

## DISORGANIZED?

- *Overwhelmed by your stuff?*
- *Discouraged by your space?*
- *Struggling with follow-through?*
- *Unclear on priorities?*
- *Not managing your time well?*
- *Stumped by the to-do's on your list?*
- *Stuck at a crossroads?*
- *Tired of the same results?*
- *Know that you're not living to your potential?*
- ***Serious about making a change?***

Being disorganized makes life hard. It makes it difficult to achieve your goals and impossible to be your best. But take heart. The clutter and dysfunction don't mean life is broken; they indicate it's out of alignment.

## THERE'S HOPE!

Whatever your situation, you can learn to be organized. And I can help. Here's how.

We slow down. We get curious. We invest in becoming more aware of what makes you tick. We explore your strengths and obstacles, look at things from different angles, and you experiment with taking new actions of your own design. We examine what happens and what works, and we apply the learning forward.

Gradually – as your understanding of yourself becomes more informed, and as your technical skills reach competency – you bring your actions and intentions into alignment so that you're achieving your goals!



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## MY CLIENTS

I work with people who have busy lives and big, hearty dreams. They're often downsizers, moms, solopreneurs, procrastinators, artists, adults with ADD/ADHD, small business owners, and people in big life transitions. They have all sorts of organizing challenges and goals. What unites them is that they are highly motivated to change their relationship with disorganization.

My clients often wish to address the physical clutter in their lives, but they also wish to go deeper: to consider how their thoughts, feelings, beliefs, behaviors, and life experience impact their disorganization. Approached in this holistic way, they experience essential insights that foster transformation.

My clients are aware that the changes they seek will likely require persistent attention over months, sometimes years. Attempting big change by oneself can be hard; most of us know this from "failed" attempts. The support of a trained and compassionate professional can make all the difference. And a growth mindset – including a genuine belief that change is possible, curiosity about oneself, and openness to learning – really helps to grease the wheels.



## APPROACH

I believe my clients are creative and resourceful individuals, and that they are the keepers of their own best answers. My role is to listen closely, ask questions, and offer feedback and accountability so that my clients can achieve their own powerful solutions.

I champion my clients and their goals in two ways: coaching and hands-on organizing.

**What is coaching?** Coaching is about who you are as a person, what's most important to you, and how we can close the gap between where you are now (your current performance) and what you're capable of (your potential). Coaching is an "awareness-action-learning" process that invites exploration and opens up possibilities for meaningful, lasting change.

**What is hands-on organizing?** Organizing involves rolling up our sleeves and digging into your stuff. We open up spaces, spread things out, and make lots of piles. You make decisions about what to keep or let go. We then put items away in a new, functional order that works for your brain/lifestyle.

## SERVICES

I offer two customizable services for you to select from; together we figure out how to get you the most value out of every session.

**Coaching Support:** Coaching sessions are conducted by phone. You choose the topic that we explore in each call. These conversations are typically 45 minutes.

**Integrated Support:** Integrated sessions are a mix of coaching and hands-on organizing, conducted in-person at your home or office. These sessions are typically 3 hours. (Only available to clients in the Ann Arbor area.)

## OUTCOMES

The perspective-shifting and skill-building work that we do in our partnership helps you:

- *Get unstuck and become clear on what's most important to you*
- *Create a plan for achieving it*
- *Step into your gifts*
- *Move past your limitations*
- *Stay on track and accomplish your goals*

My clients regularly report these experiences as a result of our work:

- *Gaining organizing skills and confidence*
- *Becoming more aware of their brains, learning modalities, and unique strengths*
- *Learning how to design systems and solutions that actually work for them*
- *Building new behaviors into habits*
- *Increasing performance and productivity, both at home and in the workplace*
- *Reducing stress and improving their overall sense of health and wellbeing*

## NIA SPONGBERG, CPO®, COC®, ACC

I've been accompanying clients on their organizing journeys since 2012. I love helping people tap into their greatness and grow into powerful, confident thinkers and doers. If you'd like to know more about my qualifications, how I can help, and what it's like working together, please visit my website or get in touch.

*Certified Professional Organizer  
Certified Organizer Coach  
Associate Certified Coach*

