

REGINA F. LARK, PhD, CPO®

ABOUT REGINA

Dr. Regina Lark is a Los Angeles-based Organizing and Productivity Specialist and founder and of **A Clear Path**. Regina provides professional physical, emotional, and psychological support for people who wish to clear clutter and chaos from their lives. As a Board Certified Professional Organizer with additional certifications in ADD, Chronic Disorganization, and Hoarding Disorders, Regina is the former president of NAPO-LA and currently sits on the national NAPO Board. She has been featured on A&E's hit television show Hoarders and in The Wall Street Journal and Los Angeles Times.

REGINA ON CBS

(Click Below to View)

Women leaders, professionals, and experts
Corporations, business groups, and non-profits
Executive managers and their staff
University departments, professional schools
Mental health professionals

AUTHOR OF

PSYCHIC DEBRIS CROWDED CLOSETS

(Purple Books Publishing, 2014)

Accept that a cluttered closet is often a manifestation of a cluttered mind. This book will help you change your thinking about the space in your head so that you can, for once and for all, deal with the stuff that's been under your bed and in your mind for a long, long time.

Los Angeles Women's Expo
Loma Linda Women's Health Conference
National Association of Professional Organizers
Professional Fiduciary Association of CA
UCLA Professional Development Program
UCLA Emeriti and Retiree Association
Santa Monica College Emeritus College
Cancer Support Community - Benjamin Center

PRESENTATIONS

DE-CLUTTER 101 - FROM CHAOS TO CLARITY

Discover and identify organizing strategies to project manage the de-cluttering process. In this talk, Regina shows how to design your "Circle of Work" for an organized desk and surrounding area; how to resolve paper clutter, and how to maintain cleared space get your priorities straight.

SPEAKING CLIP *(Click Below to View)*



PAPER: SUSTAINABLE OFFICE SYSTEMS CUSTOMIZED FOR YOUR BRAIN-TYPE

Somehow in our paperless age we generate more paper than ever before! Learn about the impact of your relationship to time, your relationship to paper, ways to deal with paper the moment as it enters your office or mailbox, and creative strategies to manage paper flow among co-workers of varying brain-types.

IT'S ABOUT TIME: 6 STRATEGIES TO ACCOMPLISH YOUR GOALS EVERYDAY

Let's face it. Many of us just don't have a good relationship with "time." The truth of the matter is that we cannot manage time....but we can manage our relationship to it. In our "Friends with Time" workshop, Regina shows you how to master your time-management matrix and maximize your potential.

WHAT PEOPLE ARE SAYING

Regina is undoubtedly one of our highest rated speakers, two years in a row!

- Loma Linda University Health

Regina takes an intimidating concept and breaks it down into a step-by-step process.

- Julia Sanchez

Regina is just what I needed to help transform my dad's clutter into a more liveable environment.

- Shell Wilson

CERTIFICATIONS AND AFFILIATIONS

