



Mess is **Stress**

Have you ever thought about how the mess in your space is impacting your stress levels? Inscope's latest CEU will teach you how to plan your space to help manage mess, utilize storage and minimize your stress.

OBJECTIVES

- Understand the definition of clutter.
- Determine how clutter affects our wellbeing and health.
- Review the effect of clutter on workplace and retail environments.
- Learn how to manage clutter.

COURSE OUTLINE

- Introduction to Clutter and Stats
- Clutter impact on Human Health and Well-being
- Styles of Decluttering
- Clutter in the Workplace
- Clutter in Retail Environment
- How to Declutter
- Q&A



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work for tomorrow