

As the world turns, so do changes in the way people respond to the world around them.
We are living in a period of time with unprecedented cases of diagnoses of
ADHD, Executive Dysfunction, Anxiety, and more.

As Professional Organizers, we work with people who are chronically disorganized.
We create one-to-one customized programs to meet the personal needs of each client.

Programs are designed to help
Home Managers, Students, Employees, Businesses, and Organizations.

We help our clients:

- *Plan daily and weekly schedules to achieve goals.*
- **Get started** and benefit from time management skills.
- *Learn proper study habits and note-taking skills to increase grades and working memory.*
- *Prioritize tasks to become more effective and efficient.*
- *Reduce distraction and stop procrastination.*
- *Breathe and pause to control hyperactivity and anxiety*
- *Practice envisioning during mindfulness exercises to reduce the overwhelming pressure when trying to reach a goal.*
- *Reinforce sequencing skills for cause and effect and anticipating what comes next.*
- *Learn life management skills.*
- *Perform and function at personal best levels.*

We are experiencing excellent success rates with our program.

Investing in yourself (or in your child) will yield the best return.



Call today for your consultation
516-984-9365