

# BREAKOUT SESSION

## Less Clutter, More Clarity: A Workshop on Organizing & Downsizing

In this engaging and practical Corporate Wellness & Employee Engagement workshop, we'll explore how organization, decluttering, and mindful consumption directly impact workplace performance, employee well-being, and overall company culture. Employees will gain actionable strategies to reduce physical and mental clutter, leading to increased focus, reduced stress, and improved time management—all essential for a productive workforce.

### **Key Audience Takeaways:**

- Boosts Productivity & Efficiency – A well-organized workspace and structured workflow reduce distractions and enhance performance.
- Reduces Stress & Burnout – Employees will learn how decluttering their physical and digital spaces contributes to a clearer mindset and better work-life balance.
- Enhances Decision-Making & Prioritization – By understanding the emotional and logistical aspects of downsizing, employees can make smarter choices in both their professional and personal lives.
- Encourages Mindful Consumption & Sustainability – Fostering awareness around overconsumption leads to more responsible resource use, aligning with corporate sustainability initiatives.
- Creates a Positive Workplace Culture – Employees who feel organized and in control of their environments experience greater job satisfaction, engagement, and collaboration.

Whether your employees are looking to optimize their home and workspaces, streamline team and family workflows, or develop personally sustainable habits, this session provides the tools and mindset shifts needed to nurture a more focused, efficient, and engaged team.

*Melisa Meral is on a mission to make AI feel human again. She empowers leaders & teams to reduce burnout, elevate engagement, and reclaim their creativity by learning how to partner with technology, not fear it. Melisa seamlessly bridges emotional intelligence and artificial intelligence, guiding audience members to automate what DRAINS and amplify what DRIVES so that they can think, lead, and create at their highest potential.*