

January is the time to get organized

Barb Seegers wants to help people keep their New Year's resolution to get organized.

Her new business, Solutions Organizational Management, provides practical, usable solutions to reduce some of the stress and chaos that come with today's busy lifestyles.

"What I do is help clients overcome organizational challenges," Seegers said.

Being organized in the home and at work is one of the best ways to save time. The catch is that many people do not have the time to get organized.

Seegers wants people to know that professional organizers are not house cleaners. The focus in her field is effective time management and systems that can make life and work run smoother.

"There's less of a stigma attached to having someone come in and clean your home," she said, "than there is to have someone come in and organize your life."

She says there is a lot of emotion attached to disorganization. Seegers believes there is no reason to be embarrassed or experience shame when asking for help.

Since Solutions opened in November most clients have been corporate but residential services are also available.

"I'm booking very quickly now," said Seegers. "January is a good month to get organized for the new year."

The business also offers seminars and workshops.



Barb Seegers, owner of Solutions Organizational Management.

"I'll sit down for an hour and a half or two hours and speak to people about time management," she said. "Give them tips and tricks they can use."

There are only about 4,000 professional organizers in North America and most of them are in the U.S. These services are in demand and Seegers is willing to travel to meet clients' needs.

"I'm not limited at all," she said. "I will travel to British Columbia if some-

body wants me to come."

Most of Solutions' clients are in Windsor and Essex County but Seegers has an upcoming project that will take her to a small town near Guelph, ON for two days.

As a member of the National Association of Professional Organizers and Professional Organizers in Canada, she strives to meet the highest ethical standards. She says that people can count on her for confidentiality, integrity and

compassion.

Compassion is a big part of what she does. Emotional attachment to things can lead to clutter and clutter can feed into emotional stress. Being understanding and non-judgmental is essential.

"Clutter causes stress and stress causes clutter," she said. "By managing one you can benefit the other."

Solutions Organizational Management helps to create effective systems to manage everything from time to information to possessions.

"We try to put too much in our cups," she said. "Eventually the cup runs over and makes a heck of a mess."

Cleaning the mess up can be easier with help from a professional organizer like Barb Seegers.

Breakfast Express networking session

The Essex CFDC/SADC, Windsor Essex Small Business Centre, and Self Employment Assistance Office are teaming up to offer a series of Breakfast Express networking sessions. The sessions are designed to help business owners interact with a minimum of 15 other business owners and develop a network of contacts.

The first session will take place Tuesday, Jan. 20,



Small Environ

According to a report from the Federation of business, Achieving prosperity: Small business owners in Canada believe to grow the economy protect the environment the same time, better information burdensome regulations help them do the

Eighty-three CFIB members say they are already taking steps to conserve including reducing energy usage and their buildings. 60 per cent have implemented expanded recycling and about one in four environmentally products. The majority (75 per cent) made changes because they believe it is important about one in ten potential cost savings one in four take current regulations employees' views and customers and s

The most important environmental issues businesses are: Resource materials; energy conservation and water/sewage; waste change; dumps and fills; management waste, air pollution and preservation