

Meet Lisa Dooley



- Organizing Coach
- Member of the [National Association of Productivity & Organizing Professionals](#)
- Founder of *Your Organized Life, A Professional Organizing Company*
- Author of *More Space, More Time. More Joy! Organizing Your Best Life*
- Motivational Speaker

To help people spend their time more wisely, Motivational Speaker, Author and Organizing Coach Lisa Dooley has uncovered the true secret to organization: **real change is internal.**

Lisa doesn't rely on bins, matching folders or alphabetizing. To her, these tools are meaningless unless people see their organizing challenges, and themselves, differently.

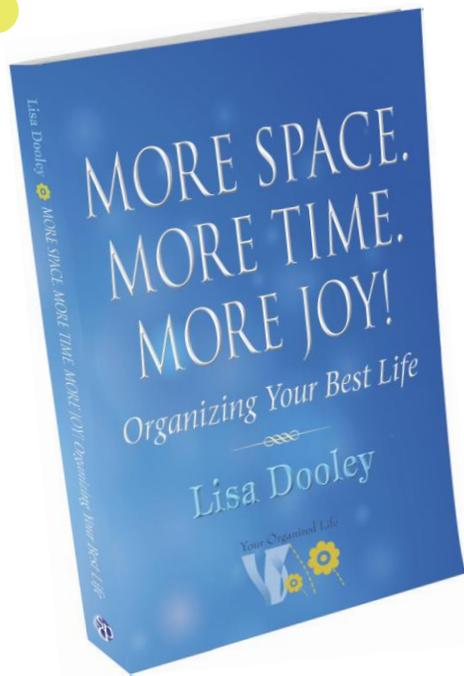
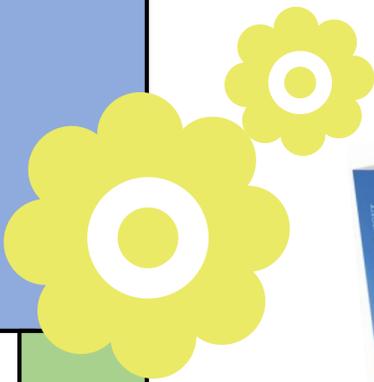
For most, the root of disorganization is a misuse of space and time: this can be for both individuals as well as organizations. This becomes even more apparent and pervasive during times of transition.

Whether at work or home, changes often cause organizing systems that once worked to fall apart. When disorganization takes hold, stress about it starts to build and people can become overwhelmed. The effect over time is frustration, low-grade unhappiness and even dissatisfaction with their work and/or home lives.

Lisa helps individuals, households, companies and their employees break the cycle of disorganization by designing a vision for what they want their life and space to be, then declutter and destress so they can enjoy their life at home and work.

"We need to shift from being unable to enjoy our space, our work and our lives to seeing our homes and offices as places of calm, rejuvenation and productivity," explains Lisa.

Let her put her expertise to work for you!



More Space, More Time. More Joy!

Organizing Your Best Life

Lisa Dooley's debut book *More Space, More Time. More Joy! Organizing Your Best Life* guides the process of change that will allow readers to intentionally create their best life through organization.

To Lisa, the key is understanding that organization is a means to an end, as opposed to the end itself. That means rewriting the story of one's life that starts with understanding why someone wants to get organized and how they want to live differently. Rather than a complicated system, people really need to see the value of being organized: more space, more time and, most importantly, more joy in their lives. Internalizing the why then sets change into motion and fuels its strength and staying power.



More Space, More Time. More Joy! Organizing Your Best Life can be used as a takeaway for any of her speaking engagements or training sessions. It can also be purchased online through SDP Publishing, Amazon, Barnes and Noble and other retailers.



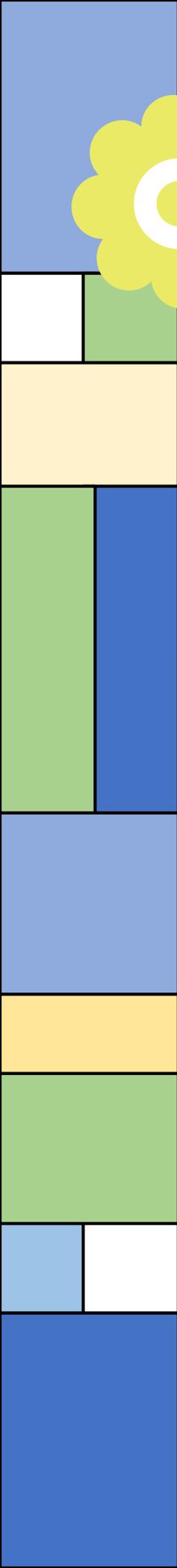


Speaking Topics

Lisa presents to conventions, conferences, management meetings, corporate groups, associations, social clubs, organizations, private events and other events of all sizes on topics such as:

- **Rewrite the Story of—** physical, emotional, psychological – that are holding them back and holding t**Your Life:** When individuals are happier, they not only enjoy their home life more but are more engaged and productive at work as well. Lisa helps people uncover the things hem down so they can move from feeling stressed, frustrated and overwhelmed to finding more space, more time and more joy.
- **The REAL End Goal of Organizing:** Organizing is about finding your stuff when you need it. It's about making your life easier so you can focus on the really important things. Lisa shares her simple philosophy – that perfect is not the end goal of organizing; happy and engaged is – and how to achieve it. If messy desks and workstations are holding your employees back, this session is the answer.
- **Transitions Disorganization** often takes root during times of transition when life is especially chaotic like when new management comes in, companies merge, or employees' roles change. Instead of allowing once-working systems to fall apart, Lisa discusses tips for transitions that result in a less stressed environment, no matter the personal or business challenges an individual faces.
- **The Secret to Employee Satisfaction:** A positive mindset is essential to happiness and engagement in the office – and that translates into productivity as well. Lisa shares different techniques and strategies to help employees create spaces that are full of joy and possibility that will improve morale and position a company for growth.

If you would like to book Lisa to speak, please call 617-240-7451 or email your request to lisa@yourorganizedlife.biz.



Media Appearances and Speaking Experience

Lisa is a regular podcast guest and speaker on organizing strategies and appears frequently in the media. Below are some recent highlights (<https://yourorganizedlife.biz/in-the-media/>).

- **Upjourney.com:** How to Become a Professional Organizer
- **Oprahmag.com:** The Best Organization Apps to Simplify Your Life
- **The Boston Globe:** Out of Chaos Comes Order
- **WATD 95.9:** South Shore Live!
- **Upjourney.com:** How to Be More Organized
- **The Peaceful Woman:** Decluttering – It’s Good for the Soul
- **Norwell Chamber of Commerce:** Your Organized Life
- **South Shore Living Magazine**
- **Real Simple Blog**
- **Reader’s Digest**

