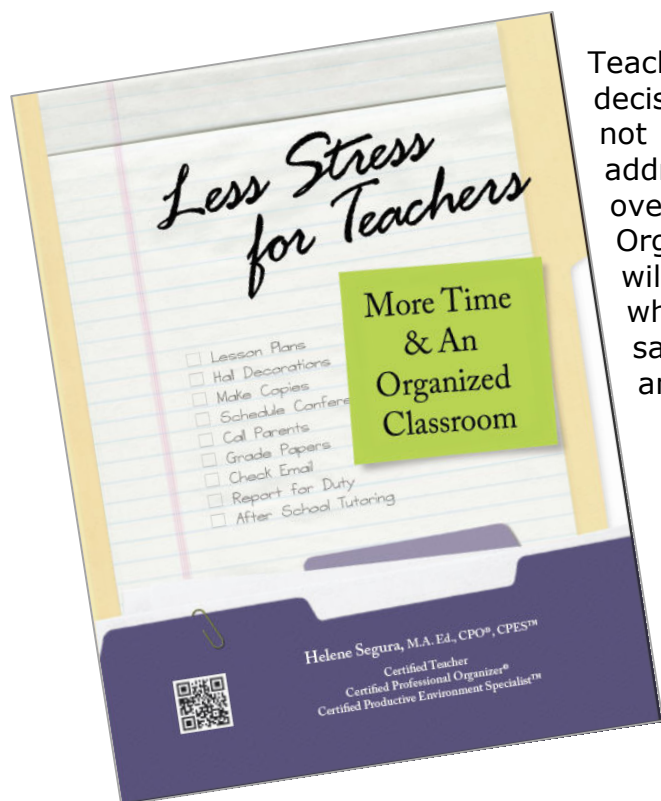


# Less Stress for Teachers: More Time & An Organized Classroom



Teachers are bombarded with hundreds of tasks and decision-making situations per day, but they are often not given the tools to cope with all of that. This book addresses the *thinking* behind how to overcome "the overwhelm" that teachers feel on a daily basis. Organizing expert and former teacher Helene Segura will guide educators to a more efficient mindset, which will allow them to make better use of time-saving tools and concentrate on the joy of teaching and, more importantly, be happier. You will learn:

- ☀️ The 5 most critical areas to control
- ☀️ To create time where you thought it was impossible
- ☀️ To manage email, paperwork, lesson plans and other tasks
- ☀️ To set up your classroom in the most efficient way
- ☀️ To lower your stress level during the school day

Many education books are either research-oriented or a compilation of checklists or a combination of the two. This book is not. Instead, it's a thinking pathway that helps teachers bust through the emotional, psychological and organizational walls that prevent them from *utilizing* planners and other tools. It's two decades' worth of lessons, experiences and anecdotes organized into an easy-to-read book that will make readers laugh, cry, squirm, and ultimately re-evaluate who they are and how they are approaching their school days.

Learn more at [www.LessStressForTeachers.com](http://www.LessStressForTeachers.com).

*The first time I met Helene Segura, I knew immediately that she was a brilliant, clever person. Now the world knows, too! I am so excited that his book combines her experience as an award-winning educator with her expertise as a leading professional organizer. What a perfect combination that can help so many teachers (and students who will also benefit)! I grew up in a family of educators, so I know that teachers need support, and Helene's strategies along with her humor and knowing insight can change the daily lives of everyone who listens. All teachers need to read this book!*



Lorie Marrero, CPO®

Creator of ClutterDiet.com

Bestselling author of *The Clutter Diet: The Skinny on Organizing Your Home and Taking Control of Your Life*  
Spokesperson for Goodwill Industries International

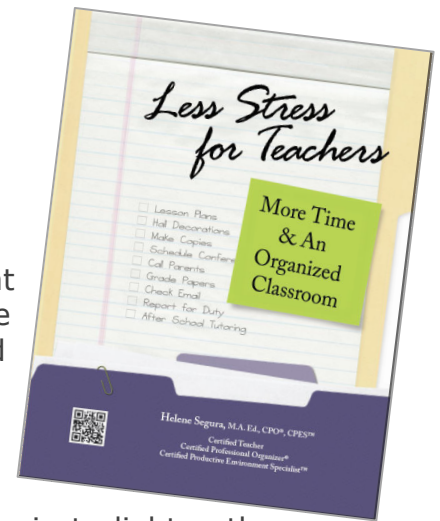


# Helene Segura, M.A. Ed., CPO<sup>®</sup>, CPES<sup>™</sup>

## Organizing & Productivity Expert

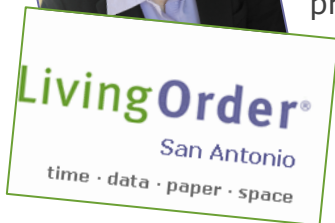
Get organized. Save time. Get more done.<sup>SM</sup>

Organizing and productivity expert Helene Segura is a straight talking, no holds barred, driven innovator who wants to make the world a simpler and more relaxing place through education and humor. She helps people regain control of their stressful living and working spaces by teaching clients how to understand their core issues causing disorganization and thereby prevent it in the future. Helene is structured yet free-spirited. She is serious when she gets down to business, but her wicked sense of humor sneaks in to lighten the mood. Her writing reflects who she is.



Helene has been involved in the education world since 1993, when she began her career as a teacher. While spending more than a decade in the classroom, she developed organizational methods that she now shares with her clients. She transitioned into the organizing business, becoming a Certified Professional Organizer<sup>®</sup> and earning the Certified Productive Environment Specialist<sup>™</sup> credential. As the owner of LivingOrder<sup>®</sup> San Antonio, she has provided coaching for clients as varied as authors, physicians, artists, students, teachers, domestic engineers and business owners. Helene also conducts productivity workshops for larger groups such as non-profits, schools and businesses, and serves on the trailblazing team providing organizing help at *The Clutter Diet*. She has been a featured organizing expert in publications such as *Woman's Day*, as well as on Fox, CBS, and NBC affiliates.

Born and raised in Los Angeles, a former soccer player for Texas A&M, and an avid traveler, her wide variety of life experiences and exposure to cultures around the world allow her to offer unique insight and assistance to her clients. In addition to instructing children and adults about the art of organization, she has overseen the design and construction of custom-built homes, applied Feng Shui principles in decorating, and detailed the preparation, staging and sale of nearly a dozen houses. Her specialties include streamlining, downsizing and efficient living and working. Her background in education allows her to pass these skills on to her clients.



Helene earned her Bachelors degree at Texas A&M University and her Masters degree at the University of Texas at San Antonio. She was one of the first professional organizers in South Texas to earn the prestigious CPO<sup>®</sup> designation and the first in Texas to earn both CPO<sup>®</sup> and CPES<sup>™</sup> credentials. She holds teacher and mid-management certifications from the state of Texas and has earned Who's Who Among America's Teachers and Teacher of the Year honors. Helene is a member of the National Association of Professional Organizers (NAPO) and its local chapter, NAPO San Antonio, for which she was one of the founding members as Director

of Communications and Technology. She is a National Trainer for NAPO's Quantum Leap program through which she volunteers at local non-profits. Helene serves on the Board of Directors for WELEAD, the local chapter of the National Association for Female Executives (NAFE). She is also the Director of Communications for the international Board of Certification for Professional Organizers. Learn more at [www.LivingOrderSA.com](http://www.LivingOrderSA.com).

