Q and A with professional organizer Bridget Saviola from BnB Organizing Services!

Some people are born with a sense of organization and style. If these aren’t your special skills, rest assured professional organizers are there to make the process hassle-free. But what exactly IS a professional organizer and what problems do they address?

Bridget Saviola of BnB Organizing tackles the following questions:

1)What inspired you to go into this line of work? Had you always been interested in professional organizing?

**My passion for “believing in better organizing” started years ago. I have always enjoyed organizing my living spaces and those of my family but this grew into a necessity after I moved to New York City and found myself moving into smaller spaces. The constant assessment of my belongings became routine. The positive feeling I get after transforming a space is extremely rewarding, as if a weight has been lifted and replaced by energy and increased productivity. I wanted to help others transform their overall lives and well-being.**

2)What kind of training does this field necessitate?

**There are courses online (such as professional organizing, decluttering, stress and paper management etc) which I have obtained certificates in as well as becoming a member of professional organizers associations and groups.  If you wish to become certified through BCPO (board of certification for professional organizers) you must have a certain amount of paid work hours/study and pass an exam. There are plenty of great resources and books and online courses. You can even practice or come up with decluttering challenges for yourself and family.**

3)What common organizational problems have you come across?

**Many clients have difficulty keeping up with daily organizing. I encourage them to do a quick pickup in the beginning or end of each day. By returning things to their assigned “homes” it saves the stress of clutter. And if there is not enough room in the house or garage for items you wish to keep, consider investing in an affordable self-storage unit to place belongings you love but which are crowding your current space.**

4)What are your top tips for people wanting to create room, decrease clutter and give a more stylish ambiance to their home or office?

**1- Assign a “home” for every item**

**2- Have a 5 minute purging session at the beginning of each day**

**3- Have a 5 minute “return items to their homes” at the end of each day**

**4-Use 1-In 1-Out method-when bringing 1 item in your home bring 1 item out of your home**

**5-View your space as if entering for the first time**

**6-Keep a filing system for finances and important papers**

**7-Use technology to save time and increase efficiency**

**8-Color code to differentiate items**

**9-Organize and place items where they are most convenient to retrieve**

**10-Make your bed upon waking-it will leave you with a clear mind and fresh start to a productive day**

**11-Use colors to increase energy, creativity, peace and tranquility.**

**12-”Believe in better organizing” a better space, a better life, a better you!**

\*For more tips from Bridget Saviola, check out [www.bnborganizing.com](http://www.bnborganizing.com/) where you can set up a free consultation. Call [716-830-7516](tel:716-830-7516) for more information.

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