

# Chaotic Times

Organised Chaos Newsletter

"Helping you to  
clear clutter and  
feel -

Better!"

Issue 3 - May 2009

'Bedroom Blitz!'

# Dear Friends of Organised Chaos

Welcome to the May edition of **Chaotic Times!**

I have to begin with an apology to male readers - this edition is primarily aimed at the ladies. I hope however that the men amongst you will take the time to read the content and maybe pass it on to the women in your lives.

For nearly a year now I have been working closely with a lady I met at a business networking event. She is a personal image consultant called **Helen Jinks** and trades as **H J Image**. We hit it off immediately and realised that our businesses shared a common theme.

Organised Chaos is all about de-cluttering and helping clients to become more organised and thereby to feel better. Helen helps her clients look good in clothes which flatter them and this of course boosts their self-esteem.

We have come up with a joint package, which we have called *'Bedroom Blitz'*

The concept is all about restoring your bedroom to a place of calm and relaxation and is primarily aimed at busy working women or women who have been through major life changes. I would honestly say that if you can only de-clutter one room then it should be your bedroom. If you wake up and the first thing you see is piles of untidy clothes or worse still paperwork, then you can hardly expect to start the day in a positive frame of mind! Likewise, when you go to bed you may find you have trouble getting off to sleep surrounded by piles of clutter which your subconscious mind is trying to process.

Overleaf I have provided more detailed information about *'Bedroom Blitz'*

On the back page Helen introduces herself and her business.

**Is your bedroom a bomb-site?**



# Bedroom Blitz

Is your bedroom an oasis of calm where you can relax at the end of the day? Do you wake every morning feeling refreshed and energised? Can you go to your wardrobe and easily find an outfit that makes you look and feel attractive and confident?

Or do you have a bedroom full of clutter? Items that have just accumulated - piles of books and magazines, heaps of clothes, un-used make-up. Maybe some items don't even belong in your bedroom! If this is the case it's time to address your storage and possibly relocate some items to other rooms - or to the charity shop!



Is your wardrobe a muddled collection of clothes, most of which you haven't worn for ages? Maybe those clothes are ill-fitting, worn out or just not suited to your current lifestyle.

Bedroom Blitz is a service designed to help you recapture the sanctity of your bedroom and regain confidence in your wardrobe.

Judith and Helen de-clutter and reorganise your bedroom to create a relaxing environment. The wardrobe detox and analysis helps you find new outfits to wear, enabling you to get the most from your clothes and update your look.

- ◆ Wake up feeling refreshed and energised
- ◆ Undergo your own personal 'makeover' experience
- ◆ Gain space in your home and confidence in your image
- ◆ Unwind in a bedroom that oozes relaxation
- ◆ Free 30 minute consultation

## Helen introduces H J Image!

Working in Events Management for a number of years I naturally met and worked with a lot of people. I was always attentive to my own image and how I was perceived by others.

Following a recommendation to visit an image consultant, I discovered the colours and styles that flattered my skin tone and shape.

This experience encouraged me to change career and set up H J Image an independent image consultancy trained to the professional standards set by the Federation of Image Consultants (TFIC).

I love helping my clients to look and feel fantastic.



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Well, I hope this edition has inspired you all to think about your image as well as your clutter, I'm convinced that the two are linked.

*Best regards,  
Judith*

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