

About Helen

Helen D. Volk, B.S., J.D., is founder and president of Beyond Clutter, a firm that helps you De-Clutter, De-Stress® your life. A teacher and lawyer who practiced law for 17 years before creating Beyond Clutter in 1991, Helen was a pack rat who chose to downsize and simplify her life and live clutter free.

An expert in her field, Helen is an accomplished motivational speaker and published author of organizing books.



Testimonial

"Thank you for a very motivating, inspiring and encouraging seminar....with a touch of humor to boot! Your seminar was . . . very valuable as it took that dreaded task of downsizing and de-cluttering and began to simply it by answering my questions of how do I start/sort/toss/keep/donate/pack/ etc. Your seminar provided a blue print, map and guide on the hows/whys/whens/wheres of the de-cluttering downsizing process; and I finally feel as though I have a plan. By your stressing the importance of beginning the downsizing process before there is a real need and pressure to do so, you have given me the motivation and determination to begin the downsizing process now! Thank you so much for a wonder-filled presentation!"

-Marge K., East Greenbush, NY

Beyond Clutter®

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Looking for a Speaker
for your
Senior Audience?

"Downsizing for Seniors"



Beyond[®]
CLUTTER

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Talk

This presentation enables participants to start the downsizing process, begin to prepare their home for sale, and learn to let go so they can move ahead to an active, uncluttered lifestyle.

The most common response to Downsizing for Seniors is:

“Thank you! I’m now looking forward to moving

Benefits to You: *Talk*

- Increase public awareness of your facility
- Bring potential residents to your facility
- Bring wait-list members back to the facility
- Help wait-list members prepare to move in

Benefits to You: *Purchasing the Workbook*

- Present to people when they put down a deposit
- Give to wait-list members who attend

Downsizing for Seniors



De-Clutter, De-Stress®
Let Go and Live!

*The step-by-step interactive workbook
for a less-stressful and more successful
downsizing experience*

By Helen D. Volk

Book

This 117-page large print book is a step-by-step guide for a less-stressful and more successful downsizing experience. Downsizing for Seniors results from Helen’s 20-plus years experience both helping seniors downsize their things and her teaching and speaking on the topic, as well as her personal experience downsizing her own possessions. The 15 chapters address the mental, emotional and physical aspects of downsizing, ending with a detailed moving plan and checklist.