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sanity realized through clear *Spaces, Systems, Self and Support*



## Here's Your *Slice of Sanity* E-Zine!

Dear Cena,

Welcome May!

May is here and time is flying! I can't believe it's already been a month since I've returned from conference and things are moving so quickly! I guess the rains in April have spawned new growth for May.

In addition to conference last month I presented my course 'Time Management Strategies For Life' to a local group of graduating girls and during a Women's Weekend Retreat workshop. I also had the opportunity to coach several clients in their chosen areas of concern such as career changes, new business development, and relationship issues!

As May takes off, I am preparing to present my course "Communicating Effectively Through Social Styles" to a group of 250 professionals, and am presenting "Rightsizing Techniques" during Seniors Day at Sussex County Community College. I will also be facilitating a local leadership team planning meeting for their 2010-2011 year.



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## Get Sane!

If you'd like to have a conversation about getting sane at work or at home, or if you're interested in hosting a seminar for your corporate or special interest group, please contact me at [cena@sanespaces.com](mailto:cena@sanespaces.com). I look forward to hearing from you.



## Happy Home

What a show! We kicked off this month watching our oldest son Jeremy on stage as "Hugo" in the High School performance of "Bye-Bye Birdie". (right) Jason (left) sang the National Anthem for his elementary school to kick off the staff/faculty basketball game! We're busy planning our end of year events, concerts, recitals, belt tests, awards ceremonies and other events!

We're also looking forward to our upcoming vacation cruise in June!



On Saturday May 15th, I'll be joining the NAPO Northern NJ Board of Directors as the NAPO NNJ Chapter President and am very excited to work with this talented group of women who've dedicated their lives to Professional Organizing. To learn more about NAPO or NAPO NNJ - come to one of our local chapter meetings held the fourth Monday of each month in Fairfield, NJ.

It's going to be a great month! Here's to yours (and my own) sanity!

Cena



Jason congratulates Jeremy on a wonderful performance!

## Need Inspiration?



### Conflict and Clutter

If you are human, conflict is inevitable. When I work with couples, often - conflict is a part of their dynamic. Where conflict exists, clutter, indecision and inaction may often show up as signs. [more](#)



### Re-Entry: Avoiding the Burn

I just came back from my national conference for organizers... and despite my best efforts to stay connected, organized and somewhat productive while away, there was still that darn sense of re-entry... [more](#)



### The Cost of Buying on Sale

My friends have groveled over some of my great bonus buys and the deals I've gotten over time... whether it be a new cool pair of boots, or a great deal on our favorite whole wheat pasta buying on clearance, is still buying! [more](#)



### Free Exclusive Download!

**Free Home Space Assessment Booklet**-You can use this booklet as a guide to take your first step to getting your home organized. It gives you a structured approach to assess your current home spaces-where



### Time to Toss It!

Inside you'll find guidelines on everything in your home from beauty products, to kitchen supplies and when you should toss items

you may be accumulating clutter. [Download](#)

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