



## Get Organised With

# Sol Martins from Living Happy

Sarah Baker had the pleasure of speaking with Sol about the many benefits of a well-organised work and home space for optimal living and productivity.

**Hi Sol. The idea of engaging a professional organiser does make so much sense in our stressed out busy lives. Please give us some insight into how your business can simplify our lives making life more functional?**

Hi Sarah and readers! As a professional organiser, my mission is to simplify your life by creating personalised, functional, and organised spaces that suit your needs and lifestyle. My services can help you maximise your space, increase functionality and enhance the appearance of your home or workspace while reducing stress and saving you time and money. By working with me, you can enjoy a calm, efficient and organised environment that works for you and gives you control over your surroundings.

**What are some of the specific services you offer to clients?**

Some of my services are:

- Hands-on organising, decluttering, unpacking and downsizing home and office.
- Virtual organising - DIY: If you prefer to do the organising yourself, I can offer tips and guidance on how to get started and create an efficient system.
- Business/admin support: This service aims to help small businesses that need a temporary skilled admin hand to organise and support their business, transforming chaos into order. I have background in business administration, finance and project management and I want to empower small business owners and sole traders to take control of their business.

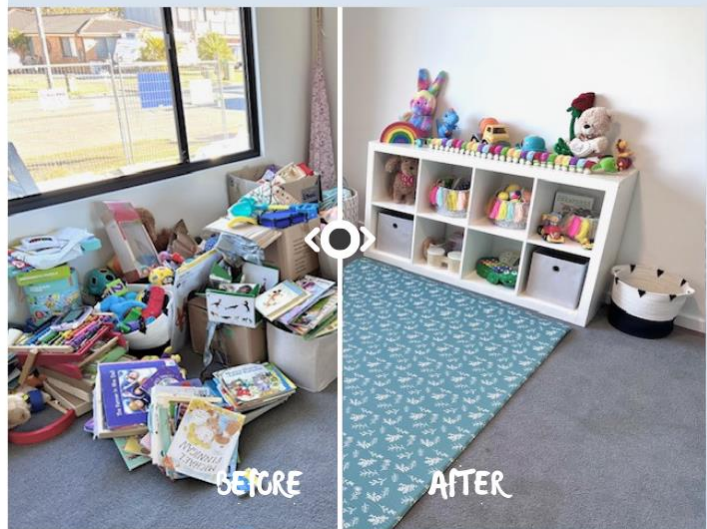
**Would you say people are often afraid to let go of material possessions and this can be half the battle in creating a functional space? How do you work with people to encourage them to let go and feel liberated in doing so?**

Yes, many people struggle to let go of material possessions, making it challenging to create a functional and organised space. As an organiser, I understand that letting go can be difficult and I work with my clients to help them overcome these challenges. To encourage them to let go, I help them understand the benefits and make them question if and why they need to keep something, while I also offer emotional support throughout the process.

I help my clients overcome their fears and let go of possessions they no longer need, which also frees up mental space and energy for the things that truly matter.

**For people wanting to engage your services or find out more about Living Happy Professional Organiser, how can they best reach you?**

The best way to contact me is by email at [solange@livinghappyorganiser.com](mailto:solange@livinghappyorganiser.com) or by texting 0423 329 120. To find out more about my services, you can access my website at [livinghappyorganiser.com](http://livinghappyorganiser.com), and you can see some of the before & after photos on my Instagram or Facebook page @livinghappy.po. I offer an obligation-free online assessment for everyone interested in getting some help. Also, you can find some tips to organise your space on my blog and social media.





## LIVING HAPPY PROFESSIONAL ORGANISER

### Simplifying your life

Are you feeling overwhelmed by the mess and clutter in your space? Let me help you. I can create a functional and stress-free environment.

- Hands-on Organising: Smartly organising, decluttering, unpacking, or downsizing homes and offices.
- Business/Admin Support for sole traders and small businesses.
- Virtual Organising - DIY

Don't wait any longer to take control of your space. Contact Solange today for your online obligation free consultation.

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

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