

Harmony + Home Services Menu



**Harmony
+ Home**
CREATING CALM PLACES
& JOYFUL SPACES

SERVICES MENU

Harmony & Home offers gentle, practical support to help you create a home that feels calmer, lighter, and more supportive to live in. *This is not a cleaning service.* It's about understanding your space, your capacity, and your needs – and making changes that feel achievable, not overwhelming.

All services are designed to meet you where you are, with compassion, clarity, and no judgment.

PRICING MENU

- **Harmony AI** - FREE
- **Home Harmony Consult 90min** - \$44-\$88
- **Side-By-Side Home Support** - \$22-\$44p/hr
- **Co-Regulated Physical Support** - \$99p/hr
- **Group Sessions and Talks** - \$15pp*
- **Pay It Forward Programme** - Gift/\$44

Travel Contribution

To keep sessions accessible while covering time and fuel, a small travel fee may apply outside Richmond/Appleby.

- **Richmond / Appleby** – Included
- **Nelson City & Stoke** – \$15
- **Tasman / Mapua / Wakefield** – \$20
- **Motueka & surrounds** – \$25
- **Further areas** – by arrangement

If you're unsure which zone you're in, just ask—I'm always happy to confirm before booking.

Payment

Payment is required at the conclusion of your session via cash or bank transfer. Invoices (if applicable) are payable within 3 days.



CONTACT INFO

Amanda Sears

hello@searsco.nz

www.harmonyandhome.nz

(All prices in NZD)

Servicing Nelson & Tasman, NZ



HARMONY AI

FREE (With a free OpenAI ChatGPT Account)

Your Personal Harmony & Home AI Guide

Harmony is a gentle digital guide created to support you in bringing more calm, clarity, and flow into your home and your life.

She's here to help you reflect, make sense of overwhelm, and take small, achievable steps at your own pace – with no judgment and no pressure.

Whether you're feeling stuck, unsure where to begin, or simply wanting a little extra support between workshops or consults, Harmony offers a calm, compassionate space to explore what feels most supportive for you right now.

✦ *Visit www.harmonyandhome.nz to connect with Harmony AI*



HOME HARMONY CONSULT

90 minutes | Choose your rate: \$44 or \$66 or \$88

This is a one-on-one, in-home consultation designed to bring clarity and calm to your home or a specific space in your home.

We begin with a short sit-down conversation about:

- What's feeling difficult or heavy
- What you'd like to change
- Your emotional, physical, and practical capacity

From there, we gently walk through your home — or focus on one key area — identifying:

- Where clutter or overwhelm is building
- How energy and flow can be improved
- Simple, realistic steps you can take next

After the session, you'll receive a personalised follow-up email with suggestions and next steps.

❖ *90 minutes allows time to settle, talk, and explore without rushing.*



SIDE-BY-SIDE HOME SUPPORT

60–90 minutes | Choose Your Rate: \$22–\$44 per hour

Sometimes you don't need a full consult – you just need a little help getting started. This session is about working together in your space in a simple, supportive way.

We might fold washing, reset a kitchen, tidy a room, or gently work through a small area that's been feeling overwhelming - *together*.

Along the way, I can offer ideas, small shifts, or easier ways of doing things – so it feels more manageable moving forward.

There's no pressure, no judgement, and no expectation to “do it perfectly.” Just steady, practical support – side by side.

This may also extend to outdoor spaces such as gardens, where creating order and care can support overall wellbeing. (Currently in trial stage).

Best for lighter support, quick resets, or getting started.

✧ *A gentle, accessible option for ongoing support or a one-off reset.*



CO-REGULATED PHYSICAL SUPPORT - SIDE BY SIDE GUIDANCE

\$99 per hour | Available after a 90-minute consult

Some situations are more complex and can benefit from gentle, in-the-moment support. This service offers calm, side-by-side guidance while you begin making changes in your space. I'm there to support decision-making, pacing, and emotional regulation. This may include:

- Helping you stay grounded while sorting
- Supporting you through emotionally difficult areas
- Creating momentum without overwhelm
- Gentle guidance on improving how your space functions, including suggestions for simple storage solutions, organisational tools, and layout adjustments to support ease, flow, and everyday living (no heavy lifting or furniture moving required).
- Assisting with sorting and tricky decisions

Clients are responsible for any storage or organisational items needed. A suggested shopping list can be provided following the initial consult.

✧ *Best suited for more complex or emotionally heavy spaces.*



GROUP SESSIONS & TALKS

90 minutes | Minimum 6 people | \$15 per person

These workshops are a soft, accessible entry point into creating more harmony at home.

- Held in a small group setting, they focus on:
- Understanding why homes become overwhelming
- The emotional and energetic ties we hold to our spaces
- Simple, practical ways to create flow and ease
- Gentle shifts you can make without pressure or perfection

Workshops are interactive, supportive, and designed to help you feel less alone in your experience. You'll leave with insights you can act on in your own time.

✧ *No one turned away for lack of funds – please reach out if needed.*



PAY IT FORWARD PROGRAMME

Harmony + Home offers a small number of sessions that have already been paid for by others in the community.

These are available for people who would genuinely benefit from support but may not be in a position to access it right now.

You can:

- contribute by gifting a session for someone else
- or apply to receive a supported session

To ensure this offering reaches those who truly need it, a simple application process is in place.

Sessions may include:

- a 90-minute Home Harmony Consult
- or a 60–90 minute Side-by-Side Support session

✧ *If this speaks to you – either to give or receive – please reach out.*



RECEIVING SUPPORT

A small number of *gifted* sessions are available each month for those who may not be in a position to access paid support right now.

If you're feeling overwhelmed and would genuinely benefit, you're welcome to reach out and share a little about your situation. This helps ensure these sessions go to those who need them most.

✧ *Priority is given to those experiencing genuine financial or personal hardship.*

Is Harmony & Home Right for You?

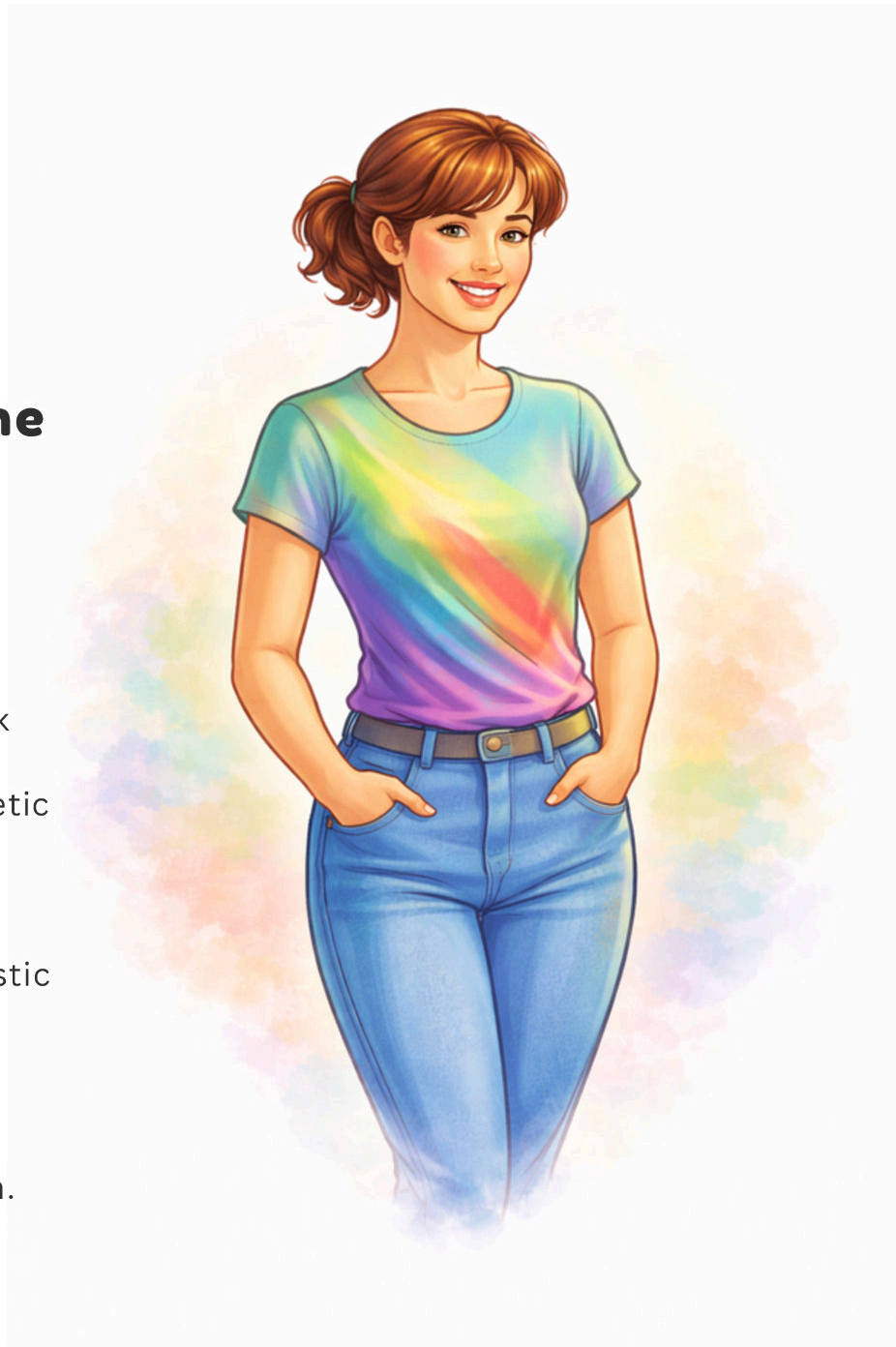
Harmony & Home is for people who:

- Feel overwhelmed or stuck with their home
- Sense emotional or energetic ties to clutter
- Want support without judgment or pressure
- Are ready for gentle, realistic change

Your home does not need to be “ready.”

You don't need to have a plan.

We take things one step at a time.



If this feels like something you want to explore further, please email me (Amanda Sears) at hello@searsco.nz and let me know:

- a little bit about yourself and how I might be able to help
- which service you are interested in
- where in the Nelson/Tasman region you are located
- some days and times that might suit you for a home visit
- and anything else you feel is relevant

I will get back to you and we can flow from there. Easy.

Thank you!
Amanda Sears



KIND WORDS

"Amanda was amazing. I was in a bit of a funk when she arrived, postpartum, just moved house, and heading straight into the Christmas break. I was overwhelmed and low in energy. From the moment she arrived, her energy was so warm and grounding that I felt comfortable opening up straight away. She really saw me.

She helped me look at my environment in a way I hadn't been able to on my own and gave me simple, practical suggestions that instantly made things feel clearer and lighter. I left with a clear picture of what I could do to support myself and feel better in my space.

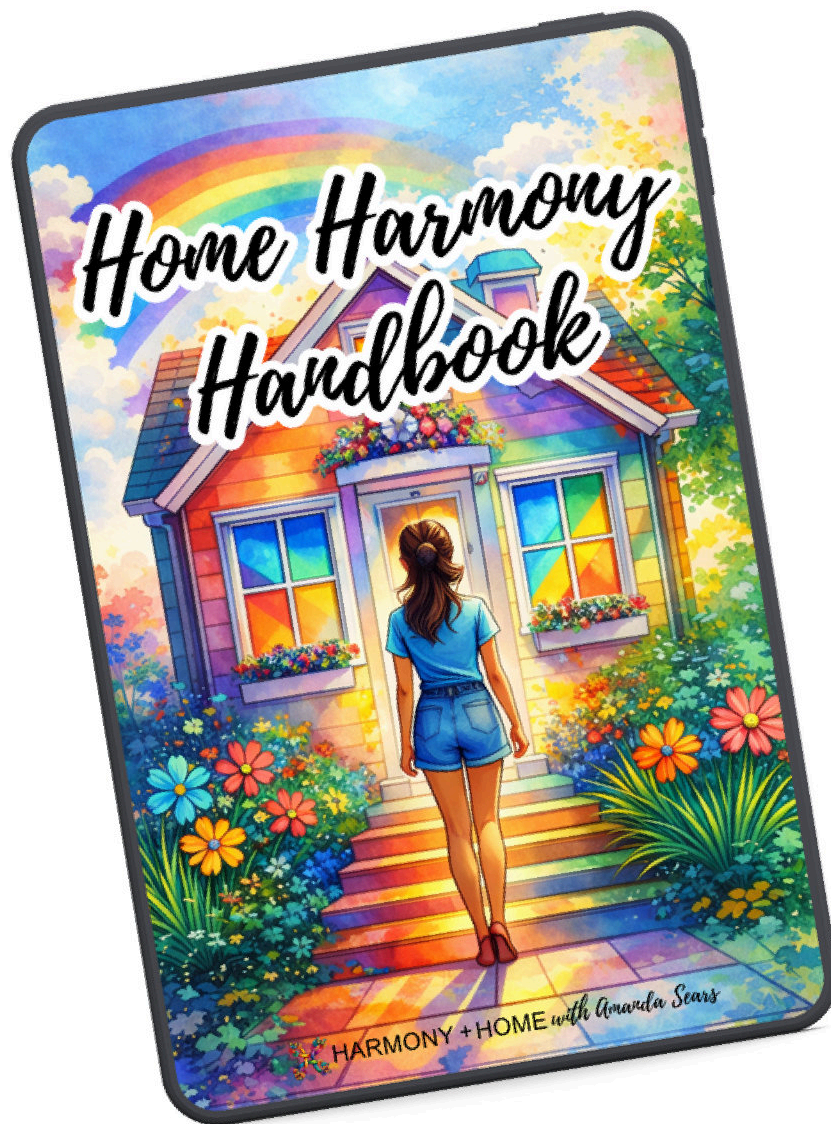
Amanda is truly kind hearted. You can tell she genuinely just wants to help people feel good and lift their energy and a clear space definitely does that. I'm so grateful she came when she did." - Genna

—◆—

"Absolutely recommend Amanda 110%! She does a fantastic job of motivating and helping to organise and declutter your home. She has amazing energy and will not disappoint!" - Sophie

—◆—

"I really enjoyed Amanda coming to my home. It was lovely to meet her and show her around. Shes very bubbly and non judgemental which was great and made me feel at ease. It was nice to chat about my home but also life in general with her too." - Tani



THE HOME HARMONY HANDBOOK (PDF)

We have many informative and interesting blog posts on the Harmony & Home website and have compiled them all into this free PDF guide.

Filled with simple, practical tips and gentle inspiration to help you bring more balance, flow, and calm into your home - in various life and home situations - starting today!

From decluttering and downsizing to creating energetic flow, gratitude, and harmony, this free resource is designed to help you fall in love with your home again.

✧ *Download your free PDF copy and begin creating a space that truly supports your wellbeing – one gentle step at a time.* ✧

www.harmonyandhome.nz