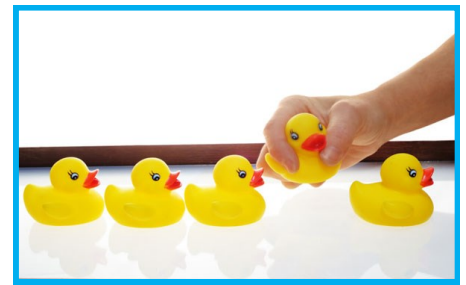


Helping people get organised

clearspace



WORKSHOPS - ALL ORGANISED AT HOME

Providing motivation, confidence & solutions to help people become more organised at home.

Learn simple and effective, ready-to-use tips and techniques - for instant results.

WORKSHOPS TOPICS

- ☞ **From Mess to Less** - *declutter your space, mind and home*
 - Understand what clutter is and how it affects you
 - Identify the causes of your clutter and learn how to let go
 - Learn effective techniques to stem the flow of clutter
 - Find what you want, when you want it
 - Personality traits and disorganisation

- ☞ **The Organised Family** - *no more chaos*
 - Teaching children how to be organised
 - Running a busy family schedule
 - Menu planning
 - Reducing housework
 - Household decluttering and organising tips and techniques

- ☞ **Organising Household Paperwork** - *no more piles*
 - Rid your space of paper clutter once and for all
 - Never lose a document again
 - Setting up a paper flow system that suits your family and home
 - How to know what to keep and for how long
 - Storing children's paperwork and artwork

- ☞ **Conquering Kids Clutter** - *a home for everything*
 - Identifying clutter, its causes and effects
 - How to declutter - practically and emotionally
 - Organising and optimising spaces in the home
 - How and where to store items
 - Choosing storage items that work best

- ☞ **Back to School** - *everyone's ready*
 - Create routines for maintaining an organised family
 - Organise school related paperwork and documents
 - Declutter and organise clothes and toys
 - Organise artwork and other memorabilia
 - Keeping children's schoolwork organised



Adelaide's most experienced and accredited Professional Organisers

For over 10 years, Clear Space has been helping people get organised and in control of their time, tasks, space, belongings and life, both at home and at work. This is done via One-On-One Coaching, Group Workshops and Public Speaking.

Rebecca Mezzino is the founder of Clear Space Organising Services, and Adelaide's most experienced and accredited Professional Organiser. Rebecca was actually born disorganised but over time taught herself the skills, techniques and motivation to become organised. Realising she could also teach others, Clear Space was established.

Having been through it all, she knows what disorganised people feel and experience, and what's needed to break the cycle. Rebecca works with individuals needing a little help to get back in control, through to those with a chronically disorganised lifestyle. She also consults to the business sector to help people become more organised, productive and in control at work.

Rebecca is active in the Professional Organiser industry having held National Committee positions and is a regular media contributor. She has twice appeared on Today Tonight, been a regular radio talk-back guest and has been featured and published in The Adelaide Matters, The Advertiser, Sunday Mail, Wellbeing Magazine, Woman's Day, Sydney Morning Herald and Coles Magazine.

Rebecca has spoken at many conferences and networking events, delivering talks across a broad range of organising topics. Audiences have included the CPA Congress, ATO, CFS, Women in Project Management, Australian Institute of Chartered Accountants, Australian Hotels Association, Institute of Private Practicing Psychologists and many Community Centres.

Rebecca's has a Bachelor of Business (Management Information Systems) and a Certificate IV in Training and Assessment. She has achieved "Expert" status with the Australasian Association of Professional Organisers (AAPO), being one of only a handful in Australia to do so.

Mick, Rebecca's husband, formally joined the business in 2013, after a long corporate career. He held senior business development and marketing positions in the finance industry, was the CEO of a national, aged-care membership company and worked for five years in the not-for-profit sector. Mick has a Bachelor of Business (Banking & Finance), a Diploma of Management and has been a Justice of the Peace since 1993.

Rebecca and Mick have two school age children, Zoe and Ethan.

