



## AMANDA LECAUDE

# Organising Expert, Writer, Speaker, Educator & Consultant

### ORGANISATION RELATED WORKSHOP TOPICS

#### Get Organised & Reduce Clutter

This workshop focuses on what clutter is, the reasons for clutter as well as providing useful and practical tips & strategies on how to tackle clutter.

#### Decluttering Your Life & Mind

Signature presentation conducted with Amy Castos, Performance Coach from Inspire to Success. This 3 hour workshop focuses on dealing with overwhelm, stress, lack of time and of course physical and mental clutter. Gain an insight into what clutter is and how it occurs; understand how clutter holds you back from living your best life; and develop strategies to restore balance in your life.

#### Time Management & Procrastination

Understanding what time management really means and learn tips and strategies to use your time productively and effectively.

#### Downsizing & Forward Planning

Aimed at the older audience who are about to, or have recently, entered the next stage of their life and need to consider what needs to be done.

### Organising Your (insert relevant topic..)

This practical series can be tailored to a specific topic like paperwork; office; work environment; filing; kitchen; storage; or wardrobe organisation. Whichever topic is chosen, a variety of practical tips and strategies are discussed in order to organise that particular space.

### STUDENT SPECIFIC WORKSHOP TOPICS

Amanda regularly speaks to students, parents and teachers on a range of topics including time management, organisation, study strategies and skills. For further information on this you can find details at [www.organisingyou.com.au](http://www.organisingyou.com.au) under Workshops/Student and Workshops/Speaker Info.

### ATTENDEE FEEDBACK

*"Well done! I came away inspired and motivated. Thank you."*

*"Thank you so much for your time, hearing from another source I am sure made an impact on my son"*

*"The session was engaging and I leave with a positive outlook to begin tackling my physical clutter"*

*"Excellent –Amanda is brilliant and so engaging."*

*"Great, practical and thorough summary of the whole issue."*

*"Something that I need to do and have been procrastinating about. It's good to know I am not the only one out there and to now feel it's possible to make changes."*

If you don't see a topic that meets your needs then please do get in touch as Amanda regularly tailors workshops to suit audiences' requirements. For further information or to book a workshop:

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