

The Spirit of Organizing

Its time for Spring Cleaning....so lets get organized in all aspects of our lives!

Yes! Organizing is a Spiritual Practice! Organizing is a tool you can use to create a life that is simpler, easier and more enjoyable. We will discuss the connection between Spirituality and organizing and how to shape our lives to focus on our values, passions, desires and responsibilities instead of more stuff and excess. Thru a combination of meditation, exercises and some solid information on how to organize and de-clutter, you will learn how to create the life and home you have always wanted.



Objectives: As a result of participating in this workshop, you will be better able to:

- Have a daily practice of organizing and spiritual connection
- Have a step-by-step plan to get organized
- Handle years worth of accumulated clutter
- Identify what tools and supplies you need to get started
- Identify your short and long term goals and value for living a simpler life
- Learn how to organize your physical environment and your time.
- Create more time for spiritual practice

Facilitator: Susan Lovallo, CPA, CPO

When: Saturday, April 17, 2010

9:30_{AM} - 3:30_{PM}

Suggested Donation: \$50, includes lunch

Where: First Church of Christ Congregational
12 South Main Street
West Hartford, Connecticut
Parking and Entrance in Rear

Susan Lovallo is a Certified Public Accountant, Certified Professional Organizer, Public Speaker and the owner of Clutter Solutions, LLC. Susan works with businesses, individuals and families to organize living and office spaces, time, and finances. She counsels clients on decluttering and organizing, advises business owners on effective systems for accounting, and record keeping, and trains people on QuickBooks & Quicken.

Prior to starting her organizing business in 2000, Susan worked in a variety of accounting positions. Susan was a corporate accountant with Automatic Data Processing and Business Success Airline, the Town Accountant for the Town of Monroe, consulted for the Town of Trumbull and Joseph P. Cannizzaro & Associates working on special projects and tax issues.

Ms. Lovallo received her BS in Accounting from Sacred Heart University graduating Magna Cum Laude. Susan received a Merritt Award from the Connecticut Society of Certified Public Accountants and the Medal of Excellence from Sacred Heart University.

Susan is currently very active in a number of business organizations including holding the office of Vice President for the Connecticut Chapter of the National Association of Professional Organizers, is the Past President for the Stratford Chapter of Business Networking International, on the Membership Committee for Connecticut Chapter of the National Speakers Association and a member of the Connecticut Society of Certified Public Accountants.

An avid workshop participant as well, Susan completed the Dale Carnegie Training course and became a Graduate Assistant. She has taken a wide range of classes from additional business and software training to drumming, singing and dance.



Spiritual Life Center

Walking Together with the Spirit

PROGRAM REGISTRATION

Program: The Spirit of Organizing

Date: Saturday, April 17, 2010

Time: 9:30_{AM} - 3:30_{PM}

Location: First Church of Christ, W. Hartford

Donation: \$50, includes lunch

Name: _____

Phone: _____

Address: _____

Email: _____

Do you wish to receive Spiritual Life Center mailings? *(please circle one)*

Yes, by Mail. Yes, by Email. No, Thank You.

Please return this registration form to the
Spiritual Life Center

120 Mountain Avenue
Bloomfield, CT 06002

or call the office at (860) 243-2374,

or email the office at info@spiritlifectr.org to hold your
place in the program.

\$10 of your program donation is non-refundable.

Thank you.