

## “Profile of Success: Helen Volk

Helen Volk practiced law for 17 years. Now she helps people de-clutter and de-stress their lives. Helen, who used to be a pack rat herself, believes that you have to empty your life to fulfill it. That’s what she did. She downsized by giving away two thirds of her possessions and moving to a smaller house. ‘I realized one day that not one religious tradition teaches that the purpose of life is owning stuff. But they all stress simple living as a spiritual principle...’ says Helen. Once she committed to the idea of simplifying her life, the rest was easy. Now, through workshops, seminars, and one-on-one sessions, Helen teaches others that they can enjoy fuller, more meaningful lives and feel richer than ever by having less.”

*7 Simple Steps to Unclutter Your Life,  
pg. 56  
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Beyond Clutter®

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## About Helen Volk



**Beyond**<sup>®</sup>  
CLUTTER

## *Helen is the Premier Professional Organizer of the Capital District of New York State.*

### Experience

- Founder and President of Beyond Clutter®
- Former pack rat who lives clutter-free
- Downsized 10 rooms to 6 rooms to 3 rooms
- Lawyer for 17 years
- Professional Organizer for 22 years
- Teacher of public school, college and adults
- An accomplished motivational speaker
- Experienced dynamic interactive workshop leader

### Degrees

- Bachelor of Science, Music Ed., SUNY Potsdam
- Juris Doctor, Albany Law School

### Published Author

- ~De-Clutter De-Stress® Your Life
- ~Downsizing for Seniors
- ~Filing 101
- ~To be or not to be... A Professional Organizer?
- ~Organize Your Home-Based Business
- ~Work Successfully From Home
- ~Behind Clothes Doors
- ~The Organized Garage Sale



Helen with her web master  
Nancy Mckiernan



### Recognitions

- Award for Excellence in Business from the Women's Business Council of the Albany-Colonie Regional Chamber of Commerce
- Profiled in SUNY Alumni in Business and Industry, a publication honoring SUNY alumni for their success in business, service to the community, and support of education
- Profiled twice in Postdam People, the Alumni Publication of SUNY Potsdam
- Featured in numerous print media articles
- Golden Circle Member of the National Association of Professional Organizers