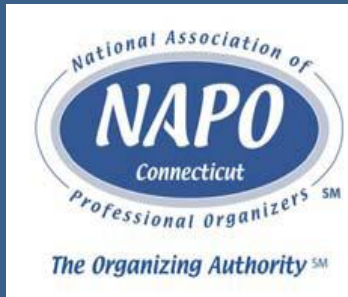


Connecticut Connections

May / June 2010

"One of the advantages of being disorderly is that one is constantly making exciting discoveries."

- A. A. Milne



Next Chapter Meeting

When: May 21st
9:00 a.m. – noon

Title: Open Spaces and Volunteer Celebration

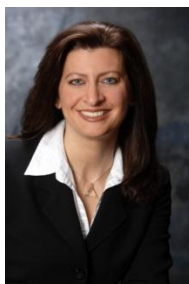
Facilitator: Cara Brook

Agenda:

Continental breakfast
Open Spaces
Networking
Volunteer Celebration

Where: Holiday Inn, North Haven, Exit 12 off Route 91

RSVP: with an e-mail to RSVP@NAPOct.com



President's Message – Cara Brook

cara@organizewithsos.com

Welcome to the May/June issue of Connecticut Connections. It is hard to believe that a full year has been passed since I was elected President of our Chapter. The 2010-11 Board of Directors begin their term on May 15th. They are setting up a Strategic Planning meeting for early June. If you have ideas or suggestions for our next year, please contact a member of the Board (see page 4).

Our Chapter Meetings this year have had three themes –
Grow your Business
Grow your Skills
Balance it Out

Our April meeting started the last series with Sandaura Brooks. She provided a high-energy, informative session with many safety awareness tips for Professional Organizers. She shared non-physical and physical techniques that we should all have in our 'toolboxes'. Thank you to Judith Ann Kirk for coordinating this terrific speaker.

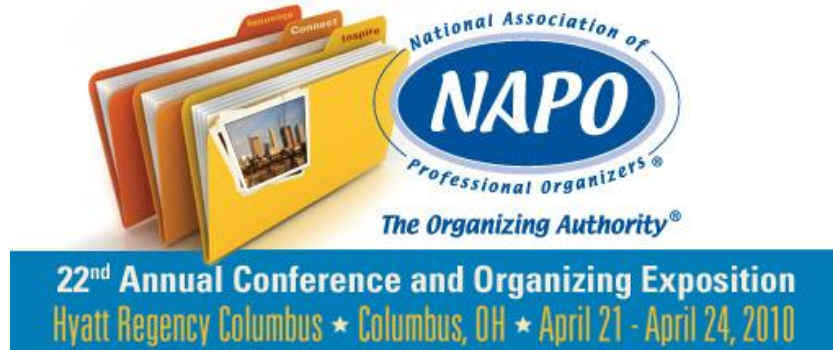
Sandaura has been teaching Self Defense since 1986 and has offered to conduct a full 3-hour training session if we have 10 individuals interested. The cost would be \$35 per person. E-mail your name to Sandra Wheeler forpeaceofmind@sbcglobal.net if you are interested in this training session.

Our May meeting will be an "Open Spaces" session. For those of you not familiar with Open Spaces, the session is similar to our "Situation of the Month", except YOU determine the topics! I will facilitate the initial group discussion to determine what hot topics or burning issues are on your minds. We will then choose the top four or five topics, break into discussion groups, and dive into each one in more detail.

If you have any questions, please send me an email.

Inside this Issue:

Notes from the National Conference – Inspire, Connect, Innovate	2
The Cure for Procrastination – Seriously	3
Get out of a Funk	3
Chapter News	4
Planning Ahead	4
Our 2010-11 Board of Directors	5



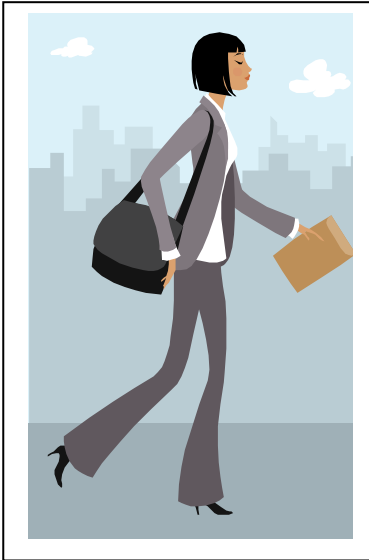
Notes from the National Conference Inspire, Connect, Innovate

Written by Judith Ann Kirk, Organizing Resources

During the late winter and early spring, NAPO members from around the world are flooded with information beckoning them to the Annual Conference and Organizing Expo. If you have gone in the past, then no one has to tell you what is in store at the National Conference. But, if you have never attended, you are missing out. Why? There are many reasons, but I will highlight just a few.

- **Inspiration** – This year’s keynote speakers—Tim Sanders from Yahoo, Gina Schreck, “The Geek Chick,” and Monica Wofford of Contagious Confidence—inspired attendees to step beyond their comfort zone, stretch in their business endeavors, and be the best that we can possibly be. From social consciousness to the value of technology, there were take-home tidbits for everyone.
- **Education** – This is the place to expand your knowledge, develop new skills and learn from industry experts. Breakout sessions ran the gamut from organizing techniques to personal responsibility to business mastery. Where else could you choose a program to match your current needs as an organizer? Oh, there is so much to learn!
- **Product Awareness** — During the Expo you get acquainted and build bridges with the companies and people that produce organizing products. Did you know that ZipLoc Bags is now offering a tote? Are you familiar with TimeTimers or Jibidee? And, how about the new SureHook – the sturdier, flexible hanging file folders from Pendaflex? And, of course the wonderful take-home gifts are always a hit. This year all attendees received Peter Walsh’s [IN] PLACE binder system courtesy of OfficeMax. Give a round of applause for those businesses that make our jobs so exciting.
- **Networking** – Conference is the place to make new friends and reconnect with old friends, a place to build professional relationships. Having a 23-year old conference buddy is an eye-opener. The organizing world is a lot different from her perspective. Over the years, my business has succeeded and grown because of the support of fellow Organizers near and far. My wish is that she will experience the same colleague support and motivation.
- **Increased Self-worth** – This was my thirteenth conference and one of the best. Why do I continue to attend? Simply to be inspired, connect with colleagues, learn how to innovate in this changing world, and build my feelings of self-worth as an Organizer. Conference provides the spark that ignites my growth personally and professionally.

You, too, could gain the confidence that being a Professional Organizer is a career choice and the right choice for you. You, too, could become aware of new business avenues, acquire new skills, and be motivated to make your business the best it possibly can be. Now is the time to start planning and saving for next year. Begin with \$20/week in an ear-marked savings account to ensure your spot in the industry’s excitement at National Conference on April 6-9, 2011 in San Diego.



The Cure for Procrastination – Seriously

Written by Lorie Marrero, *The Clutter Diet*
Submitted by Sandra Wheeler, For Peace of Mind, LLC.

Why am I up at 5:00 every morning lately? I have two mean friends who are making me do that. I have to e-mail them to prove that I am up and working. I am trying to finish one of those "very important but not urgent" projects that's been lingering for a while, and I have to keep getting up at 5:00 until this project is done.

My "mean friends" are actually my Accountability Partners. I have been working with Susan since 2001, and we have since added Audrey to our weekly calls. The three of us each take our portion of the hour-long call to go over what we got done from last week, what's going on in general, and what we want to get done the next week.

Having to answer to someone else is VERY powerfully motivating. You cannot hide! We encourage others to pair up and provide each other with accountability (we actually call them Motivation Partners because it's a little less scary). There are many organizing goals that can be accomplished this way. **It's a combination of providing deadlines and visibility to your progress that is simply one of the most effective cures for procrastination I have ever witnessed!**

In my calls with Susan and Audrey, for each thing we commit to doing we can choose to give ourselves either a consequence or a reward. Right now I am getting this 5:00 a.m. consequence because I was not able to stop procrastinating on my project... and I know it works because that is how I wrote my book last year! Sometimes we give ourselves rewards like massages or getting to go to a special event, as an incentive instead of a consequence.

Get out of a Funk

If you are ever in a space in your life where you feel you are losing your mind, your sleep or your self esteem, don't stay in one spot! Even small moves can get you out of a funk.

- Read.
- Exercise.
- Take a walk.
- Keep a promise.
- Rent a funny movie.
- Get out of the house.
- Go where kids are laughing.
- Do a random act of kindness.
- Spend time with those you love.
- Go to bed an hour earlier than usual.
- Make yourself the healthiest meal you can create.
- Find a comfortable spot to sit and just be still. Clear your mind.
- Put on some great music and dance like nobody is watching.
- At the coffee shop, treat the person behind you in line.
- Pick up the phone instead of sending another e-mail.
- Get something done. Make a move.



Chapter News

NAPO-CT **May** Meeting

Title: Open Spaces
Facilitator: Cara Brook
Date: May 21 Chapter Meeting

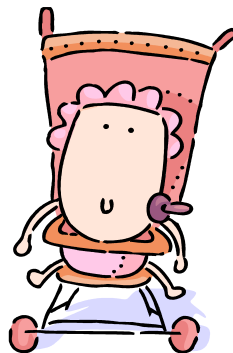
What's on your mind? What keeps you up at night? What topics are you interested in learning more about in the Professional Organizing industry?

Open Spaces is a chance for you to bring your hot topics and burning questions to the group. Cara Brook will facilitate the opening discussion to identify the challenges and questions that Connecticut Organizers are facing in our industry. As a group we will select the top four or five topics and dive into discussions and sharing ideas!

We ♥ our Volunteers! Join us as we celebrate all of the wonderful members that have contributed their time and energy over the past year, to make our Chapter fabulous! Cara Brook will conduct the Volunteer Appreciation Ceremony at this meeting.

Congratulations Kerry and Family!

We have a new baby Organizer amongst us!! **Allison Grace Colombo** was born on March 25th at 10:38 p.m. She weighed in at 7 lbs. 8 oz and was 19" long. Kerri says that all are well and happy to be a family of four.



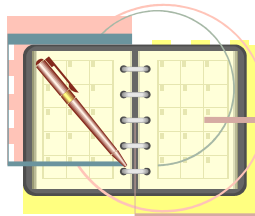
Container Store Discount for May and June

Have you heard the news? NAPO members, for the months of May and June only, get 25% off Elfa products and 25% Elfa installation services from the Container Store. You also get 10% off anything the rest of their products.

Planning Ahead

NAPO-CT **June** Meeting

Title: Feng Shui
Speaker: Gregg Nodelman of Dancing Dragon
Date: June 18 Chapter Meeting



Are you always exhausted? Is your own home or office less than desirable? Can you accomplish great feats for your clients while your own space misses the mark? Are you attracting the right kind of clients to sustain your business? The answers may lie in the set-up of your home or office. Learn transforming techniques to help shift your environment into spaces where you love to work and live.

Learn more about our speaker at www.ddfengshui.com

Mailing Address

NAPO-CT
Attn: -----
994 North Colony Road
PMB 127
Wallingford, CT 06492

Web Address

www.NAPOCT.com

NAPO Dues Notice

According to National NAPO policy, if your National dues lapse for 30 days, your membership date with NAPO will be reset to the date you rejoined. NAPO-CT will adhere to the same policy. If National membership expires, chapter membership automatically expires. It is your responsibility to keep both national and chapter membership current. Notify NAPO-CT Membership Director if you have any changes in your contact information.

Our Chapter Vision is to be the leading resource for Professional Organizers in Connecticut.

Our Chapter Mission is to:

- Support, educate and provide networking for our members.
- Promote the profession of Professional Organizing.
- Educate the public about professional organizing.

OUR GOAL IS YOUR SUCCESS!

NAPO-CT Board for 2010-11

At our February 19th meeting, the Chapter membership voted in our 2010-2011 Board of Directors. Thank you to everyone who voted. Our new board is listed below. Congratulations to each of you and thank you for stepping up to serve.

If anyone would like more information on one of the vacant Director positions or about serving on a committee, please contact Sandra Wheeler directly.

2010-2011 NAPO-CT Board of Directors

President

Sandra Wheeler (860) 608-0451
For Peace of Mind, LLC
forpeaceofmind@sbcglobal.net

Vice President

Jennifer Burke (203) 921-1915
JKB Organizing
jkborganizing@gmail.com

Secretary

Deb Gabinelle (860) 561-1613
InSightful Solutions CT, LLC
debgabinelle@sbcglobal.net

Treasurer

Judith Ann Kirk (860) 747-8962
Organizing Resources
judith@organizingresources.com

Past President

Cara Brook (203) 348-4767
Strategize. Organize. Simplify. LLC
cara@organizewithsos.com

Director Communications / Technology

Sandra Wheeler (860) 608-0451
For Peace of Mind, LLC
forpeaceofmind@sbcglobal.net

Director of Marketing

Deb Gabinelle (860) 561-1613
InSightful Solutions CT, LLC
debgabinelle@sbcglobal.net

Director of Membership

Vacant

Director of Professional Development / Programs

Vacant