

# Speakers Bio



## **Carol Martyn, Dr DeClutter**

Educating people with mental health conditions to declutter and get organised to live their best life.

Carol Martyn from Dr DeClutter was born with a clipboard in her hands and is deeply passionate about all things organising. Having a husband who's highly organised doesn't count, but sometimes she thinks it should. As Australia's only Certified Organiser Coach, Carol uses a combination of coaching skills and hands on professional organising techniques to help clients move from overwhelmed to organised. Dr DeClutter's business model is underpinned with an educational focus on supporting clients develop new habits to reduce clutter, strengthen routines and simplify systems.

With a unique skill set perfectly matched to support clients who identify with anxiety, depression, ADHD and hoarding tendencies, Carol recognises that sometimes it's not just about the clutter but learning the behaviour behind why and how possessions accumulate, providing the education, strategies and support for sustaining longer term change.

Carol's a proud subscriber to the Institute for Challenging Disorganisation and a member of the National Association of Productivity and Organisers (NAPO). She is Past President, Vice President and served 4 years on the Board of Management with the Australasian Association of Professional Organisers (AAPO). Currently Carol is undertaking further study to be credentialed as Australia's only ADHD Certified Organiser coach together with certification as a Professional Organiser specialising in Chronic Disorganisation. This sounds less impressive to her children, who consider her to be just "mummy" yet it's equally humble to Carol.

As a regular guest on radio Carol enjoys the challenge of thinking on her feet when listeners phone in with curly questions. Carol has contributed to numerous magazine and newspaper articles and confesses to writer's block but finds chocolate helps. Chocolate fuelled or not; Carol Martyn was Vice President Education of her local Toastmasters and as an accomplished public speaker has been called upon as guest speaker local forum meetings or to conduct workshops and presentations in the wider community. When she is not working, being Mummy, eating chocolate or debating organising skills with her husband, Carol successfully runs decluttering workshops around Victoria. Carol's passion lies in the education of clients, peers and the wider community. She feels deeply privileged to be able to do what she loves and contribute to the professional development of those seeking an expert, with a finger on the pulse when it comes to the latest organising and decluttering solutions from around the globe.