

Regina Lark Ph.D.

The Original Brain-Hacking Entrepreneur



TEDx Speaker | Educator | Author

Dr. Regina Lark, a nationally recognized expert, guides individuals and organizations in clearing psychic debris to turn chaos into clarity.

Regina holds certifications as a Professional Organizer, specializing in ADHD, chronic disorganization, and hoarding disorders. Her expertise spans women's leadership, emotional labor, time management, productivity, and hoarding.

Based in Los Angeles, Regina is the founder of A Clear Path: Professional Organizing and Productivity. She is also the author of *Psychic Debris*, *Crowded Closets: The Relationship Between the Stuff in Your Head and What's Under Your Bed* and *Emotional Labor: Why A Woman's Work is Never Done and What to Do About It*.

She addresses domestic and international audiences through conferences, boardrooms, and various media platforms.

Regina's talks, infused with intelligence, insight, and humor, authentically support diverse audiences in making positive life changes.

RECENT PODCASTS & VIDEO APPEARANCES

TEDx Folsom: *No Bras Required*

MindStories Podcast with Dr. Josephine McNary: *Declutter 101: It's Not About the "Stuff"*

The Declutter Hub: *Regina Lark Talks About Organization and Time*

Hoardganize Podcast: *Ambivalence*

About Senior Solutions: *Visionary Aging With Regina Lark*

SAMPLE TOPICS & AREAS OF EXPERTISE

DE-CLUTTER 101: FROM CHAOS TO CLARITY

Regina offers an insightful, humorous and mindful way of looking at the chaos of stuff and clutter.

PSYCHIC DEBRIS, CROWDED CLOSETS

Regina shines light on understanding the relationship between the stuff in our head and what's under our bed.

EMOTIONAL LABOR: WHY A WOMAN'S WORK IS NEVER DONE AND WHAT TO DO ABOUT IT

Regina examines women's relationship to emotional labor throughout history (including the COVID-19 era) and provides actionable steps to change the narrative.

PRODUCTIVITY, TIME MANAGEMENT, PRIORITIZATION

Regina expands on effective time management strategies, developing skills to prioritize tasks efficiently, and utilizing productivity tools.