



« CHOOSE YOUR THINGS,
ELEVATE YOUR LIFE »



31ST
MAY



6PM
FOUR SEASONS HOTEL
Workshop & Cocktail



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Have you ever heard
about Marie Kondo ?

Probably yes : her book « The life-changing magic of tidying up » is a New York Times bestseller. Her book sparked a revolution and inspired the hit Netflix series Tidying Up with Marie Kondo.

It is the original guide to decluttering your home once and for all.

According to CNN, « it is one of the most influential books of the decade. »

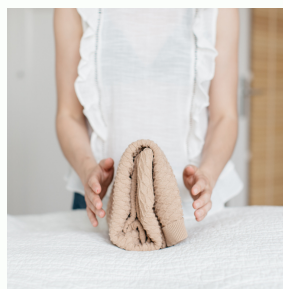


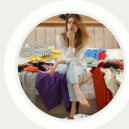
Eliette & Marieke Staub are home organizers (Clarity) and master level consultants of the KonMari method. Trained by Marie Kondo herself in 2016, they were the first KonMari consultants in Europe. In 2019, Marie Kondo herself chose them to teach her method to futur consultants.

With more than 4000 hours of decluttering and organization, they are highly experienced consultants. They love to focus on **understanding our attachment to our possessions and why decluttering and letting go can be hard.**

They are also highly experienced and passionate in giving workshops and presentations in front of smaller and bigger groups. Their biggest crowd was a very successful TEDx presentation at the EPFL SwissTech Convention Center in front of an audience of 1500 in December 2019.

A reference in their field, they very often partner with brands such as IKEA.





Have you ever felt stressed about the state of your home ?
 Are you tired of tidying up, tidying up and always tidying up ?
 Do you feel your home doesn't reflect who you are ?
 Do you ever open your closet and hear yourself say : "I have nothing to wear?" While we all know that is not really true ;)

If you answered « yes » to even one of the above question then this fascinating workshop is for you.

More than a workshop on tidying and organization, you will be surprised by its holistic approach, the deep links between the state of our things and our thoughts, the impacts on our performance, happiness, freedom and motivation.

The workshop's objectives



Clarity's workshop objective is to give you an understanding of what the KonMari method is really about. **It will give you the fundamentals on how to apply it in your home and in your life. It will focus on the impact of clutter on our lives and inspire us to a simpler and more serene life through a reflection on our relationship to objects. It accentuates the well-being at home while offering solutions allowing to successfully accomplish a project** that sometimes has been desired for a very long time: the sorting and tidying up of one's interior.



Clarity's workshop will offer you the keys to overcome all the above and create a home that reflects who we are and that finally sparks joy.



WWW.CLARITYHOMEDETOX.CH

The Workshop's Agenda

INTRODUCTION

- ➔ What we do and who we are
- ➔ Philosophy & lifestyle of the KonMari method
 - what the method is really about and what it implies in our lives
- ➔ Clutter and its impact on our lives
 - How to proceed - the steps to take and the 4 of the gran principles of the method :
 - Your objectives : Imagine your ideal lifestyle
 - Tidy by category and not location : create a pile
 - Follow the "right" order
 - The selection criteria to use : how to choose that to keep and what to let go of
 - Why can it be so hard ? The keys and insights to overcome the difficulties
 - The secrets to maintain a serene and beautiful organized home : keys to optimal organization

EXERCICES

CONCLUSION

REGISTER NOW!



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