



Interiors Therapy

Pre-Appointment Guidance (In Person)

Preparing for your consultation

After booking an Interiors Therapy consultation, we ask you to review the following notes in advance of our expert's visit to make the most of your investment.

Before the day:

- **Think sustainably** - we aim to avoid sending items to landfill wherever possible.
- Collect as many sturdy reasonably sized **cardboard boxes** as possible and thick tape to seal them or pick up some fruit/vegetable boxes from Aldi/Lidl.
- Invest in at least 60 **strong refuse bags** with handles. Cheap ones will rip.
- Check the address and opening times of the local council **waste disposal site** and a local alternative should the nearest one be closed.
- Check **local charity shop opening hours** and when donations are accepted.
- Use Google search to find out if local charities can **collect large donations** and furniture from your home.
- Be prepared for a 15 minute tea/coffee interlude morning and afternoon.
- Please **prepare a healthy lunch in advance** as we will only stop briefly for lunch.
- Get your partner/family involved if appropriate. We can only assist with supporting you to part with possessions when the owner is present and engaged with the process.
- **Consider relocating pets** for the day as doors may be propped open whilst clutter and stagnant energy are removed.
- Shifts in energy associated with clearing clutter can be unsettling. During the process be prepared to feel a little light headed or emotional. You will adjust very quickly.



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On the day:

On arrival our expert will ask you to show them around your home and clarify what you wish to achieve and your priority rooms/areas for the day. Be prepared to get straight to work. Our expert will be with you for the agreed time.

In order to manage your Interiors Therapy expectations, if you have a lot of clutter it is going to take more than a day to physically remove your 'stuff' once you have decided it no longer has a place in your life. Remember it's taken you a long while to collect it, so be kind to yourself!

Our expert will guide you through dealing with clutter and emotional blocks and provide you with tools to continue working on your Interiors Therapy in the coming days. If you feel this will be a very big task and want swift results, we recommend booking two consecutive days to make an impact.

You are encouraged to take regular breaks, eat a healthy lunch and drink lots of water throughout.

We strongly advise moving clutter away from your home as quickly as possible. At the end of the day there will be a brief progress review. Our expert will ask you to plan and write down the next actions to support your Interiors Therapy lifestyle. A 30 minute follow up coaching video call is part of the consultation to celebrate your achievement and set future goals.

***For clients who have booked a two day Consultation**, the second day starts with a review before moving on to more interiors therapy. The physical demands of moving clutter and energy can be draining for both client and coach, and therefore the second day will be a maximum of five hours.

www.interiorstherapy.com