

Gentle Sorting

Discuss • Declutter • De-stress



Are you:

- unable to find everyday objects or important documents?
- going through a transition period in your life and are unsure of how to prepare for or adjust to it?

Do you:

- need more space for the things you want or need to do?
- have an accumulation of a lifetime's worth of belongings?

Gentle Sorting offers:

- a place to start to sort your belongings
- a friendly, thoughtful, person-centred method that respects you and your lived experience
- bespoke systems for organising your belongings and your life that work for you

To enable and empower you to:

- identify and prioritise what's important in your life
- manage life better and deal with future challenges more easily
- save time and money by knowing what you own and where it's located



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