

# Laura Souders

Inspirational Speaker 🌿 Best-Selling Author 🌿 Professional Organizer



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# Biography - Full

Laura Souders is a professional organizer, best-selling author, and inspirational speaker. In 2013, she founded Healthier Spaces Organizing, an earth friendly company that assists clients in creating more organized spaces. Through the growth and success of her business, Laura has taught people organizational strategies that save them time, money, and energy.

And it all started with Laura's own home.

In order to start Healthier Spaces Organizing, Laura needed to downsize her family's expenses, which meant finding either a smaller home or one they could get at a reduced rate. They bought a home that had been a severe hoarding situation. It needed a lot of work; some of the rooms were packed so full, they were impassable. Room by room and piece by piece, Laura organized every square foot of the house, recycling, donating, and selling all the contents so that nothing was wasted that could be reused.

Through this project, Laura developed what has become a unique aspect of her business, and that is to help clients redistribute their unneeded items by facilitating recycling and donating connections. Clients can feel at ease knowing their situation will never be more daunting or disorganized than the place Laura decide to call home, proving she has a vision for seeing a space for what it can become.

In October 2018, Laura published her first book, "Organizing Her Life: How My Journey Can Help You Declutter Your Spaces and Your Life." Part memoir, part self-help, this book quickly rose to become an Amazon #1 Best-Selling novel. Laura invites readers into her personal journey, traveling through her struggles and triumphs, to create a meaningful life. She shares how small steps led her to big change that positively impacted her physical space, as well as her life path.

As a motivational speaker, Laura has presented to a variety of audiences. She is the organizing expert in a monthly TV segment called "Get It Together". Her appealing topics and delivery inspire attendees at her custom-designed seminars, workshops, and keynote addresses, to improve the functionality of their physical spaces, while her message ultimately leads to a much deeper, emotional, and mental transformation.

Laura is a professional member of the National Association for Productivity and Organizing Professionals (NAPO), and holds certificates in Chronic Disorganization and Basic Hoarding from the Institute for Challenging Disorganization (ICD). She has been a support organizer for the A & E Hoarders Show multiple times and a featured expert in Better Homes & Gardens Secrets of Getting Organized. Her passion for the environment led her to make changes in her community, organizing a county-wide recycling and donating event.

# Biography - Shortened

Laura Souders is the founder and owner of Healthier Spaces Organizing, an Earth Friendly company that assists clients in living a more organized, simpler, and healthier life. Her Amazon #1 Best-Selling Novel, "Organizing Her Life: How My Journey Can Help You Declutter Your Spaces and Your Life" provides an outlet for Laura to share how small steps led her to big change that positively impacted her physical space, as well as her life path.

Additionally, Laura is a captivating speaker who motivates people to improve their lives, through attainable and meaningful steps that begin with improving the functionality of their physical spaces, while ultimately leading to a much deeper, emotional, and mental transformation.

Laura is a professional member of the National Association for Productivity and Organizing Professionals (NAPO), holds certificates in Workplace Productivity, Hoarding and Chronic Disorganization from the Institute for Challenging Disorganization (ICD). She has been a support organizer for the A & E Hoarders Show multiple times and a featured expert in Better Homes & Gardens Secrets of Getting Organized.

Laura's passion for the environment has led her to make changes in her community, organizing a county-wide recycling and donating event.

# Head Shots



# Logos





# Book Information

Title: Organizing Her Life: How My Journey Can Help You Declutter Your Spaces and Your Life

Author Name: Laura Souders

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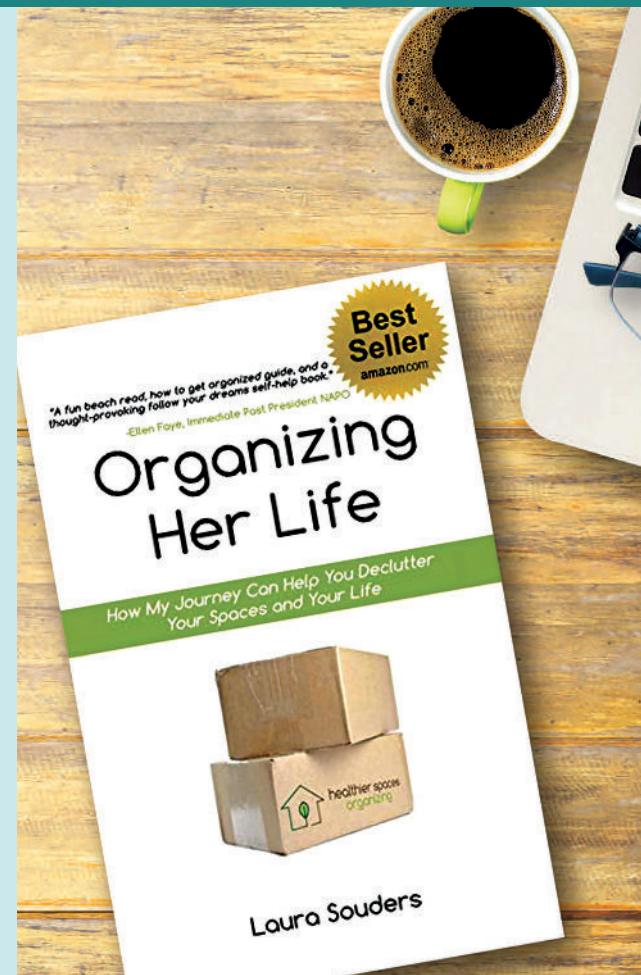
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Page Count: 253

Category: Memoir/Self-Help/Organization

Accomplishments:

- #1 New Release
- #1 Amazon Best Seller in Household Hints
- ★★★★★



## Book Back Cover:

Do you feel overwhelmed by clutter, shuffling piles from one place to another? Are you fulfilled by your life path?

In *Organizing Her Life*, Laura Souders, Professional Organizer and motivational speaker, invites us into her personal journey, traveling through her struggles and triumphs, to create a meaningful life. She shares how small steps led her to big change that positively impacted her physical space as well as her life path.

*Organizing Her Life* is for people who want to improve their lives, without getting bogged down by reference books about organizing. In this book you will:

- Learn Laura's 4 Step System for organizing any space
- Discover ways to change your mind set about things you own
- Gather easy to use, applicable tips to organize
- Gain knowledge to help find your passion
- Be inspired to improve your life

Transform not only the rooms in your home, but the spaces in your life, to have that calm, inspired existence we all desire.

# Author Q&A

**Q:** *What made you decide to leave your career after 18 years?*

**A:** Laura: I had spent 18 years feeling unhappy in my teaching career, each week, dreading Monday morning, when I decided to resign at the end of the school year. I wanted to take the chance to find a career that made me feel passionate and fulfilled.

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**Q:** *Why did you have to make such a drastic change, with your career and selling your home?*

**A:** Laura: We sold our house and decided that in order for me to start my own business, we needed to downsize our expenses, which meant finding a smaller home, one that we could get at a reduced rate. We bought a home that had been hoarded. It needed a lot of work. Some of the rooms were packed so full, we couldn't walk through them.

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**Q:** *Why did you become a professional organizer?*

**A:** Laura: I started my own business as a professional organizer, so I could help people clear clutter from their homes and businesses and donate the unneeded items to charities that could benefit. I enjoy working with them to create attractive, efficient, functional spaces that save clients time, money, and energy.

**Q:** *Why did you buy the hoarded house, "Contents and All, As Is"?*

**A:** Laura: For a house to be sold in PA, it must be able to be "Broom Swept" and since it could not be, the executor was going to get a dumpster and dispose of the contents of the home. As an avid recycler and repurposer, I didn't want good things, like dishes, appliances, and clothing to end up in a landfill. I recycled, donated, and sold all the contents and my husband and I completely redid the home to make it ours.

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**Q:** *What made you want to write this book?*

**A:** Laura: The purpose of my book is to share my story with others who are looking to make a change. My story is unique, but I think many people allow "things" to consume space in their lives that don't make them truly happy. It may be keeping clothing that doesn't fit, a gift that someone gave us that isn't necessarily our taste, sometimes it's a relationship or a job. We are in charge of doing the hard work to figure out what makes us happy and eliminate the stuff that's clutter. My book gives the reader questions and suggestions to evaluate their spaces and their lives.

# Book Excerpt: Chapter 1

## Chapter One Acknowledge the Problem

Become aware of your space, and recognize when it no longer works for you.

Every August, my goal was always the same: make it to June. One hundred and eighty days felt like an eternity when I was teaching 1st grade. I sat down at my desk and sighed deeply. The room smelled faintly of disinfectant wipes and Cheez-it crackers from snack time. I knew the next thirty minutes of solitude would go by too quickly. It was afternoon Music Class time, one of the rare moments in the day when my room didn't contain twenty kids full of unlimited energy. I scanned my desk with its organized containers of pencils and pens sitting beside end-of-the-year gifts children had given to me over the years. Facing the classroom at the front edge of my desk, there was a yellow wooden name plate in the shape of a pencil: Mrs. Souders. To the right were three bells: a small apple-shaped bell, a cow bell, and a large shiny bell because I learned years ago that new sounds grabbed the students' attention.

On the other side of my desk was a black and white picture of Scott and me from our wedding—the exact day I became Mrs. Souders. We looked young and in love. Next to it, sat a picture I took of our kids for a Christmas card several years ago. I had given each of them a huge swirled lollipop that practically covered their faces. Their smiles were enormous. When I first started teaching almost seventeen years ago, my desk was nearly empty with only a stack of teaching manuals and the activities I needed for the week. I was supposed to leave years ago. Why was I still here?

I looked at the miniature desks and chairs in groups of four. The chores had been forgotten—the bookshelf needed straightening, the trash can was overflowing, and pencil shavings lay in a pile by the sharpener. The front of the room was decorated with a colorful calendar and job chart trimmed in coordinating sparkly borders. A long alphabet chart hung above the length of the stained white board. Laminated signs posted around the room assigned areas for the children to read quietly, paint, have computer time, or make a lunch selection. An oversized, fuzzy, purple, stuffed crayon and huge plastic pencil were suspended from the ceiling in front of a window. I remember how excited I had been to get the pencil from a department store that was going out of business and how thrilled the students were when they walked into the room the day I hung it. Now, I noticed it looked faded, and a layer of dust had settled on it.

"Hey, Laura." Leslie, my next-door teaching neighbor, walked into the room holding papers. "I brought you these math games you can use for practicing adding and subtracting."

"Thanks," I said as Leslie handed me the papers, but she didn't let go of the stack.

"Here. Let me explain it to you. It's a chart, and then the kids..."

As soon as she said "chart" I realized I hadn't finished my lesson plans for next week and would have to take them home to do over the weekend.

"...sounds fun, right?" Leslie was excited for my kids to try the game. I was sure that they'd love it too, but I couldn't match her excitement right then. It was Friday, and I was drained.

"Confetti time?" I walked over to the table shaped like a half moon, and Leslie slid out a miniature student size chair. I pulled a large plastic bucket of confetti off the window ledge.

The bucket of confetti was a free gift I ordered from a magazine company, along with stickers and an electronic bell that had six different sounds. There were more than ten different categories, including Christmas trees, four-leaf clovers, pumpkins, music notes, and cats, but when I ordered the confetti, I didn't realize it would be a jumbled mixture. When would I ever use all of those things in one project? The bucket sat for a full year in my art supply cupboard next to the glitter and glue. It bothered me that it was unused and taking up so much space. I thought maybe if I separated it into groups of similar items, I might find a project to use it. At the beginning of the school year, I started sorting the tightly packed bucket while the students were out of the room at a special class. I found it calming to take a handful of the chaotic confetti and turn it into organized little piles.

"It's our turn for staff breakfast next Friday," I reminded Leslie. I had written all the special days in my plan book because I didn't want to miss a treat day or a chance to wear jeans to school.

Once a month, each grade level took turns and provided breakfast for the staff. I craved the thirty minutes of adult conversation that happened at these gatherings. The time flew by quickly, and before I was ready, the morning bell rang, sending everyone scurrying to their classrooms.

"That's right! I was thinking it would be fun to have a theme this time," Leslie said as Amy, another teacher in our hallway, walked in.

"A theme for what? Oh my gosh! Are you guys sorting again?" said Amy, teasing. Laughing, she pulled up a child-size chair and scooped out a handful of glittery shapes.

"It's our turn for staff breakfast next Friday, and we were just talking about having a theme. What do you think?" I asked.

"Oh, since we teach 1st grade, how about an apple theme with apple juice, hot apple cider, cinnamon apple muffins, and Applewood bacon?" Amy loved the opportunity to be creative.

We decided who would bring each item. I planned on making a baked oatmeal and bringing apple cider. I walked over to my desk to write down a reminder of my contributions and glanced at the large clock on the wall.

"It's 3:15. Time to get the kids from specials," I told Leslie and Amy.

They pushed each of their small sorted mounds into mine. I slid each large pile off the table and into separate lidded containers.

I was ready for the week to be over, but I hadn't finish planning my lessons for next week. I would have to take work home. I shoved my plan book and two oversized teaching manuals into my school bag. The task of planning would hang over my head the whole weekend.

Every Sunday during the school year, I woke up with a feeling of dread that continued to build throughout the day. By the evening, the gloomy emptiness weighed heavily on me. I didn't mind the process of planning. Actually, I enjoyed choosing the activities I would use for each lesson, figuring out how long they would take, and writing the materials and plans in the little daily blocks. The Sunday dread stemmed from the realization that I was planning away another five days of my life. Week by week, my life was slowly ticking by. Being in the classroom was not something I enjoyed, and each day, there was another day that I wasn't with my own children. By the time I finished writing plans on Sunday, it would be past 8 o'clock, my own kids would be getting ready for bed, and the usual fights about brushing teeth would ensue.

As the school day came to an end, I went to the Music room and led my students through the school to the courtyard for dismissal. On the way, we passed the classroom of a first-year teacher. She was lining up her class and singing a goodbye song. It was easy to spot the new teachers in a building. They were the energetic, optimistic ones with the "I am going to change the world" attitude.



I remember when I was hired for my first teaching job right out of college. I studied teaching manuals on family vacations, labored over which color of paper to use for each bulletin board, and made fun review games: coloring, cutting, and laminating each piece. I wanted to make everything perfect for my students.

Initially, I had been hired as a temporary employee. My parents both spent their whole careers in the public school system, so I knew how competitive the job market was with few positions available each year. It was important to set myself apart from the other applicants. To increase my chances of a permanent job, I accepted additional coaching positions throughout the year. All the after-school activities added to my already busy first year of teaching, but the extra effort paid off.

When the head of Human Resources called to offer me a job, he said, "I have a full-time, permanent position to offer you."

I immediately answered, "I'll take it."

"You might want to wait until I explain the position. It's...different."

But I knew no matter what he said, I was going to accept the offer. I had decided as soon as I heard "full-time" and "permanent." Scott and I were getting married in five days, and I desperately wanted a secure job.

The head of Human Resources continued, describing that I would be in two different classrooms. In the morning, I would teach reading at the middle school, and then in the afternoon, I would teach a kindergarten class.

"Thank you so much!" I accepted the job as a foot in the door. I could do anything for a year.

That next school year was challenging. In many aspects, I had double the amount of work: lesson plans, report cards, parent-teacher conferences, and two very different groups of students. I left home each day dressed in a suit and heels to teach hormonal 7th and 8th graders who would rather be anywhere than at school. I taught four classes at the middle school, and then I hopped in my little red Honda at lunchtime and drove to my kindergarten session. I loved driving with the moon roof open and feeling the sun shining on me. I was out while everyone else was stuck in a building.

Before I walked into the elementary school, I did a quick "costume change" in the parking lot. I replaced my blazer with a cardigan sweater, changed into flat shoes, and put on a large school bus or seasonal pin. The five-year-olds were so happy to be at school. I looked forward to their attitude when I left the middle school.

I tried to make the best of the year, but I felt run down. I had eight sinus infections that year. It was only my second year of teaching, but I clearly remember wondering how many years I would have to teach before I could retire. The following year, I was relieved to be able to transfer to a third grade classroom. Being at one building, I wouldn't have to rush from one class to the next, change outfits in the car, or do lesson planning for two grade levels. Although I had more time to work in my room, I often sat at my desk, staring out the windows. I longed for the opportunity to leave each day. Doubts about being a teacher crept in my thoughts that year for the very first time, and they remained every year after, regardless of grade level or building assignment.

As I watched the new teacher sing her kids a goodbye song, all I could think about were how many days I had left until summer.

Life is short. Wishing things were different won't change them. You need to make a plan for change to occur.

Be an active participant in your life. The first step is to choose what you want to pursue.

- What do you wish could change in your life?

- What could you do to change it?

# Book Reviews

## Ellen Faye, Immediate Past President of NAPO

"Is it time to consciously create YOUR life? ORGANIZING HER LIFE is the combination of a good beach novel, a how to get organized guide, and a follow your dreams self-help book - I loved it! Laura humanizes organizing giving just enough information that the reader can absorb it but not so much that they get overwhelmed and bogged down. Mixing in inspiration and her own family story that I certainly could identify with - I just couldn't wait to read more."

### **"Inspiring and fun read!"**

#### **- Amazon Reader**

I absolutely loved reading this book. I couldn't put it down. The message you tell in your story and the internal struggle you go through is so familiar and relatable to everyone at some point in life. Thanks for showing us that even though it's not always smooth and easy we have to listen to our hearts and trust that the universe will provide. Happiness is worth it! I'm so glad you followed your dreams and now are sharing your story with everyone so maybe others will be less afraid to take the road less traveled. Oh and I'm super grateful for all the organizing tips! You really have a great format to tackle even the most daunting projects. Plus your dedication to wanting to be less wasteful and recycle everything is inspiring and commendable.

### **"Are you feeling "stuck"? Overwhelmed by clutter in your life? This may be the answer"**

#### **- Amazon Reader**

This book tells the amazing journey that one woman took to achieve the life of her dreams. Whether you are feeling stuck in your job, overwhelmed with clutter in your home, or maybe even stuck in another area of your life -- this may be just the "push" you need!

Laura tells her story in such an approachable way, that you feel like she is talking directly to you. Loaded with practical advice, and actionable suggestions, she leads the reader through her quest -- the culmination of which, is this very book! It would be an ideal book to use for a book club, as there are questions in each chapter that allow for reflection and discussion. I know for myself, I plan to give this book as a gift to all of my friends and family for Christmas this year. I can't stress enough how much I love this book and Laura's amazing journey!

### **"Beautifully written and full of inspiration!"**

#### **- Amazon Reader**

I found this book an easy and enjoyable read, actually I couldn't put it down once I started! It was beautifully written, and had a magical way of connecting with the reader at a soul level. I found so much inspiration in this book and could relate on so many levels. I admire Laura's courage and am grateful to her for sharing her story and helping me along my own personal journey. Whether you are interested in the "organization" aspect or not, this book will feed your soul and leave you satisfied.

# Laura Souders

Inspirational Speaker 🌿 Best-Selling Author 🌿 Professional Organizer



Laura Souders is the founder and owner of Healthier Spaces Organizing, an earth friendly company that assists clients in living a more organized, simpler, and healthier life. Laura is a professional member of the National Association for Productivity and Organizing Professionals (NAPO), the Environmental Special Interest Group, and holds certificates in Chronic Disorganization and Basic Hoarding from the Institute for Challenging Disorganization (ICD). She is also a mentor for the Central Pennsylvania Association of Female Executives.

Laura's organizing expertise reaches far and wide. She has attracted media attention for her work and currently serves as ABC27's organizing expert in a monthly TV segment called "Get It Together."

In her Amazon #1 Best-Selling book, *Organizing Her Life*, Laura invites you into her personal journey, traveling through her struggles and triumphs, to create a meaningful life. She shares how small steps led her to big change that positively impacted her physical space, as well as her life path.

Laura's inspirational keynotes, seminars, and workshops are custom-designed to give every type of audience the key to transform their lives, one space and one day at a time.

Laura is the perfect professional speaker to inspire people to make changes in their lives, through attainable and meaningful steps that begin with improving the functionality of their physical spaces, while ultimately leading to a much deeper, emotional and mental transformation.



## Popular Programs

Laura offers presentations ranging from 20 to 90 minutes that can be adapted for small audiences or those over 100 people. Here is a sampling of some of her most popular topics.

**“Cutting out the Shoulds”**

**“Decluttering and Downsizing to Create a Healthier Living Space”**

**“Is Your Workspace Costing You Business?”**

**“For Sale! Decluttering and Staging a Home on a Budget”**

**“Organizing Without the Overwhelm”**

*Plus many more! Laura works with every client to create a custom presentation tailored to their format, audience, and desired outcomes.*



## What people are saying about Laura

“Laura spoke for our women’s breakfast this morning and was very interesting and upbeat and had a good response from our audience. The ladies enjoyed hearing about what she does in a timely manner. Wish she would’ve had a longer time period to speak so we could’ve heard more.” – **Lisa S.**

“Laura came and presented to 100 of our past patients and their friends and family members. With the Medicare aged population, downsizing can seem like quite the daunting task. However, the information that Laura presented really struck a nerve with a majority of the audience. Throughout the whole presentation, I saw TONS of pens moving, taking rigorous notes. I’ve been in charge of organizing these luncheons for almost 2 years now, and I’ve never seen the crowd get so into a presentation. Oh and did I mention we had a 35 person waitlist for people to register for this talk? Highly recommend Laura both for her services and her presentations” – **Mitch B.**

“Laura Souders positive energy flowed throughout this presentation. Her power point presentation included photos to emphasize her points; as well as, her anecdotes (e.g. collector plates, old photos of family members, china dishes from Great Grandma); it was easy to follow. The attentive audience asked excellent questions; Laura’s answers were specific and respectful of the questioners. Great job!” – **Shirley H.**

As seen on...



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