

The Struggle is Real!

Understanding Disorganization



The struggle to get and stay organized is often misunderstood, leading to frustration, guilt, and stressed relationships. Join us as we:

- Explore the many causes of disorganization
- Learn the difference between situational disorganization, chronic disorganization, and hoarding
- Get resources and tips for helping those who struggle



"Organization is an essential element that touches every aspect of our lives. Without it, we can easily become frustrated, overwhelmed and defeated."

"If you're one of the many people who are affected by the craziness of disorganization, I want you to know there is hope! Organization is a skill that can be learned and with the right support, tools and techniques you can overcome the stress and the chaos."

Wendy Brown, Seeking Sanity LLC

Whether she's working hands on with her clients or virtually, Wendy brings a fresh perspective and the unique ability to see through the chaos to the possibilities. In addition to her one-on-one work with clients, Wendy also enjoys sharing her message of hope and inspiration with a broader audience as an author and speaker. You can learn more about her and connect at www.Seeking-Sanity.com.

- Golden Circle member NAPO - National Association of Professional Organizers
- Member ICD - Institute for Challenging Disorganization
- Past President, Utah Professional Organizers
- Foundation Graduate, Organizer Coach Training - Coach Approach



Wendy@Seeking-Sanity.com
801-870-5222