SPEAKER · TV HOST · SAN DIEGO

Unison Frances

Host of She's Letting It Go · The Guru of What's Got to Go-Go

She helps women stop carrying what no longer fits, so they can breathe again and make room for what's next. It is okay to let go of good stuff.



YOUR AUDIENCE

They are not behind. They are carrying too much.

The women in your room are navigating divorce, loss, caregiving, downsizing, an empty nest or a reinvention. Many are quietly buried under stuff, obligations and old identities, and embarrassed to say so. They don't need another lecture on matching bins. They need permission, a practical first step, and to know they are not alone.

THE TRANSFORMATION

What shifts when Unison takes the stage

Stuck → **Supported**

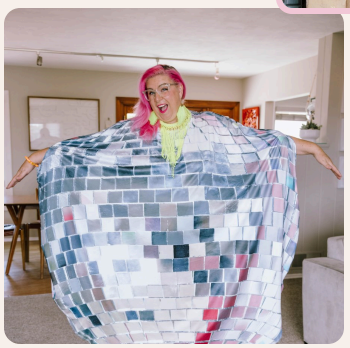
Embarrassed → **Empowered**

Overwhelmed → **Clear**

Attendees leave lighter, laughing, and holding one clear next step. They stop seeing clutter as a personal failure and start seeing it for what it is: delayed decisions they are finally ready to make.

WHY UNISON

- **She lives it every week.** She's in real San Diego homes with women in transition, not just talking theory.
- **She knows how to run a room.** 22 years as a public school music teacher taught her to engage, move and motivate any crowd.
- **She's walked the path.** She let go of a career she loved to build something new, and she teaches from that honesty.
- **She brings joy to hard topics.** Humor, warmth, and sometimes a song make grief and overwhelm feel safe to talk about.





SIGNATURE TALKS

It's Okay to Let Go of Good Stuff

Why releasing good things, from heirlooms to roles we've outgrown, is how we make room for the next chapter.

Clutter Is Delayed Decisions

What our stuff is really holding: grief, guilt and identity. Plus a simple method to make the first decision today.

Clutter Is Isolating. Decluttering Doesn't Have to Be.

The power of doing hard things together, and how to bring the village back.

PERFECT FOR

Women's conferences · Senior and retirement communities · Real estate and downsizing events · Grief and caregiver groups · Employee wellness · Nonprofit fundraisers · Podcasts and TV

CREDENTIALS

Host and EP, She's Letting It Go · Founder, Go Goddess Organizing · Author, The Year She Let It Go planner · Songwriter · Host, weekly Decluttering Happy Hour

> *"We are going to tell the truth, take a breath, and find the next right thing."*

BOOK UNISON

ShesLettingItGo@gmail.com
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FORMATS

Keynote · Workshop · Panel
Emcee or host · Live declutter demo
In person in Southern California, or virtual

FOLLOW

@sheslettingitgo on Instagram, TikTok and Pinterest
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