



## **Lisa Luken, ACC – Curator of Simple** *Offering Retreats, Speaking, Consulting & Coaching*

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I help ambitious women discover their bold, brave and beautiful selves as they create and embrace simpler, more joy-filled lives.

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*I love speaking to groups and empowering women to live simple lives.*

*Although I have always been organized, my life has not always been simple. I've experienced the stress and overwhelm of being overcommitted and having too much stuff, just like the women I work with. I also know that big dreams can be realized when you simplify your home and life.*

*I've realized dreams with my family as a result of simplifying and I love sharing insights and empowering other women to do the same. My years of experience and training as an ICF credentialed life coach (ACC) and a Professional Home & Photo Organizer further provide me with a unique ability to share wisdom, tools, tips and resources as a speaker.*

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### **Keynotes**

#### **Bold, Brave, Beautiful...& Simple**

Choosing the easy route often means hiding from our fears and sticking with the comfort of what we've always known. This keeps us from stepping into who we really are and living bold, brave, beautiful and simple lives. Learn how I stopped chasing easy, embraced simple and realized my dreams-and how you can too-in this empowering talk about finding what you are really looking for - on the other side of fear.

#### **6 Steps to A Simpler Life**

Simplifying your life doesn't have to be overwhelming. In this talk, I'll share 6 steps you can use to simplify your life. I'll highlight the two most important steps you've probably missed, I'll share simple living principles and I'll provide tips, ideas & resources. You'll leave ready to apply this SIMPLE process to start simplifying your life right away!

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### **Breakout Sessions, Classes & Workshops**

- **6 Steps to Simple [at Home]**
- **Mind Mapping Your Simple Life**
- **Organize Your Photos [Print & Digital]**
- **Organizing Paper**
- **Dealing with Digital Clutter**
- **Simplifying Sentimental Items**
- **Creating & Maintaining a Simple Planner**
- **Simple Living Approaches from Around the World**
- **Simplify the Season**
- **6 Steps to Simple at Work [for Small Businesses]**

I include interactive activities that encourage attendees to get focused, take action and find joy. I love to travel and am available to speak worldwide. I have presented to a variety of groups and am happy to provide a list of previous speaking engagements and references upon request. Visit [www.SimpleJoyLiving.com/classes](http://www.SimpleJoyLiving.com/classes) for a complete list of current offerings.