



## 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 simplify her life and live clutter free.

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

## Testimonials

The motivation! The instructor's sense of humor and knowledge were the best part about the program.

*Susan C., Clifton Park, NY*

This was an informative, enjoyable, practical and necessary (unfortunately) course! Helen is an excellent presenter. Her ability to help us laugh lightens the stress and overwhelming feelings of clutter.

*Amy T., Albany, NY*

**Beyond Clutter®**



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# Beyond<sup>®</sup> CLUTTER

## Looking for a Speaker?



**Helen D. Volk**



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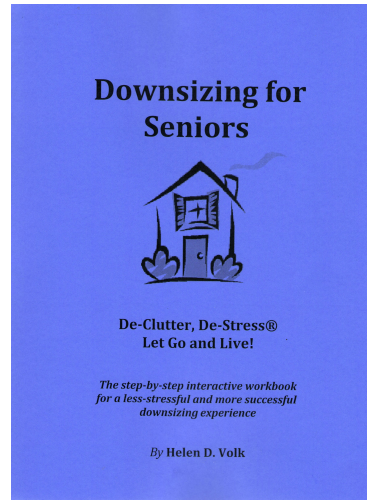
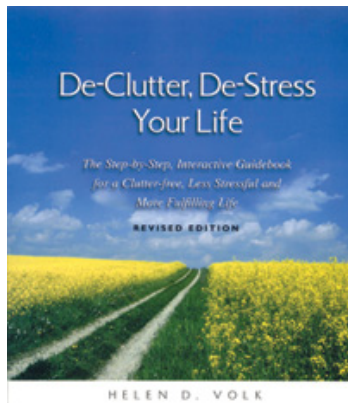
**518.238.3842**

## De-Clutter, De-Stress® Your Life

Clutter causes stress; daily frustration, time wasted looking for things, job inefficiency and much more. This informative, yet entertaining talk unmask the thoughts and emotions that keep you stuck in clutter, and motivates you to use the tips and techniques provided to de-clutter your life – once and for all!

The most common response to De-Clutter, De-Stress® Your Life is:

“I can’t wait to go home and throw things out!”



## Downsizing for Seniors

This presentation enables participants to start the downsizing process, begin to prepare their home for sale and learn to let go and 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 on with my life!”

## Workshops

(1.5 hours or longer)

-De-Clutter, De-Stress® Your Life

-Downsizing for Seniors

-Filing 101

-Behind Clothes Doors

-Organize Your Home-Based Business

-Successfully Work from Home

