



Interiors Therapy

Pre-Appointment Guidance (Online)

Preparing for your online consultation

After booking an online consultation, we ask you to review the following notes in advance of your appointment to make the most of your time and investment.

Before the online appointment:

- **Think sustainably** - avoid sending items to landfill wherever possible.
- **Identify the key area** you want to work with for this 3 hour appointment.
- Ensure your **phone or laptop is fully charged** and you have somewhere to **prop it** to enable our expert to see the room and work with you.
- Have sturdy reasonably sized **cardboard boxes and** invest in **strong refuse bags** with handles. Cheaper ones will rip.
- Check the address and opening times of the **local waste disposal site** and a nearby alternative should the nearest one be closed.
- Check local **charity/thrift store opening hours** and when donations are accepted.
- Use Google search to enquire whether charities can **collect large donations** and furniture from your home.
- Be prepared with water to **stay hydrated and a healthy snack** if you will need one during the 3 hour session.
- Get your partner/family involved if appropriate. Our expert can only assist with clearing items when the owner is present and engaged with the process.
- If you have **young children or pets** at home, consider having someone take care of them for the duration of your appointment. You want to focus without distraction.
- 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.

www.interiorstherapy.com



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On the day:

- At the start of the consultation, our expert will ask you to clarify what you want to achieve and your priority rooms/areas for the day. You should then be prepared to get straight to work.
- Our expert will be with you online for 3 hours.
- In order to manage your Interiors Therapy expectations, if you have a lot of clutter it is going to take time 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 your physical and emotional clutter and provide you with tools to continue 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 or a swift follow up appointment to make an impact.
- You are encouraged to have water close to hand and stay hydrated.
- We recommend moving clutter away from your home as quickly as possible.
- At the end of the online consultation there will be a brief progress review. Our expert will ask you to plan and write down the next actions towards your Interiors Therapy transformation.