



Taryn Lamb, Professional Organizer and Owner
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BIO:

Professional Organizer, Taryn Lamb, founded her company, Organized Havens, LLC, in 2006 to help people get organized and simplify their lives, so they have more time for the people and activities that are really important to them.

Having appeared on such shows as A&E's Emmy-nominated *Hoarders* and TLC's *Hoarding Buried Alive*, she is a voice for those who need help. After Hurricane Sandy, she was interviewed in [My Central Jersey](#) on a segment detailing how Hurricane Sandy brought to life the many people who hoard in the area as well as its effect on their families.

Taryn is a member of the industry's leading resource for professional organizing: the National Association of Professional Organizers (NAPO), as well as a member of the Northern New Jersey NAPO Chapter where she is serving her sixth year as a board member. She regularly attends the NAPO National annual conferences learning cutting edge techniques and strategies that she implements with her clients to help them live the lives they are meant to live. She speaks at women's leadership summits where she shares her story as a female entrepreneur and her experiences helping women implement organizational changes to help them live the lives they are meant to live.

Taryn was awarded NAPO-NNJ's Organizer of the Year both in 2008 and again in 2011 for her dedication in the field of organizing. Gayle Gruenberg, Past President of NAPO-NNJ describes Taryn as "smart, caring, capable, efficient, dedicated, and enthusiastic, always on top of things, ambitious, a visionary, and one to watch in the future." Taryn is also a member of The Institute for Challenging Disorganization, the premier national organization for chronic disorganization and hoarding disorder.

Taryn has earned the Level I Certificate of Study in Chronic Disorganization. In addition, she is a member of Faithful Organizers. Taryn has completed the Coach Approach, *Coaching Skills I* course, in which she developed the skills necessary to provide coaching support to her clients to complement the organizing process. Through this training, she helps her clients gain clarity, set goals, and develop habits and accountability.

As a former teacher, Taryn enjoys teaching her clients of all ages how being organized can drastically improve their quality of life. Taryn and her team of Organizers are committed to helping individuals improve their lives by de-cluttering and organizing their environments, both at home and at work. Taryn bases her organizing business on her belief that we can't control everything in life. However, we can control our living and working spaces and that makes the rest of our lives immeasurably easier and more fulfilling.



Subject: Professional Organizer Tackles the Tough Subject of Hoarding and Clutter

Good afternoon,

Hoarding is definitely getting more attention these days with the rise in tv shows focusing on it. Not to mention how Hurricane Sandy brought this topic to light with more and more hoarders revealed after the storm damaged their home and showcased their hoards. In many cases, this introduced a disorder that many never knew existed. In fact, most would be surprised to know that according to the International OCD Foundation, up to 5% of the world population displays hoarding disorder. And even though it's a hard topic to discuss and even harder on those that suffer with it, there is hope. Many find that hope in working with a professional organizer. They learn how to control their clutter and get their life back.

One such professional organizer is Taryn Lamb of Organized Havens, www.organizedhavens.com. Lamb is a voice for those who need assistance and is well known by her work on such shows as Emmy-nominated *Hoarders* on A&E and *Hoarding Buried Alive* on TLC where she used her expertise to help change the lives of several New Jersey families by organizing their homes and providing them with tools for managing their lives in a more clutter-free way.

Lamb is also a two-time recipient of The Organizer of the Year award presented by the Northern New Jersey National Association of Professional Organizers where she has served on the Board for six years.

As Lamb says, "Getting organized isn't about perfection. It's about finding solutions in your home or office that work for YOU personally, so you can live a more efficient, productive, and fulfilling life." She helps people de-clutter and organize their environments, and her passion for her profession is evidenced by her commitment to helping others live healthier, happy lives.

Professional organizers are instrumental not only to those who suffer from hoarding disorder, but also the chronically disorganized and others as well who just need assistance in getting control over their clutter. So many feel alone, isolated and embarrassed, but more importantly, they just don't know how to make a change and get back in control. Lamb works not only with clients who hoard but the full spectrum of clients looking to get organized-from clients who need help with one closet to clients who need complete home organization. She helps them to make those changes and gain control of their environment so they can focus on the people and activities that are really important.

Lamb would welcome the opportunity to discuss these topics with your group or set up an interview. She regularly gives presentations to women's organizations, businesses, mom's groups, senior citizens groups, as well as workshops for students, their parents, and teachers on getting organized. Visit <http://www.organizedhavens.com> for additional information and contact Taryn at Taryn@organizedhavens.com.

Award Winning Professional Organizer Helps People who Hoard and the Chronically Disorganized Get Control

New Brunswick, NJ (May, 2013) With the rising popularity of television programs bringing to life hoarding issues, as well as recent news stories about the effects of Hurricane Sandy on hoarders, the issue of hoarding is being brought to the forefront. Many think it is isolated incidents, but according to the International OCD Foundation, up to 5% of the world population displays clinical hoarding tendencies. This figure is twice the rate of OCD and 4 times the rate of bipolar disorders. Fortunately there is help for those that suffer with this illness and others through the assistance of a Professional Organizer.

So what exactly is hoarding? Hoarding disorder is a persistent difficulty discarding or parting with possessions because of a perceived need to save them. A person with hoarding disorder experiences distress at the thought of getting rid of the items. Excessive accumulation of items, regardless of actual value, occurs. Professional organizers work with individuals and families to return their homes to a functional, healthy environment. With their guidance and expertise, many of those who live in these cluttered environments are able to sort through the clutter, identify the things that need to be discarded, and set up systems and spaces for storing the items that remain. One such professional organizer is Taryn Lamb of Organized Havens. <http://www.organizedhavens.com>

Lamb is an award-winning professional organizer who has dedicated her career to helping hoarders and the chronically disorganized as well as others who need assistance with reclaiming their spaces and their lives. In addition to being a two-time recipient of The Organizer of the Year award, she has appeared on A&E's Emmy-nominated show, *Hoarders* and TLC's *Hoarding Buried Alive*. Lamb was also interviewed in [My Central Jersey](#) on a segment detailing how Hurricane Sandy brought to life the many hoarders in the area as well as its effect on their families.

Lamb states, "It's a privilege to be able to assist those families that need it most. Getting organized is about finding solutions that work for you and that you can follow to live a more efficient, productive, and fulfilling life. By getting organized we create space and time for the people and activities that are really important in life." Lamb not only works with clients who hoard, but also the full spectrum of clients looking to get organized—from clients who need help with one closet to clients who need complete home organization.

Lamb has also completed the course—The Coach Approach, Coaching Skills I, in which she developed the skills necessary to provide coaching support to her clients to complement the organizing process. Through this training, she helps her clients gain clarity, set goals, and develop habits and accountability.

Visit <http://www.organizedhavens.com> to learn more about Lamb and how she can help de-clutter and organize your home, office and life. Lamb is also available for speaking opportunities on all subjects relating to getting organized and increasing your quality of life. You can also email her at Taryn@OrganizedHavens.com



What Organized Havens's satisfied clients are saying:

Thanks to Taryn's prodigious skills as a professional organizer my home has been transformed - and in some way - I have been transformed. Instead of feeling overwhelmed at the prospect of getting a particular space "in order" I am confident now in my ability to tackle it. Prior to engaging Taryn the fact that I could not seem to get organized and put my home in order felt embarrassing and shameful. With Taryn's help I have come to understand that I can do it. Together we put my house in order. I cannot tell you how wonderful it is to know where things go and to be able to easily keep things in order. Waking up every day in a tidy bedroom, walking into organized room after organized room and knowing how to keep it that way? Priceless. Wonderful. I am grateful. In her consultation visit Taryn was quietly, calmly reassuring. We can do this. It made me hopeful. As we went from room to room Taryn listened carefully and took detailed notes in her worksheets which she gave to me at the end of our visit. I looked back on those worksheets recently. The list of to-do's are now done, the to-purges are purged. I didn't think it was possible, clearly it was. Prior to finding Taryn I worked with a different organizer but with much less success. The difference I see with Taryn is that not only does Taryn have exceptional organizing skills, she has excellent people skills. She is gentle, knowledgeable, endlessly helpful and compassionate. Her energy seems boundless. Taryn came highly recommended by a friend from work. Now that I have worked with her, I too can highly recommend Taryn."

K.F., Lawrence Harbor, NJ

Although I consider myself to be fairly neat and orderly overall - there were specific areas in my home where I was lacking in organization. One of these was my collection of photographs (which had been sitting in piles in a large box in my closet for years). At first it had never occurred to me to hire a professional organizer for a specific task or project but when I heard of Taryn's work with other clients I thought I would ask if she would be willing to help me organize my mess of photos. With Taryn's help in sorting through my pictures, I now have a nice, large, well-organized photo album containing all my treasured photos and can actually enjoy it and show it off to loved ones! I feel like a burden has been lifted and I can enjoy sharing my memories again!

J.H., Bloomingdale, NJ

"Working with Taryn was fantastic. She helped me organize the most cluttered room in my home and what would have taken me twenty four hours, with her help, only took us only four hours! I can't wait until she helps me with my next project!"

A. S.

"We needed to reduce clutter in the kid's bedrooms and take better advantage of the space in our finished basement. We wanted a kid friendly and functional play room, arts and crafts area and to take back some of the basement for a family room to relax and watch TV in! After our initial consultation with Taryn we were immediately motivated to get the toys, papers and other accumulated clutter out of the bedrooms and move it downstairs. When Taryn arrived, we immediately began sorting what to keep out, store away, throw away, donate etc.. Taryn worked with us tirelessly, kept us motivated and came back that same evening to help finish

what we couldn't complete in the afternoon!!! We found that with Taryn there to direct us we had less of those moments spent wondering "what on earth should I do with this???" We wasted NO time and accomplished exactly what we set out to. Our basement is a fully functional for all of us. The kids are thrilled that they can find all of their toys and art supplies. I'm thrilled to hopefully never again hear the words, "Mommy, have you seen the playdoh?" Enough said!

D.K., New Brunswick, NJ

I just wanted to say thanks so much for all of your guidance and encouragement during our time together working on my classroom closet. I can't believe how awesome it looks! Every time I open my door, I can't help but smile at the fact that I can actually "see things" and they're not hiding anymore. Labeling my containers was a fabulous idea. I just recently pulled out my September container to get ready for the first day of school and was thrilled that I didn't have to go searching for it; it was all right there. Taryn, you are truly talented and I look forward to attending your next organizing workshop for teachers to learn more ways I can keep my classroom organized. Thanks again for inspiring me to be a more organized teacher!

D.Q., Somerset, NJ

Two months ago Taryn Lamb came to my house with a mission to organize my kitchen. It was hard for my husband and I to imagine spending money to have someone come over and do what we thought would be "cleaning" my kitchen. Cleaning is far from what happened. Taryn came in, very professionally, and did help clean some but what took place was much more than a pick up. She turned my kitchen into a space that is functional and easy to maintain. Anyone could now enter my kitchen and find what they needed to create a meal.

Over the last year I had organized and re-organized my kitchen only to have it always return to chaos. I couldn't seem to fit all of my appliances and food into the kitchen. I had things in closets separated from the kitchen by a room or two. Taryn spent 6 hours with me and we got everything into the kitchen in a useful and functional manner with room to spare.

I kept asking, "Why couldn't I do this myself?" I'm not sure why but I couldn't, I had tried. Every time I tried I felt like it would last a month and then return to a state where I was organizing again. Even after Taryn had come, my husband and I both wondered how long things would stay organized, my track record was not that great. I am happy to announce we are on month three and there is no sign of a mess coming. Everything has its place and it's easy to get it back there. My husband has even made comments about how easy it is for him to find things he needs.

I realized how one day with Taryn was money very well spent when we recently had house guests who commented on how well the kitchen worked, without knowing I paid had some one else to organize it. I would gladly have paid more to have my kitchen the way it is now.

Taryn didn't just stop with helping me organize one thing. The whole time she was here she was giving me suggestions and has sent helpful emails to remind me to do some of the things we talked about. My biggest example of this was the endless amount of paperwork that comes in and piles up. We didn't touch that when Taryn was here but I got encouraging emails and a plan of how to keep it under control. Again month three is here and my basket has only two papers in it.

Don't hesitate. Being organized has taken stress off of each of my days. Taryn knows what she is doing and does it well.

C.P., Kendall Park, NJ