



### Nancy Hodgman

Nancy is the retired founder of Organizing Services of New England. In that role, Nancy leveraged her passion for organizing across a wide range of projects in residential and office settings.

Her positive energy and collaborative approach toward every organizing project helped clients identify and achieve their organizing goals. In her extensive experience, she worked with families, senior citizens, executives, small businesses and nonprofit agencies. Her competence in reducing clutter, organizing physical spaces and creating streamlined processes benefited clients by helping them gain control of their surroundings and accomplish more at work and at home.

Nancy came to professional organizing from a corporate background in the high-technology industry as a project manager, marketer, executive assistant, event planner and technical writer. Nancy holds a B.A. in sociology from the University of Massachusetts at Amherst. She was a 10-year member of The National Association of Professional Organizers (NAPO).

## Let's Get Organized

**Study Leader: Nancy Hodgman**

**Thursdays, 1:30–3:30 p.m.**

**3 weeks beginning May 8**

**AIL Classroom, Lethbridge Lodge, Colby-Sawyer College**

**Maximum number of participants: 35**

Getting organized is among the top New Year's resolutions after losing weight and quitting smoking. Participants in this course will learn principles of organizing in a household and home office. Organized spaces contribute to enhanced productivity and reduced stress. Studies show that when people think of their surroundings as orderly, they have lower cortisol stress hormones. This course will present systems that participants can use to get organized and stay organized. These systems will focus on clutter, memorabilia, clothing, paper management and electronic organizing. Participants will be given printed resources that can be used when implementing organizing projects on their own. During the course, participants will be invited to pose questions about their specific organizing projects.