

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.

(All prices in NZD)

Amanda Sears
hello@searsco.nz
www.harmonyandhome.nz

Servicing Nelson & Tasman, NZ



HOME HARMONY CONSULT

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

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

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.



CO-REGULATED PHYSICAL SUPPORT - SIDE BY SIDE GUIDANCE

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

ome situations 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 – not to clean or do heavy lifting. This may include:

- Helping you stay grounded while sorting
- Supporting you through emotionally difficult areas
- Creating momentum without overwhelm
- Assisting with sorting and tricky decisions
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Clients are responsible for any storage or organisational items needed. A suggested shopping list can be provided following the initial consult.

★ This is a premium service and requires a prior 90-minute consultation.



GROUP WORKSHOPS & 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.

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