

## workshop syllabus

### ORGANIZE YOUR KITCHEN — A QUICK + SIMPLE VIDEO WORKSHOP

by Aby Garvey

#### Pre-workshop Lesson: Get Organized to Organize Your Kitchen

The pre-workshop assignment is your chance to get organized for the kitchen workshop! You'll view three pre-workshop videos that will give you an overview of the workshop and your first workshop assignments—carving out time on your calendar for the workshop and your kitchen organizing project, and collecting the supplies you'll need to organize your kitchen. The total viewing time for the videos in this lesson is 14 minutes.

#### Lesson 1: Let the Kitchen Organizing Begin!

This lesson is broken down into simple-to-follow video segments that show professional organizer Aby Garvey organizing her kitchen using the process, tips and techniques she uses in her clients' kitchens. You can immediately begin taking action on the lesson concepts and creating change in your kitchen. You'll start with a questionnaire that will help you become clear about the changes you'd like to make in your kitchen. Then, you'll watch along as Aby solves her kitchen dilemmas using organizing and storage solutions. Action steps, notes pages and worksheets make it easy to follow along at home and transform your kitchen into an organized, functional and inspiring place to be. You'll also see Aby's favorite kitchen storage solutions, as well as shopping tips to help you purchase (or repurpose) storage solutions that will solve your kitchen organizing challenges. The total viewing time for all videos in this lesson is approximately 2 hours, 22 minutes.

#### Bonus Videos: Keep a Good Thing Going

**Bonus video #1:** Take a video tour of Aby's refrigerator and freezer and learn her tips and tools for creating and maintaining order in these essential kitchen storage areas. Viewing time approximately 7 minutes.

**Bonus video #2:** Learn how to control paper clutter in the kitchen using two simple, proven paper organizing solutions. Viewing time approximately 10 minutes.

**Bonus video #3:** Watch as Aby shares a simple plan that will help you maintain order in your kitchen going forward. Includes bonus worksheets to help you create your own, customized kitchen organizing plan. Viewing time approximately 8 minutes.