



**CALL TODAY  
TO BOOK A CONSULTATION**  
**Valérie Huard, owner**  
**613-869-1590**

## DE-CLUTTERING COACHING

Are you unsure of what to keep, move or discard? Did you tried to reduce the amount of belongings without any result? Maybe you read a book and are still not able to decide what to keep and what to let go. Imagine having a decluttering expert guiding you and giving you tips through this daunting task to make it stress-free, easy and smooth.

Taking the decision of sorting and reducing the amount of things that we have is a big change in our habit and we understand that it can be quite overwhelming and emotional process. We are conscious that you should keep what is important for you and preserve your memories. We can guide you from the moment you decide to get your household up to your desired standard of cleanliness and organization, for as little or as much as you want. With us, you will get result!

We believe in treating our client with respect, compassion, and confidentiality. Whether you just need some tips or if you are a hoarder, it's nice to know someone is there to support you throughout the experience. Our vast expertise will save you precious time, while getting control over your space and improving your quality of life.

