

Being organised doesn't have to be a problem

Wendy Kay

IT'S spring, the season of blooms and babies.

It's also the time to clean out the cupboards, the wardrobes and the pantry and tackle the paperwork piling up in the office.

In other words, it's time to get organised.

No problem. Or is it?

For some professionals, while organising their business lives is second nature, their personal lives are in disarray.

At work they are never late for meetings or deadlines and their desks are immaculate, but at home they are wallowing in clutter, unable to keep up with the housework and living in dread that someone may just pop in and catch them out.

According to professional organiser Linda Eagleton this syndrome among professionals is not uncommon.

"Life in general can be so overwhelming, and it's not unusual to be completely together in one are of your life and not in another," she said.

"At home, there is no one pushing you for things, no one relying on you for work, you are



Organising clutter and chaos can become so overwhelming that many people don't know where to start to put some order in their lives. Picture: SIMON DEAN -PP407249

behind closed doors in your own little haven, your sanctuary to walk in and be yourself."

Linda, from Creative Surrounds, along with two other local professional organisers, Claire Lane, Urban Assistant, and Michell Cudmore, Paperwork Rescue, are manning a stand at Belrose's Supa Centre to feature their services during National



Linda Eagleton is available to get you organised, from the office to the bedroom.

Organising Week, September 6 – 12. "We will give advice on where to begin to get organised, the general steps to the process. For example, people do things backwards a lot.

"They'll decide to get organised and buy all these products to help them get organised, but they won't have a plan to best

organise their space and have only brought more clutter into the house."

Linda believes people aren't born disorganised but their upbringing can certainly influence their state of mind.

"I find disorganised people are either raised in houses full of clutter, or they have been

organised, and when life changes, such as a baby is added, they can't cope." That's where professional organisers come in.

"It's important to get an outside point of view," Linda said. "Professional organisers are unbiased to the stuff to which we're not sentimentally attached.



Organiser Linda Eagleton, here organising a child's room, says people need systems in place to keep their space uncluttered. Picture: PAUL MELVILLE -PP407245

Can people be taught to be organised?

"Definitely," she said. "It's a matter of setting up systems for people, and they are completely individual."

As a trained interior decorator, Linda looks at rooms as a whole project.

Once she organises, she can then advise on the

decor. Another service on offer is helping people to declutter before a move, and advising on where to put everything in the new house.

Clutter and chaos is not a time management issue, it can be the bugbear for the busiest executive or the stay-at-home mum.

It's the mental side of it.

People just look at it and give up before they begin. It gets worse until they are so overwhelmed they have no idea where to begin.

The professional organisers will be at Belrose Supa Centre from Monday to Wednesday, 9am to 5pm.

For more information visit creativesurrounds.com.au or urbanassistant.com.au.