



CLARE KUMAR

Keynotes
Coaching
Consulting
Workshops

WORK

Chaos to Control: Workplace strategies to get you there

Are you in response mode 24/7? Spending your day jumping from crisis to crisis? Taking work home with you to actually get something done? Go from frazzled to focused with easy-to-implement actions. Walk away with your plan for a healthy, fulfilling and productive work experience.

- Foster focus – preserve the ability to think straight
- Play defence – set and protect boundaries in a culture of interruption
- Be a communication role model – save yourself and everyone else valuable time
- Address the human animal – manage rest, fuel, exercise and stimulation to sustain productivity and creativity
- Plan ahead – prioritize and schedule strategically
- Counter culture clash – align your values
- Tackle time saboteurs – taming procrastination, perfectionism and indecision

“Clare is an awesome speaker who engages people very effectively. My team raved about the outcomes from the workshops.”

**Mario Thomas, Ph.D.,
Strategic Executive**

“Informative, interactive and fun... relevant for new interns and senior management.”

**Kim Wolfe, Director Operations,
Women of Influence Inc.**

LIFE

What Matters Most: Creating a life without regret

Rushing from commitment to commitment, feeling overwhelmed, like you're not getting anything done? What would your life look like if you only invested time in what matters?

- Determine what constitutes success for you
- Stop striving for balance – aim for fulfillment
- Rate your satisfaction in all six essential areas of life
- Figure out what to stop doing
- Build action plans to create a life you'll be proud of
- Develop skills to turn plans into reality

“Clare is an ever-flowing font of inspiration and information, and a joy to listen to. She has the power to transform a gathering.”

Julia Rosien, CEO, Social North

HOME

Home Invasion: Reclaim your sanity and your space

Are you in need of a calm, yet energizing oasis, while what greets you at the front door is a perfect storm? Be inspired to take back control with best practices for a clutter-free household.

- Understand why it's tough to get organized and tougher still to stay that way
- Restore order in your home with a simple four step plan
- Learn what keeps you from letting go and how to beat it
- Master strategies and supplies to maximize your storage spaces
- Develop routines to keep your home running smoothly

“Dynamic and useful - I am now motivated to organize and not to agonize!”

**Natalie West,
South Leaside Moms**

“One of the best presentations of the year.”

**Tanya Swann,
Metro Mothers Network Moms**

About Clare

Clare Kumar, founder of Streamlife®, an organizing and productivity company, inspires and guide her clients to live productive lives with less stress and greater fulfillment. Her corporate career included leadership roles in Marketing, Product Development, Sales, Finance and Culture Change, and took her from Toronto to Tokyo. During her career, she focused on the quality of the work experience for herself and others and developed outstanding organizing and time management skills in her daily practice.

Clare appears frequently in media as a productivity expert and is seen regularly on national television. She was recognized with the 2013 Harold Taylor Award by the Professional Organizers in Canada for her “outstanding contribution to the organizing profession.” She partners with leading companies to amplify their brands in the organizing and productivity market.

Clare created a four step plan which can be applied to any area of life: the workPLAN™ – for greater productivity, the homePLAN™ – to create energizing living spaces, and lifePLAN™ – a practical approach to creating a life without regret. Clare authored *The Organized Family* planning calendar and is the co-creator of internationally in-demand Pliio® home organizing products.

Media



Keynotes and Workshops

Company of Women
EnvironicsPR
Gennum (now Sentech)
Grange Furniture
International Home & Garden Show
National Health Show
MaRS
National Association of Professional Organizers
Niagara College
Ontario Centres of Excellence
Professional Organizers in Canada
Soberman Crowe Chartered Accountants LLP
Talon Systems
Toronto Fall Home Show
Women in Biz Network
Women of Influence Inc.

Spokesperson

Acco Brands Canada
Blue Avocado
Canadian Tire Corporation
Fresh Home Elements
Home Products International
Intel Canada
Neatfreak Group
Staples Canada
Whirlpool Canada

Guest expert

HSN
QVC
TSC

Memberships

