

# *Virtual: Consultation/Training*

## **IMPROVING CLIENT/TEAM ORGANIZATIONAL SKILLS**

Our BLT Method™ (Behavior, Language and Thinking) produces long-lasting results.

---



---

*Dr. Darnita L. Payden*

*Owner and Executive Director*

*Dr. DClutter™ Life Management*

*Contact: [DrDClutter@DrDClutter.com](mailto:DrDClutter@DrDClutter.com)*

*202-652-1905 (Office)*

*[DrDClutter.com](http://DrDClutter.com)*

# ABOUT US

*Dr. DClutter™ is the premiere, elite life management company, with the goal to help your clients and team live an organized and functional life.*

*We serve clients virtually who desire experience, confidentiality and trust, have discriminating tastes and high standards.*

*We help you overcome the obstacles that block you from living your most organized and clutter-free life!!*



# OUR FOUNDER



*DR. DARNITA L. PAYDEN*  
*OWNER AND EXECUTIVE DIRECTOR*

- *Dr. Darnita L. Payden has a Ph.D. in counseling psychology and over 30-years of experience.*
- *Featured Hoarding Expert on the Emmy nominated show "Hoarders"®.*
- *Past Hoarding Expert, Office of the Deputy Mayor for Health and Human Services and DC Office on Aging.*

*An Organized and Functional Life is Our Goal™.*  
*We don't judge. We help™.*

# WHY YOU DESERVE THIS

*Life has changed drastically in the past few years and the "normal" we once enjoyed is gone.*

*We were spending more time in our homes, and less time in our offices and schools, which seemed to magnify many issues we had, in the past avoided. That pile of books, or those boxes stashed in the room behind closed doors, or the disorganized home office, kitchen or child's bedroom became the elephant in the room.*

*Maybe your clients and your team have been affected too. Having to deal with marital and family issues, virtual learning for their children and working from home may have pushed them beyond the "normal" limits. As we head toward the "new normal", a hybrid world, how will they return to their most optimal pre-pandemic selves?? How will they begin to thrive as they return to school, the office or telework and virtually learn from home?? We can help!!*



# THE PROBLEM

---

*Clutter (stuff) is a problem.  
Disorganization (poor productivity) is a problem.*

- Both consume not only your space, but your behaviors, language and thinking. Both rob you of joy and from completing projects.*
- Both overwhelm and rob your clients and team of precious time, as well as costing your organization lost revenue and productivity!!*

*Did you know:*

- Time is one of the most valuable commodities after your clients and team?? Your organization can lose six or more working hours per week, per team member as a result of disorganization??*
- A disorganized employee who earns \$50,000 a year, can cost an additional \$11,000 in lost time??*
- Clutter can affect anxiety levels, sleep, and ability to focus??*
- Both clutter and disorganization can also make your clients and team less productive, triggering coping and avoidance strategies??*

*Why does this matter to your organization?? It matters because it causes problems in your client's lives, affects work performance, such as low moral and low productivity, and cost your organization money!!*

---

# SOUND FAMILIAR?

*Have your clients or team expressed any of the following?? Do you suspect any of these might be issues??*

- *Life feels out of balance and control.*
- *Feeling overwhelmed.*
- *Dealing with or suffering from negative behaviors, language or thoughts.*
- *Late for every event or never complete projects.*
- *Fear of judgement if people find out how “cluttered and disorganized” life really is.*



# BENEFITS FOR YOUR ORGANIZATION

*This program will benefit your organization!! You will work virtually with Dr. Darnita L. Payden, in a confidential and non-judgmental manner. Dr. Payden will develop a personalized plan for your clients and team members, either one-on-one or in a small group setting. This program will help your clients and team regain control of their disorganized lives.*

*Dr. Darnita L. Payden will help your clients and team:*

- Bring harmony back to life and the environments where the majority of their time is spent.*
  - Bring control back to allow the ability to live life to its fullest potential and improve work productivity.*
  - Help save time, save money, reduce stress and increase productivity by identifying disorganization in their lives.*
  - Help them to understand the “how” and “why” clutter and disorganization started, so that they can implement strategies and techniques to overcome it.*
-

# THE SYSTEM

- *Assessment-Help your clients and team recognize areas of clutter and disorganization to better maintain the successful transformation that we can help them achieve.*
- *Actionable-Help your client and team identify areas that are negatively affecting their BLT™ (Behavior, Language and Thinking).*
- *Create and Implement-Design a personalized GPoA™ (Goal Plan of Action™), using proven strategies and techniques.*

What makes us different? It's our BLT Method™ !!

- *We focus on the BLT Method™ (Behavior, Language and Thinking) to produce long-lasting results.*
- *We help bring clarity to your clients and team using the BLT Method™.*
- *We offer strategies and techniques which can be implemented quickly using the BLT Method™.*





# SERVICES

*Client sessions are tailored to meet the need of the individual, family or group.*

*Training can be created/tailored for your organization's specific needs, or choose from our most popular seminars on life/time management, life skills, decluttering and organization ("Five Steps to a More Organized and Functional You™"), boundary setting ("Master the Art of Saying No™"), Hoarding (The Hoarding Awareness Program™) and many more!!*

- Full-Day-30 max participants per training*
- Half-Day-training 30 max participants per training*
- Small group sessions (4 person max)*
- 50-minute Lunch and Learn Seminars-30 max participants per training*
- 50-minute individual sessions*

Case consultation, collaboration and development with your organization on current or future programs, is also available.

---

*“A generous person will prosper;  
whoever refreshes others will be refreshed.”*

**THANK YOU!!**

*WE LOOK FORWARD TO WORKING  
WITH YOU.*

---



*Dr. Darnita L. Payden  
Owner and Executive Director  
Dr. DClutter™ Life Management  
Contact: [DrDClutter@DrDClutter.com](mailto:DrDClutter@DrDClutter.com)  
202-652-1905 (Office)  
[DrDClutter.com](http://DrDClutter.com)*