

# Sheila G. McCurdy, CPO®

## Author, Coach, Organizer, Speaker



Sheila G. McCurdy earned her B.S./B.A. degree in Management from Arizona State University, Tempe, Arizona. Her degree program emphasized Personnel with additional course work in Social Psychology.

In the business world, McCurdy worked her way up from clerical positions to corporate positions with companies such as General Tire & Rubber Company; Libby's Foods; General Electric; Ramada Inns Corporate; Texas A&M University; Citicorp, and Dial Foods. Her last corporate position was that of Director of Human Resources and Office Manager with a Los Angeles lighting wholesaler/distributor.

Beyond her corporate background, McCurdy is a published author of many articles, also having written personnel textbook "cases" for a book currently used in Universities. She wrote a 12-step booklet entitled "The Permanent Solution," and a full-length book entitled, "The Floor is Not an Option!" That book went on to win an award. In September 2008, McCurdy launched the 2<sup>nd</sup> Edition of this book. She was also a featured writer for a woman's magazine in the Inland Empire of Southern California before the owner passed away and the magazine ceased operations. She has been interviewed by Parenting Magazine, the Daily Bulletin, the Claremont Courier, the Press Enterprise, the Herald Tribune, the San Gabriel Valley News, the Pasadena Star News, KMNY Radio, KHPY Radio, KCKC Radio and a local cable health show. She speaks often throughout Southern California for many different businesses and community groups. .

McCurdy officially opened her organizing business full-time in 1993. She is a Certified Professional Organizer (CPO®), A Certified ADHD Coach, and a Speaker. Because she, her children and her grandchildren have ADD, she specializes in organizing for those with Attention Deficit Disorder, Dyslexia, Hoarding Compulsions and Mild Traumatic Brain Injuries into her expertise, and is an outspoken advocate for her clients. Most of her clients fall into these categories and she truly believes she has a mission to help them.

McCurdy is extremely intuitive to the needs of her clients and works them through their sticking points so that they can begin to resolve their own organizing dilemmas. Problems are challenges and puzzles to solve, a solution that has worked well for her organizing compulsive hoarders.

McCurdy is a long-time member of the:

- National Association of Professional Organizers (NAPO)
- The Golden Circle (a NAPO sub-group of seasoned organizers)
- National Study Group on Chronic Disorganization (NSGCD)

McCurdy has consistently gone to conferences to further her organizing and coaching skills since 1997.