

Before



Do you or a loved one need guidance in clearing out spaces in your homes?

Jennifer Vazquez JV The Coach



Schedule a
FREE Consultation

615-266-6399

jvthecoach@gmail.com

**Decluttering, Organizing
& Mindset Coaching
Services**



www.jvthecoach.com

Let's Bring **Calm**
Back Into Your **Home**



**Decluttering, Organizing
& Mindset Coaching
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Before

The mind and the home are truly interconnected. If one is cluttered, the other will suffer.



After

Meet Jennifer

I'm Jennifer Vazquez aka 'JV The Coach'. I specialize in providing decluttering, organizing and mindset coaching to the 55+ senior community.

What do I do?

I create calm, clarity and ease around stressful, overwhelming home situations by

- Decluttering home spaces to make them safe and accessible
- Providing clients with compassion, empathy and non-judgement
- Coaching clients through physical and mental blocks during each session
- Helping clients create new healthy habits in their homes
- Teaching clients how to maintain their newly organized space
- Helping clients downsize and prepare for their move into a senior living facility
- Helping clients who've lost a loved one downsize spaces & go through storage units
- Creating a decluttering plan and helping families implement it after losing a loved one; they are ready to move forward but unclear around where or how to begin

EMILY ANDERSON COLEMAN
OPERATIONS COORDINATOR AT
WESTMINSTER HOME CONNECTION

"Jennifer has helped declutter homes and apartments for many of our clients who were both physically and mentally weighed down by their excessive amount of possessions."



"What Jennifer offers is as much a mental health as a decluttering service. It is very valuable and she has positively impacted many lives with her skill."

MRS. BRUCE
CARETAKER & WIFE



"Jennifer lifted the burden of anxiety from my shoulders when she came to declutter our home. She calmly reviewed items with me, helping me come to my own realizations about how much I could donate or throw away. Our rooms are functional and organized for the first time in over a decade."