



DESKTOP  
C SUITE  
HAVEN

# Home/ Office

OPTIMISATION COACH

[kerrysimmons.com](http://kerrysimmons.com)



# Home/ Office



Heart centred CEO's let's minimise how much of your precious time, energy and bandwidth is spent on managing your home/office when you could be growing your empire.

It's time to optimise your Home/Office.

KERRY SIMMONS  
DIFFERENCE...A UNIQUELY  
BLENDED HOLISTIC  
APPROACH



### Clutter Coaching

Clutter Coaching to create a clutter free home/office without making any mess along the way.



### Mindset Coaching

Mindset Coaching to move from thinking you don't know where to start to knowing exactly what to do.



### Wellbeing Reset

Wellbeing practices to move from feeling overwhelmed or paralysed to feeling calm and confident.

How can you grow your business when managing your home/office takes up so much of your bandwidth?

Whether you have a dedicated home office or you're working from your phone in your bed, you know that when your home is not functioning well for you it impacts your focus, time and energy. It limits your business potential.

Clutter, disorganisation and the emotional angst that come with it, are not conducive to your creativity, clarity and productivity. They drain your energy.

Together we'll clear your clutter, organise your space, and develop habits that work for your brain type. How? Through my unique, holistic blend of clutter coaching, mindset coaching and nervous system support.

This is a wellbeing reset. It's true self care. One that will pay dividends.

For you.



## HOME/OFFICE





"The best thing I've ever invested in."

LYN  
CANBERRA



TESTIMONIAL



# HOME/OFFICE PROGRAMS



## Desktop

Together we will optimise your desk/workspace with minimal cognitive load and a progress only approach for sustained results.



## C Suite

Together we will create a clear, simple and optimised home office that you can manage in five minutes.  
[Application only.](#)



## Home Haven

Together we will optimise your whole home until it's the spacious restorative haven you deserve.  
[Application only.](#)

“Kerryn was so wonderful to work with. I felt comfortable from our first meeting...although digital clutter doesn't really take up too much physical space, the mental and emotional space I've been able to 'clear up' has been invaluable. I really couldn't recommend working with Kerryn more highly.”

CATHY  
MELBOURNE



## TESTIMONIAL





# Kerry Simmons

Your expert guide to an optimised home/office without making any mess along the way



My blended approach to optimising your home/office addresses root causes and symptoms in a gentle and sustainable way.

My expertise are drawn from my lived experience and certifications in both decluttering and mindset coaching. I'm also a qualified multi-modal yoga teacher.

Prior to coaching I had a fascinating career in federal policy development & stakeholder management in areas such as national gun control reform, family law reform, and health care reform.

I am also a Board Director with Emerge Australia, a national body providing education, advocacy, research & support services for people living with myalgic encephalomyelitis and/or long covid.



"But honestly the best bit about working with Kerryn was the absolute respect and empathy she showed me throughout the whole process. I never felt judged at all. She was very respectful of my neurodivergence and limitations."

GEORGI  
MELBOURNE



## TESTIMONIAL





# Got Questions



## Email

[clearspace@kerrysimmonscoaching.com](mailto:clearspace@kerrysimmonscoaching.com)

## Website

[www.kerrysimmons.com](http://www.kerrysimmons.com)

"My decision making has become a lot quicker and a lot clearer. I have much less cognitive load."

MELANIE  
MELBOURNE



TESTIMONIAL

