Louise Simpson Coaching
Bringing balance to heart and home

THE DYSLEXIA ASSOCIATION OF LONDON

How organising your life will improve your wellbeing

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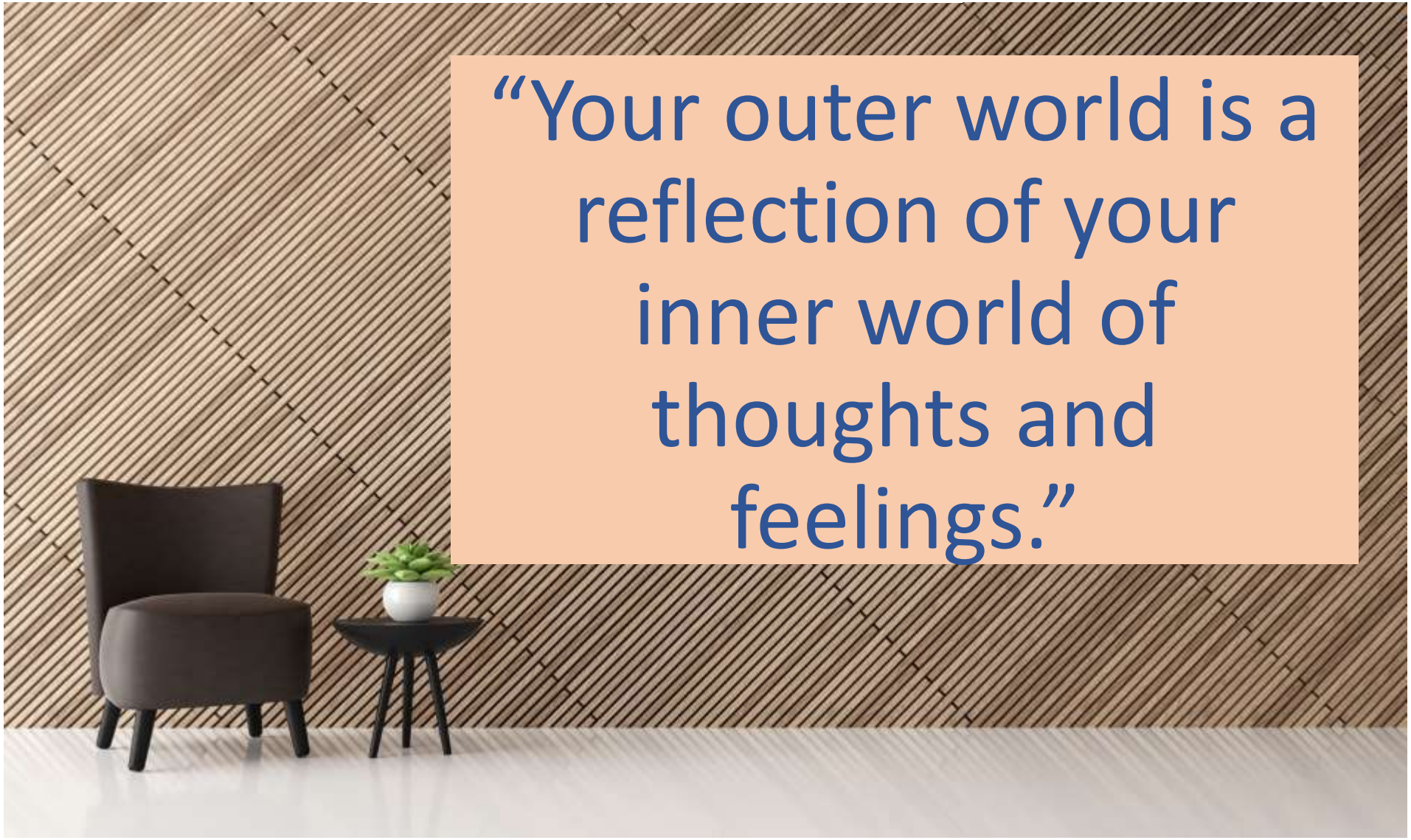

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A little bit about me….

- 23 years working in Financial Services with a strong focus on change and project management.
- Health crisis in 2016 leading me to leave my Corporate Career, rebuild my health and decide to follow my passion of organising.

- 6 years of working in home and on Zoom helping people feel happier; more resilient and more organised.
- Member of Association of Professional Declutters and Organisers – an industry which has been in the UK for 20 years.
- Single mum of 2 children, aged 11 and 15.

apdo
Organising your world
Member
Association of Professional Declutterers & Organisers

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How I help people Sort Their Life Out

Clutter is subjective –

it isn't how much you have, it is how YOU FEEL about it.

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apdo Organising your world Member

Do you need more balance in your home?

YOUR NAME: _____ TODAY'S DATE: _____

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You can also apply this to your life…

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Home and Organisation

Home should be our safe place, a place to be ourselves and to recharge. Do you feel 'at home'?

Be aware of what you tell yourself and avoid 'should' or 'perfect'.

"Done is better than perfect" – Sheryl Sandberg.

A sense of home improves wellbeing by..... 25%

* Rogers, C.J., & Hart, R. (2021) Home and the extended-self: Exploring associations between clutter and wellbeing. *Journal of Environmental Psychology*, https://doi.org/10.1016/j.jenvp.2021.101553.

Visual Noise

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Affects concentration

Slows our ability to learn

Makes it harder to communicate

Contributes to Fatigue

Source: www.becomingminimalist.com

Visual Noise examples

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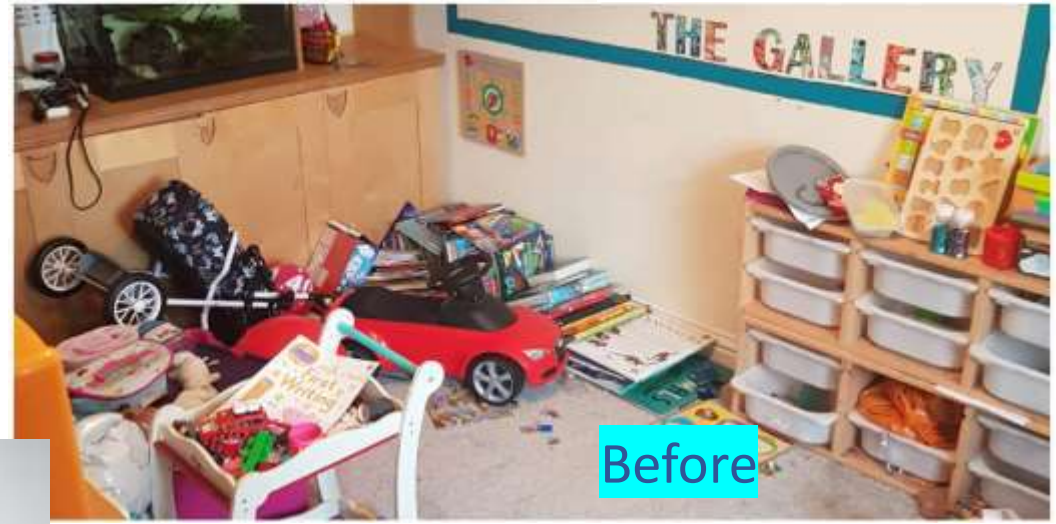

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What are the benefits of getting organised?

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Top Tips

- Have a vision for how you want your home to work for you and how YOU FEEL.
- Keep like with like and give items a home – physical AND digital.
- Have items you use most often within easy reach.

- Focus on what you want to KEEP in your life – positive mindset.
- The importance of the reset and routine.

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Top Tips

- Know your body clock.
- Start small and change one thing at a time.
- Set a timer and don’t forget the reward.
- Make it visual: clear storage; simple labelling – consider pictures rather than text.
- Colour coding e.g. diary
- Your memories will always be with you, you won’t lose them by letting go.

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Weekly Calendar

	Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
noon							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							

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Why work with an Organisation Coach?

Accountability partner

Expertise

Emotional AND Practical s

Confidentiality

Person centred –
it is about what works for YOU

Motivation

Non-Judgemental

Independent perspective

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What people say….

"She gently **guides** people to see their space differently, to help them make space and to make life so much **calmer** and **easier** to negotiate."

"Louise has helped me create the best workspace I could have imagined! The space felt constricted and stale. The **investment is worth every £** and much, much more. My files are in a better state too and I **feel much clearer mentally!"**

"**She listens** to what you are really wanting and calmly gives you **hints, tips and advice** on how to go about things **step by step**."

"It really feels **like a cloud is lifting** and I am hugely grateful to you. You were completely awesome. I'm in the process of **transforming my house and my stress levels** one cupboard at a time."

"You are like an angel from heaven sent to clear our clutter!
You have **really kick started me on living in much more ordered way** and I am really enjoying it."

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Sort Your Success

Did you know by having a regular meeting with an accountability partner increases your chance of success **by 95%.**

Book your free discovery call today and get the balance back in your home and life.

I work both virtually via Zoom and in home (Essex based).

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