



For Immediate Release

Canadians stretched for time

Professional Organizers in Canada (POC) urge Canadians to get organized as we close in on the time change.

March, 2017 – With the introduction of flex hours and suggestions to lower the work week, Canadians should have time to ‘do it all.’ However, Professional Organizers in Canada (POC) say that instead of having an abundance of time, they are seeing a rise in clients who are feeling a time crunch.

“We see a lot of clients glued to technology who are wasting micro moments to check social media or feeling pressured to answer work emails on all hours of the day,” says Marie Potter, Marketing Director of POC. “The extra time Canadians have is not being used efficiently which has them procrastinating important items such as scheduling regular doctor appointments and getting quality sleep—there is a big distinction between being busy and being productive.”

For POC, managing your time efficiently means more than getting things done. According to Potter, time management has a circular dependency; the positive management of our time directly relates to a positive outcome on other variables such as family time, professional growth, health and overall satisfaction.

“Many Canadians don’t realize that in North America, time management has become the fundamental building block of everything else we pursue in life. It’s not a skill set anymore, it’s a necessity,” says Potter.

Some of POC’s tips include:

- Eliminate the distraction of social media
- Bundle children’s sports and activities with neighbours and friends to encourage carpooling and alternative ‘parent duty’
- Leverage lists or functional reminder apps to help you stay on track
- Schedule quiet breaks
- Read the book “Stopping” by Dr David Kundtz
- Practice some form of meditation for five minutes a day – if you do more “bonus”
- Use your senses to centre yourself in the now

As the desire to find the perfect work/ life balance rises, and the time change creeps up on us, POC say that now is the time to organize our days efficiently. Find a Professional Organizer near you by visiting www.organizersincanada.com.

About POC

Professional Organizers in Canada (POC) is a national registered non-profit association that provides education, business development tools and a code of ethics for all types of organizers across Canada. Currently representing over 500 Professional Organizers in more than 14 chapters nation-wide, POC's mandate is to provide a supportive environment for members to learn, share ideas, network, and exchange resources. POC also works to educate the public about the organizing industry and the benefits of working with a POC member.

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