

CLUTTER HELP



CLEARING CLUTTER is not just about getting rid of stuff. It's about determining honestly what's no longer helpful to you and finding ways release it to make room for what matters to you most.

CLUTTER is anything that drains your energy, gets in your way, distracts from what's important, or has no real place in your home or life. Stacks of paper, unproductive

thinking, stuck feelings, and time-wasting activities can take up space that could be better used for other things.

MY APPROACH TO CLUTTER CLEARING is a gentle one. I encourage self-compassion. And I invite you to treat this profound process as a sacred one. I share tools and perspectives that can foster a better relationship with your home, belongings, and schedule and help you interact more productively with challenges.

HOW I SUPPORT CLUTTER CLEARING

Coaching

It can be helpful to have someone in your corner to cheer you on, help troubleshoot the challenges, and support your access to self-compassion and inner wisdom. Coaching can also help you frame your process in a meaningful way. Coaching sessions are generally conducted two to four times per month, by phone or at my office.

[Find out more about my coaching practice](#)

Speaking and Teaching

- [Presentations, classes, and workshops, available to your group, organization, or gathering of friends](#)
- [Calendar of upcoming events](#)

“Carolyn, the tools you have given me and the introspection and self-awareness you’ve fostered have been invaluable. I intend to use them for the rest of my life.”
—Jayde Gilmore

[Contact Carolyn](#)