!

You will receive:

- 4 hours of expert hands-on help
- Personalized attention and customized actions that meet your goals
- Advice, tips and tricks to optimize your decluttering & organizing efforts
- A non-judgmental, encouraging and supportive transformative experience

FULL DAY CLUTTER INTO CLARITY & ACTION HOME ORGANIZING | \$550 INVESTMENT

With all of the benefits included above, this package is ideal for meeting your decluttering and organizational goals in multiple rooms/areas that require more time and strategizing.

You will receive:

- 6 hours of expert hands-on help
- All of the benefits listed in the half day program above

DECLUTTERED HOME, ORGANIZED LIFE COACHING PROGRAM | \$1175 INVESTMENT

This program combines a full-day in-person decluttering and organizing session described above with private personal development and mindset coaching.

While working together in-person on action-oriented activities in order to meet your decluttering and organizing goals, we will also work through the challenges (time, strategy, skills, mindset, energy, etc.) that you face throughout the process.

Each coaching session is an opportunity to explore in-depth what might be holding you back, keeping you stuck, or stressing you out. Our goal in the coaching calls is to acknowledge what is truly holding you back, developing a strategy to overcome your challenges and map out an actionable game plan.

The combination of personal development coaching by phone and hands-on decluttering & organizing in-person often leads to a life-changing transformation in how you approach both physical and mental decluttering and organizing.

You will receive:

- In-person decluttering and organizing service (12 hours total | 2 x 6-hour days)
- Personalized personal development/mindset coaching (2 x 45-minute phone calls)

ADDITIONAL SERVICES - PURCHASED SEPARATELY OR AS PART OF A PACKAGE:

Maintenance – Monthly hands-on fine tuning & refining of an area(s) that we’ve already worked on.

Redesign - Now that you’re organized, let’s make the design and aesthetics of your space look great.

Paper Management – I will help you integrate a paper filing system that works. No more paper mess!

Junk Removal - I can arrange for the removal of large furniture, building materials & toxic chemicals.

Home Organizing Clients Share What it's Like to Work with Jessica

"I was pretty nervous to have someone come in and go through my stuff, but Jessica made the process easy and enjoyable and offered many space-saving suggestions I'd never considered. We went through items together, deciding to keep things or toss, recycle, donate, sell, or take action. She made new space for everything and, best of all, hauled all the junk away that same day! Jessica is thorough, fast, and has a vision for creating functional spaces." ~ Alana M, Toronto

"Having Jessica organize with me created accountability and helped me see my items rationally not emotionally, which made it easier to let go of. Her services are worth every penny!" ~ Jane S, Toronto

"When I retired, purging was my first to-do item. I felt nervous, but after 80+ bags and boxes left our house, I felt so renewed. The "cleansing" of our home allowed us to consider how to fill it with important things - new memories, new friends and more family. Jessica's lack of judgement and mounds of common sense made the time fly by and helped make the process less daunting. She is a worker bee and sets the pace for a busy but fun day. The experience for all of us was liberating! We can't recommend Jessica enough - our home purging was a total game changer!" ~ Catherine O, Toronto

"I knew I wanted to get rid of things in my home that we no longer needed, but starting the process just felt so overwhelming. Jessica expertly guided me from feeling stuck to feeling confident to make decisions about what to keep, donate, sell, and recycle. I have more freedom and control, and that feels great!" ~ Fausta C, Toronto

"Leading a busy life as a real estate agent, husband and father, I knew our house needed major decluttering and reorganizing but finding the time and energy to do it was daunting. Jessica's systematic approach to pulling everything out, discussing its usefulness, deciding where it should live (or not!), and expertly configuring our space was really helpful. ~ Paul H, PaulHaley.ca

"I felt like my home was not conducive to my current life and I felt it was getting in the way of me moving forward. With her optimistic attitude, non-judgmental manner, and intuitive sense of design and aesthetics, Jessica helped me turn my space into one that feels authentic and inspiring. This has had a huge impact on my creativity, efficiency and well-being. Jessica has a unique way of asking the right questions and reminding me of my original intentions when I got stuck in the process of letting go. I highly recommend working with Jessica to transform your space." ~ Jennifer P, Toronto

"My home feels so much lighter, simpler and spacious now." ~ Erica D, Burlington

"I got to a point where organizing my home seemed impossible, so it just got worse. Jessica's caring and workable approach was amazing. We worked through the mental blocks, physical limitations, and most of all, the judgment that comes with having so much stuff. I feel relieved, empowered and excited to carry on, and have been enjoying my home for the first time in a long time." ~ Emma L, Toronto

"As a creative professional who often works from home, I was looking for someone to help make my space more functional and inspiring. Jessica's keen sense of utilizing my small space to its full capacity helped me to let go of the items that were holding me back. Jessica's pragmatic yet compassionate approach helped me see a way forward, and I'm really excited to keep going." ~ Peter C, New York

"Thanks to Jessica, she made a daunting project possible. I cancelled our appointment and then realized I couldn't do it alone and needed an objective 3rd party to get the job done. Any trepidation gave way to ease at tackling the tasks at hand. I am SO thankful for how Jessica took charge (the right amount) to facilitate a smooth process. What we accomplished in an afternoon would have taken me much longer! The end result is a basement that finally has order." ~ Adrienne G, Toronto