

Master the juggling act

Classes to teach the art
of organization — and
it's not all wicker baskets
and containers /5



Jane Veldhoven, a professional organizer who lives in west-end Halifax, will teach classes in organization at Nova Scotia Community College.

Get organized

Classes teach skills for the game of life

By Joanie Veitch – The Weekly News

The need to get organized is like a daily mantra in our fast-paced lives. There are entire books, magazines and TV shows dedicated to it.

There's no shortage of information on the problem. It's actually doing something about it that seems to be the tricky part. Who has time to get around to that?

Jane Veldhoven, 46, might just provide part of the solution. A professional organizer who lives in west-end Halifax and former board member with Professional Organizers in Canada, a national organization with about 500 members, Veldhoven is offering classes on getting organized at the Nova Scotia Community College's Leeds Street campus this fall. Originally a six-week course, Veldhoven has condensed her session to two three-hour chunks.

"For busy people, trying to set aside one night a week for six weeks is just too much. A Saturday-morning session is much more do-able," Veldhoven said.

Basic organizing skills are, obviously, the focus of the classes, but it's not all about containers and pretty wicker baskets, Veldhoven says. There's a lot of psychology involved in getting organized.

"We look at where they are now, how they got there, and the psychology behind what

they need to change," she said. "It's hard. We're bombarded every day with advertising messages to buy more stuff, yet we see these perfect show homes being featured in magazines."

People looking for a "quick fix" might be surprised to find out that's just not possible, however:

"It's a long haul for most people. They have to change the habits they've built up over a lifetime. The last class I had even formed a support group. They still meet every week."

Getting organized comes more naturally to some people than others.

As Veldhoven worked toward becoming a professional organizer back in 2002, Veldhoven discovered that she is part of the 25 per cent of the population born with an innate sense of organization. For the other 75 per cent, "their brain doesn't tick that way; they have to learn it," she said.

Each class has room for 20 people. While there is no "typical" student, Veldhoven says most of her clientele — and most of her students — tend to be in the 35- to 60-

age range.

Completion of the first session is mandatory to enroll in the second class.

For more information check www.janetheorganizer.com
jveitch@hfxnews.ca

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JANE VELDHOVEN



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