



Organize Your Space

At one time or another we are all faced with weekly chores, seasonal cleaning, downsizing, or moving. These tasks can be very daunting, and while some can take on these projects with ease, others are paralyzed with the thought of even starting.

There is a solution – “Body Doubling”. Inviting someone to sit in the room while you are completing a project or having them physically participate, has proven to be a valuable support for those to get started and to stay on task. An alternative which became popular during the pandemic is inviting someone to support you virtually.

“Body Doubling” helps those with ADHD to focus on tasks through simple cues, or by having another person just be present. Some people find they are more productive when they take work to the local library or coffee shop. “Body Doubling” doesn’t necessarily mean you need to know the person; for some, having people in the general area is motivating enough to get started and/or complete a task.

Whether having a cup of coffee or your favourite meal, it is always nicer to share your time with someone. Why not incorporate it into your projects? We have all experienced a task made easier and more pleasant when a friend stops by to help out, or even chat on the phone.

Together, we transform your spaces while providing support and solutions for a tidy home. We create realistic and manageable routines to fit your lifestyle.



Cori-Lynn Lemaitre

Owner / Consultant

Organizeyourspace.ca

705-919-3869