

# Act of Bravery.

## Bringing in a Professional Organizer

By Joan McCreary



Whether it's despair or frustration, people who ask for personal help in their homes are moved by a very strong force to call for help. Something has pushed them to risk bringing a stranger into their personal space and affairs.

Professional Organizers are very aware of this exposure. There is no other service that so personally examines the workings of the home, that looks at documentation of all types, that sees the underbelly of a life and then works to change it. While good organizers have a non-judgmental approach and perspective, a client's fear and self-questioning may remain.

Recently another Professional Organizer and I decided to swap services to organize our desks. We had each reflected that our workspaces needed help despite our area of professional expertise. It was a classic example of "it's hard to apply what you know to yourself!"

Once we set the consultation date, my anxiety set in. The anticipation that an outsider would come see my office gave me the willies! My desk area, though functional, definitely had been neglected and really did not look so good. The

prospect of my friend arriving forced me to look at the way I was using my space.

I finally saw the box of extra supplies that I had collected but couldn't reach because it was behind a table. There were stacks of materials I would never use. There were hard-to-access items I used a lot and easy-to-access items I never used. The pressure of the upcoming session prompted me to take a little action on my delayed decision making. Some things were just too confusing to think about clearly on my own and I waited for professional advice.

Looking back on the organizing session with my colleague, I smile at the simple process that we went through and how effective it was.

"Why is that basket under your desk?" "How do you use this tray?" "Do you like these binders here?" These questions were so easy for her to ask but so hard for me to ask myself! Yet I would ask the same questions to a client. Applying them personally was just not happening for me.

Now I better understand that clients can also feel this sense of displacement from their own abilities. When someone is highly functioning in one aspect of life, she feels almost silly when not able to apply those skills to her home life. Personal decision making can seem cloudy or unsure. Not only that but reaching out for help can be extremely difficult.

Each time a prospective client calls, I listen carefully for an edge of anxiety. And when I hear it, I can reassure these brave callers that they have taken the hardest step already.

To learn more about professional organizing, contact Joan McCreary at 408.896.6262. [www.JoanMcCreary.com](http://www.JoanMcCreary.com).



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