

## Carolyn Verhoef - Bio

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Carolyn Verhoef founded her business Outside the Box Organisation Solutions in 2007 in a distinct moment of clarity for her life's purpose. Life events forced Carolyn to embrace change. Losing several loved ones to cancer early in life plus other health and family issues helped develop a unique outlook, naturally leading her to becoming an Expert Professional Organiser and Coach.

"To live with less stuff is to experience more of life" is Carolyn's message. Giving people with ADHD the tools to live a life they love with less physical clutter, time clutter and mind clutter. While also finding ways to experience more of life, disconnect from the expectations so we can reconnect to the life that fits your uniqueness.

She shares her practical and sustainable solutions developed through hands-on experience in careers demanding high-level organisational and productivity skills.

An IOPO accredited Expert Professional Organiser and Perth's only qualified Organiser Coach specialising in ADHD Carolyn is only weeks away from earning her ICF credentials.

Carolyn is a Board Member of The Institute of Professional Organisers (IOPO), founder of Shy Girls Belly Dance, Accredited Mental Health First Aid Officer, Organiser Coach Graduate, Member of ADHD WA and published author.

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