

Clear the Clutter Registration

PLEASE PRINT CLEARLY - ONLY ONE person per registration form—photocopy is acceptable

NAME _____
ADDRESS _____
City/State/Zip _____
PHONE _____ EMAIL _____

\$15 Registration Fee by Jan 6—\$20 after Jan 6 (includes lunch and notes for all workshops)

Cash Check # _____

Complete and return with your check payable to Sun River Church by mail or at the Flower Cart.
11223 Trinity River Drive, Rancho Cordova, CA 95670 916-635-9000 (Attn: Marie Buck)
No refunds will be given after January 6.

Indicate your workshop choice—you will attend only one in each session

Session One (check only one)

- Organizing for Your Personality Type
- Overwhelmed to Organized in 9 Simple Steps
- When Time Flies

Session Two (check only one)

- Conquering Chronic Disorganization
- Monthly Menu Planning
- God's Piece of Your Puzzle, Creating Space for God

Clear the Clutter Schedule

- 8:30 am Registration
- 9:00 am *First Things First*
- 10:15 am Workshop 1
- 11:30 am Lunch
- 12:30 pm Workshop 2
- 1:45 pm Putting the Pieces Together



11223 Trinity River Drive Rancho Cordova CA 95670
www.sunriverchurch.com



Sun River Women's Ministries
Presents

Clear the clutter

Saturday
January 12, 2008
9:00 am – 2:30 pm
Sun River Family Life Center

Session One

Organizing for Your Personality Type

Lisa Brys

Have you tried to get organized, but just can't seem to make it "stick"? Perhaps you are using the wrong techniques for your personality type. Just as it affects the way we think and how we interact, our core personality affects our individual working style. Organizing is most successful when all of the pieces are fit together into a complete picture. Learn to identify the various pieces, then learn the organization technique and solutions that complete your individual picture.

Overwhelmed to Organized in 9 Simple Steps

Lee Mahla

Do you ever feel overwhelmed and don't know where to start? Is stuff everywhere? Do you feel you have more to do than you have time? In his workshop you will learn nine simple steps that you can apply to any situation to save time, money, and decrease stress. Discover basic organizing principles that can help you to simplify, clear clutter, and create workable systems for your home or office. Turn your "overwhelmed" to "organized!"

When Time Flies

Karen Edwards

"Where has all the time gone?" If this is your daily lament, help is on the way. We're all given the same amount of time each day...how we use it is up to us. Yet we often get caught up in our daily routines and find little time left over for those activities that nurture our spirits. If this is your dilemma, come and discover ways to better manage your time with practical suggestions to help plan, evaluate, strategize, and make wise choices concerning your time and priorities.



Session Two

Conquering Chronic Disorganization

Holly Hitchcock Graff

Chronic Disorganization (CD) is defined as a lifelong struggle against disorganization in which self-help efforts have failed. Living with chronic disorganization can be overwhelming and stressful. Come and discover why traditional organizing approaches don't work and how to part with things. Learn to implement methods to help overcome organizing challenges such as extreme disorganization, ADHD, and hoarding. Live the life you envision without all the stuff.

Monthly Menu Planning

Vicki Nelson, M. Ed.

Do you dread 5 pm when you peruse your pantry wondering, "What can I cook that's quick and easy?" This workshop will teach you how to eat meal time monotony and fast food frenzy. You will learn how to use tools such as a personal Recipe Index, Current Monthly Calendar, Weekly Shopping List, Receipt Envelope and Aisle Guides for local grocery stores. Whether you eat out frequently, prepare every meal at home, or are somewhere in the middle, you can redeem your time and economize your budget with Monthly Menu Planning.

God's Piece of Your Puzzle, Creating Space for God

Patty Danna

Is time with God the most important piece of your day? How do you fit this piece into your busy day and why is it important? Come and learn answers to these questions with practical suggestions for making your time with God more meaningful. Included will be ideas to help you stay consistent with your own personal Bible study and prayer time.



Speakers

Lisa Brys is the owner of TimeWorks *Professional Organizing Services*. She specializes in organizing offices for small businesses, home-based businesses and corporations, as well as general organizing for homes. Lisa teaches skills and techniques to help you get organized and stay organized.

Vicki Nelson, M. Ed., is the author and creator of Monthly Menu Planning. As a wife, mother of three boys and former educator, Vicki created *Menu PlanIt* to teach families how to plan meals for the month and shop for the week using a menu planner which streamlines the many tasks required to bring a family to the dinner table.

Holly Hitchcock Graff is a Certified Professional Organizer® and Management & Productivity Consultant. She is the owner of *H.R. Associates, Clutter Control Angels*® providing organizing solutions for life, home and business. Holly's passion is teaching others how to improve and implement their own organizing skills so they are free to focus on the important aspects of their life. She specializes in the areas of Attention Deficit/Hyperactivity Disorder and Chronic Disorganization challenges.

Lee Mahla is a member of the National Association of Professional Organizers (NAPO) and the National Study Group on Chronic Disorganization (NSGCD). Her company, *Get OrderLee*, specializes in helping families organize a large downsized, move, balance home, business, and family. She enjoys bringing order to chaotic situations. Lee loves teaching her skills to others and as a mother of two, she gives hope to fellow moms.

Patty Danna has been part of *Bible Study Fellowship* for over 30 years. As a leader, she is active in training women not only to study their Bible but to look for God and really come to know Him on a deeper level. Her passion is encouraging women to make their time with God an unbreakable appointment.

Karen Edwards has been the Director of Women's Ministries at Sun River church for the past seven years. Her desire is to help women discover who God has made them to be and then encourage them to move forward...empowering them to a closer relationship with God and connection with other women.

