

# Seeking Sanity at Home

## Creating a House of Order



**Does your home inspire you or expire you?**

**Discover the sanity saving power of:**

- Knowing Which Habits to Change and Which Habits to Work With
- Setting Up Organizing Systems
- Creating Routines



*"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](http://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



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