



BURIED IN TREASURES

A 16-Week Workshop

Do you feel buried by your stuff?

The *Buried in Treasures* Workshop is about more than clutter...

- ♥ Overcoming challenges
- ♥ Increasing motivation
- ♥ Reducing acquiring
- ♥ Prioritizing and celebrating choices

Empowering You to Release the Clutter that is Holding You Back

Is clutter getting in the way of how you want to live your life?

Are you feeling overwhelmed with too many possessions?

Are you embarrassed to have people over?

This program offers a nationally recognized 16-week course based on the book 'Buried in Treasures' by David F. Tolin, Randy O. Frost, and Gail Steketee.

Join us for this group created for people that are ready to live a less-cluttered and less stressful life!

The *Buried in Treasures* group is for people who are ready to learn how to stop over-acquiring and how to let go of possessions that no longer serve them. You will learn new skills and new ways of thinking about your possessions. Each week we will have a discussion around a specific skill, followed by the completion of challenging and rewarding exercises. Individual progress, challenges, successes, and goals are monitored throughout the sixteen weeks. *There is hope!*

A Buried in Treasures Group is forming a

16-WEEK VIRTUAL CLASS • ZOOM

Begins: TBD | Time: TBD | Fee: TBD

Anyone – anywhere – can take the class! Class is held on Zoom.

This group offers a judgement-free environment for people ready to make a change in their life.

Early Registration and Acceptance into the group is required.

Call or email for more information.

 (440) 666 – 9326 or  kefconsulting@gmail.com

*** Email to be put on a Waiting List for future classes. There are morning and evening classes available.