



Biography

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*The DeClutter Coach
Deborah J Cabral, President
Professional Organizer, Productivity and Efficiency Coach*

While organization comes naturally to her, Professional Organizer and Productivity and Efficiency Coach, Deborah Cabral, The DeClutter Coach, knows how difficult it can be to juggle multiple tasks and roles. For many years, Deb was a busy mom balancing her role at home with her role in the workplace, which was a large insurance company. While her strengths in training, coaching, and organization served her well in both roles, they were especially appreciated in the job she loved, resulting in a steady rise through the ranks.

With a keen eye for detail, Deb's corporate career involved streamlining work units, supervising business analysts and developing systems for them to do their job more efficiently. She was enjoying the challenge her job presented and always enthusiastically looking forward to the next project.

Then, in 2002, Deb was seriously injured in an automobile accident. During a difficult series of surgeries and years of rehab, Deb began to think about pursuing her dream. Once she began to feel healthier, she found herself motivated to realize that dream by combining her two passions: organizing and helping people. The DeClutter Coach was born!

Now, Deb teaches clients tried-and-true techniques for bringing harmony into their workplace and their lives. As a member of the National Association of Professional Organizers, Deb teaches clients using the benefit of her experience as a motivator and efficiency expert with a systematic approach that is easy to learn and maintain.

Deb is currently a wife, mother of three and active community member who extends her innate sense of organization and enthusiasm through all aspects of her life. She nurtures her family while building her business and continuing her involvement in a number of community organizations. She is a sought after public speaker and media guest. Her lively presentations and workshops captivate audiences and give people the tools they need to meet both personal and professional goals and objectives.

The DeClutter Coach believes that "for every minute spent organizing, an hour is earned." Her energy and enthusiasm motivates clients to get their lives in order and realize their dream of a peaceful and organized home.

Professional Organizing with Enthusiasm!

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Organization motivation!



Testimonials

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What can I say about The DeClutter Coach? Deb and her team are awesome! I have never met anyone so organized. She has great ideas, keeps you focused, and actually makes decluttering fun. If you are looking for someone to motivate you, Deb is the one. She is a hard worker, kind, and very motivating. If you are moving and need help sorting, packing, or pitching items, Deb and her team are ready to help. Deb is very accommodating, works well with kids, adults, and the elderly. She not only helps you declutter, but she also helps build self-confidence so you can continue working on your own. Deb is just amazing!!!!!!

M.K. Sauquoit, NY

If you want to be on top of your game, you will become organized and stay organized with The DeClutter Coach. Deb has a way of getting you motivated and staying motivated like no one other. I have used her professionally and personally and she has what it takes to motivate you in a positive direction and have you enjoying the process all along. What are you waiting for.... get started today!

Cathy Newell, President Mohawk, Ltd. Chadwicks, NY

In 2010, MVCC partnered with The DeClutter Coach to begin offering organizational workshops to the local community through MVCC's Center for Corporate and Community Education. These workshops have been extremely well received and participants have been asking for more! The workshops are fun, hands-on, and extremely informational. Participants walk away with practical tips and tricks on how to apply the fundamentals of organization to their everyday life, whether it be for their homes, pantries, college dorms, relationships, finances, or the workplace. We look forward to continuing and growing our relationship with Deb Cabral/The DeClutter Coach and have plans in place to offer more classes this summer and fall, and expanding our offerings to several locations scattered throughout the community. Thanks Deb!

Carolyn DeJohn, Coordinator of Community Education, Mohawk Valley Community College, Utica, NY

What a great presentation on DeCluttering Your Desk! Throughout your talk, you kept people's attention by providing interesting stories and tips. I look forward to having other opportunities to learn more from you through your additional workshop offerings.

Lucille Wittner, Audit Corporate Banking, The Bank of New York Mellon, Oriskany, NY

I enjoyed your very enthusiastic and inspiring presentation. You provided some great tips on how to stay organized. We will keep you posted on our continued progress and ability to maintain well organized work areas.

Monisha Parikh, Senior Clinical Project Leader / Medical Affairs, BD Diagnostics – Preanalytical Systems, Franklin Lakes, NJ

As a single Mom raising 4 children, working full time, and care-taking a home, time is precious. I was utterly frustrated with the piles of shoes in front of the door, the back packs and coats lying on the floor, and was tired of answering the question, "Mom where's my...."

DeClutter Coach Deb came into my home and within an hour crafted a unique plan that keeps my family of 5 organized. The hub, launch zone, and family scheduling area created a simple, yet effective way for my children to take responsibility for organizing their own coats, shoes, backpacks, school papers, and even created a way for them keep track of important events on our color coded calendar. Deb's simple organizational plan has create a sense of calm in our home and opened up important conversations about time management, prioritizing, and taking responsibility for how we choose to spend our time. Deb's family centered organizational plan was brilliantly executed, and easy to follow. My 4 children, two of whom are disabled, are all able to keep themselves organized!

Tricia Sents, New Hartford, NY

Deb's presentation was the catalyst we needed to get our employees focused on our impending move. She provided excellent tips and inspired everyone in attendance to stop thinking about packing and actually do something about it!

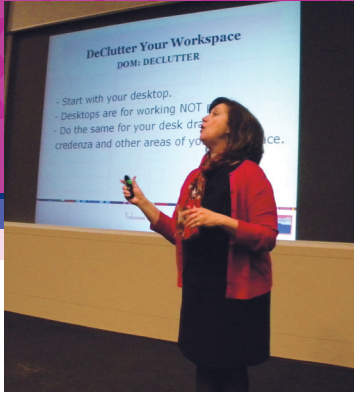
Virginia Biesiada O'Neill, Chief Administrative Officer, Pioneer Companies, Syracuse, NY

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Services

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Established in 2010, The DeClutter Coach offers residential and corporate clients a wide range of efficiency and organizational services with a client-focused, highly responsive approach. The DeClutter Coach's business model is based on her own approach to business and life. She believes that organization and efficiency is the key to balance and harmony. Therefore, she helps clients find the most cost effective and efficient manner of completing tasks and projects while incorporating her motivational training techniques for a positive experience with permanent results.

The DeClutter Coach will work with individuals and groups by honing in on learning style, understanding priorities and understanding the flow of offices and departments. Her goal is to then engage her clients while teaching them to change habits, adopt new ones and break the cycle of disorganization to gain control. Deb, whose innate sense of order has served her well, believes that "for every minute spent organizing, an hour is earned."

Residential Services

- Family scheduling and Time Management
- Meal Planning, Shopping Preparation and Pantry Organization
- Downsizing, Moving Preparation and New Home Set Up
- Room, Closet, Attic, Basement and Garage Organization
- Workshops and Motivational Speaking Engagements on topics such as:
 - Family Organization, Time Management, DeClutter Your Finances,
 - DeClutter Your Pantry-Meal Planning for the Busy Family, DeClutter Your Life,
 - Get Organized for Back to School, Get Organized for a Stress Free Holiday,
 - How to Organize Anything in 5 Easy Steps

Corporate Services

- Workflow Analysis and Efficiency Improvement Services
- Corporate Events
- Corporate Workshops
- Motivational Speaking Engagements on topics such as Organization, Time Management, Productivity & Efficiency
- Team Building Workshops

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Affiliations/Partial Client & Media List

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Affiliations

Member of the National Association of Professional Organizers
Member of the International Coaching Federation
Member of the Mohawk Valley Business Women's Network
Member of Women Ties
Member of the Mohawk Valley Women's Association
Member of the New Hartford Chamber of Commerce
Member of the Mohawk Valley Chamber of Commerce
Vice President of the New Hartford Central School
District Education Foundation
YWCA Salute To Women Luncheon Committee Member
United Way of the Valley & Greater Utica Area-
Marketing Committee Member
Samaritan Counseling Center's Silent Samaritan
Committee Member
Contributing Writer- Today's CNY Woman Magazine
Adjunct Professor-Mohawk Valley Community College

Partial Media List

The DeClutter Coach has done numerous television appearances, radio interviews and has been the subject of several news articles. Her recent media appearances include:

- Monthly appearances the news on WKTV (Utica, NY), the local NBC affiliate
- An appearances on WCNY (Syracuse, NY) on their CNY Connected television program
- Radio interview on 93Q Ted & Amy in the Morning, Syracuse, NY
- Articles in The New Hartford Town Crier newspaper, Observer Dispatch newspaper, The Mohawk Valley Business Journal and the CNY Business Journal

Partial Client List

Staffworks, New Harford, NY
Mohawk Ltd. Chadwicks, NY
Pioneer Companies, Syracuse, NY
BD Diagnostic- Preanalytical Systems,
Franklin Lakes, NJ
BD Medical- Franklin Lakes, NJ
The United Way of the Valley and
Greater Utica, Utica, NY
Central NY Academy of Medicine,
New Hartford, NY
Bank of NY Mellon, Oriskany, NY

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