

# Chaotic Times

Organised Chaos Newsletter

"Helping you to  
clear clutter and  
feel -

Better!"

Issue - May 2011

'Still unsure how to declutter?'

# Dear Friends of Organised Chaos

Welcome to the May edition of **Chaotic Times!**

Regular readers of this newsletter will know that content usually consists of hints and tips on how to get decluttered. Whether it's storage solutions for your kitchen, or examining why you keep putting off the dreaded task, my aim has always been to get you motivated and offer little insights that I've gained over the years.

This month I'm writing for those of you who feel you've tried everything, and had little or no success. So what is the magic formula? I'm sorry to say there isn't one, but the latest offering from Organised Chaos might just be what you need to get you going.

My working partnership with [Clare Wildman](#), a life coach based in Bletchley, bore fruit in March, in the shape of our first decluttering workshop, 'Too much stuff? Not enough space?' We already have some more dates in the diary for future workshops this year. Since we want attendees to leave the workshop feeling much lighter, we have chosen a hot air balloon to represent our joint efforts.



Imagine being able to float free of your clutter, feeling weightless and relaxed . . . .

Clare and I thought long and hard about the right kind of content for this workshop. I have been convinced for some time that self-help declutter manuals are too involved and fussy to be of much help to those who most need it.

We decided the workshop should be a combination of practical tools, simply demonstrated; insights into why clutter builds up, also hints on understanding the relationship each of us has with our belongings.

They say that knowledge is power, so armed with some understanding of why the problem has occurred as well as techniques enabling attendees to sort their tat from their treasures we were confident that progress would be made.



The other thing you'll get from our workshop is lots of encouragement in a supportive, non-judgemental environment. That's another area where self-help books can be a bit of a let down. It's quite hard to be encouraging in print, it's also hard to get over how much better you could feel, if only you could just take that first step. By the time you leave it will be practically impossible not to go home and make a start!

## **You'll be inspired!**



If you're interested in attending a workshop, please get in touch to register your interest and we'll let you know when we have a venue close to you.

We are grateful to those who came along to Fosters Booth on March 23rd and thank you for your positive feedback. This has made us both realise that a longer session is needed to cover all the topics in sufficient depth, as well as allowing ample time for questions.

## **Forthcoming Workshop:**

**Date:** Tuesday May 24th  
**Time:** 9.15am to 12.45pm  
**Venue:** Bletchley  
**Cost:** £29.00

**Includes:** Tea/coffee and biscuits, all necessary materials, and a complimentary follow-up 30 minute telephone consultation with either myself or Clare at a time to suit you.

If this date and venue aren't convenient, but you would still like to attend a workshop, please get in touch as we have other dates with different venues throughout the year.

Read on to the next page and find out what our first attendees had to say about the workshop and the positive results they've achieved as a direct result of experiencing 'Too much stuff? Not enough space?' . . . .

## What they said after the workshop!

*"Realising I could break the task down into manageable stages has meant I've made progress. Still doing one hour's decluttering every day!"*

*"Great time today. Just thrown out some old paint brushes I was dithering about from the utility room. Now about to play steel pans, feeling lighter."*

*"I found my favourite Carpenters CD that I thought I'd lost."*

*"Once my ironing pile had been tackled I realised I owned 10 pairs of jeans! I have now decluttered my wardrobe, so all my clothes can be put away properly."*

*"The workshop gave me a completely different perspective on clutter that I've held onto for years."*

Well, hopefully the above comments are sufficient to get you interested in booking a place for yourself. Please contact me for further details.

*Best regards,  
Judith*

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