

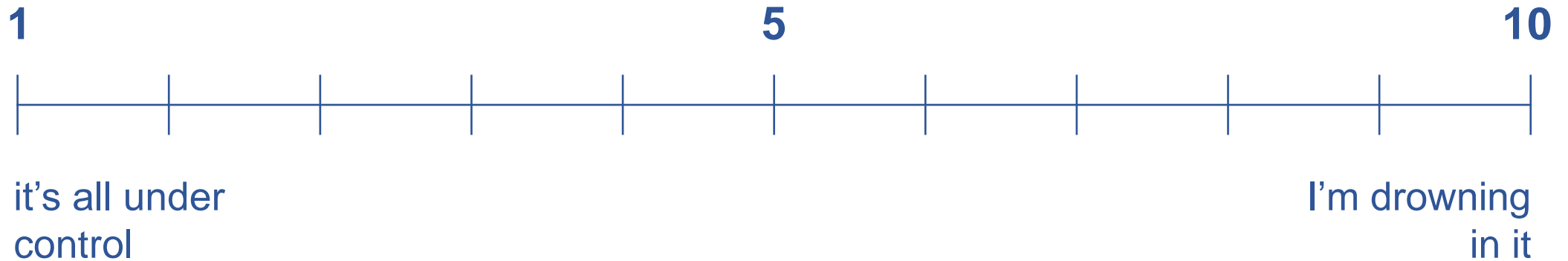
A stylized globe with a network overlay, held by two hands. The globe is rendered in a light blue color with a grid of dots and lines representing a network or data flow. The hands are also rendered in a light blue color with a grid of dots and lines, suggesting a digital or networked environment. The background is a dark blue gradient with scattered white dots and lines, creating a sense of depth and connectivity.

De-Cluttering: Creating Space for a New Reality

Ingrid Pope
Creating Space
4th May 2020

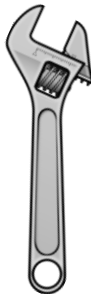
Setting the scene

How cluttered are you right now?



Let's take a moment.

What we'll be doing today



How my de-cluttering path came about

- I have always had an interest in organizing
- 16 years in corporate IT
- Our ever-changing and faster spinning world
- My coaching practice and on-going research

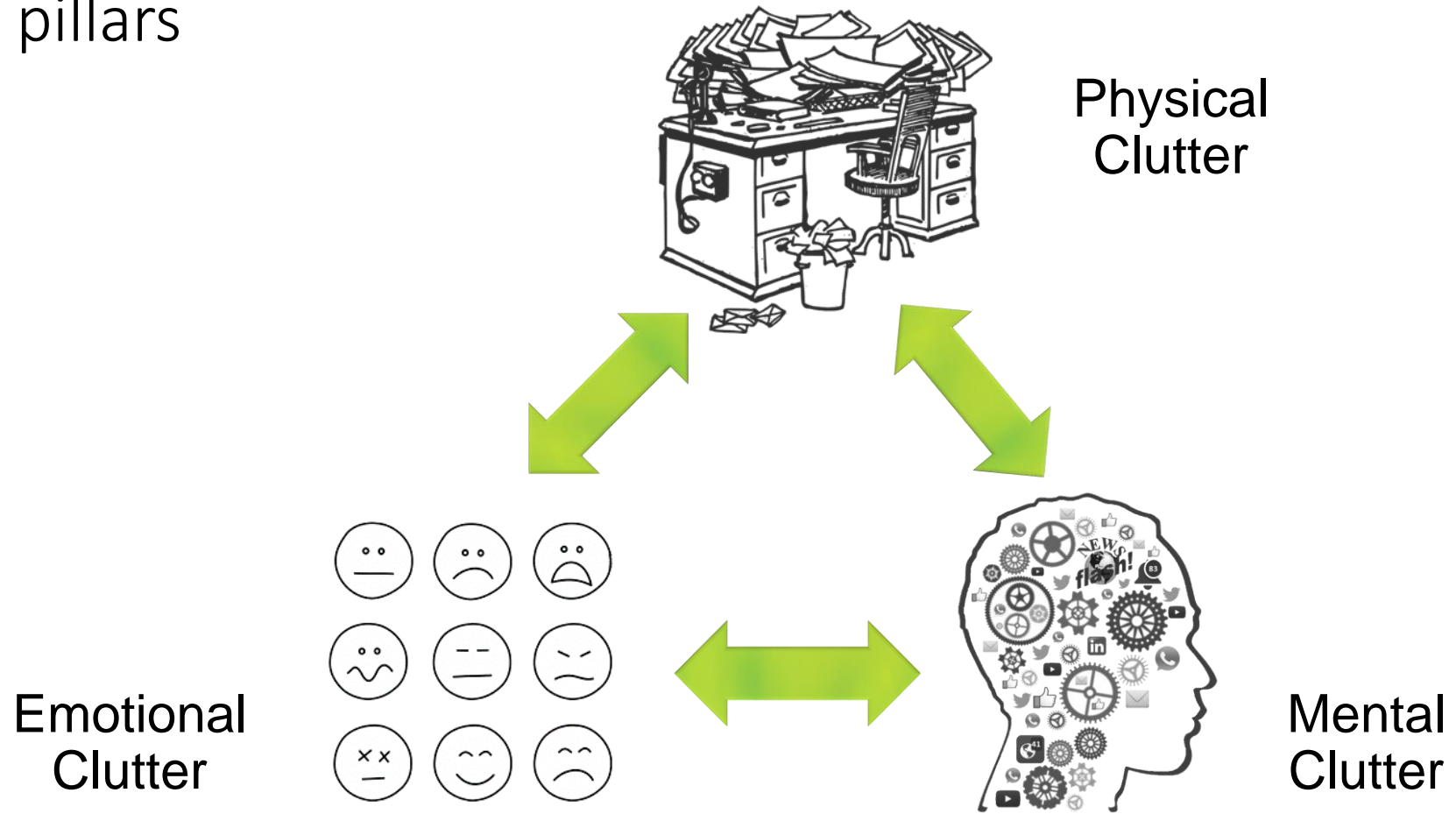


What happens for you when you see this?



© CreatingSpaceCoaching

The 3 pillars





Deep dive: mental clutter and the digital world

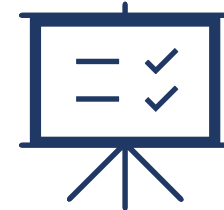
What is your biggest source of digital stress right now?



files (data,
photos, etc...)



e-mails/
inbox



technology/
new tools

1,200 petabytes

(1 PB = 1,000 terabytes)
(1 PB = 1,000² gigabytes)
(1 PB = 10¹⁵ bytes)

168kg

500 million

390,000

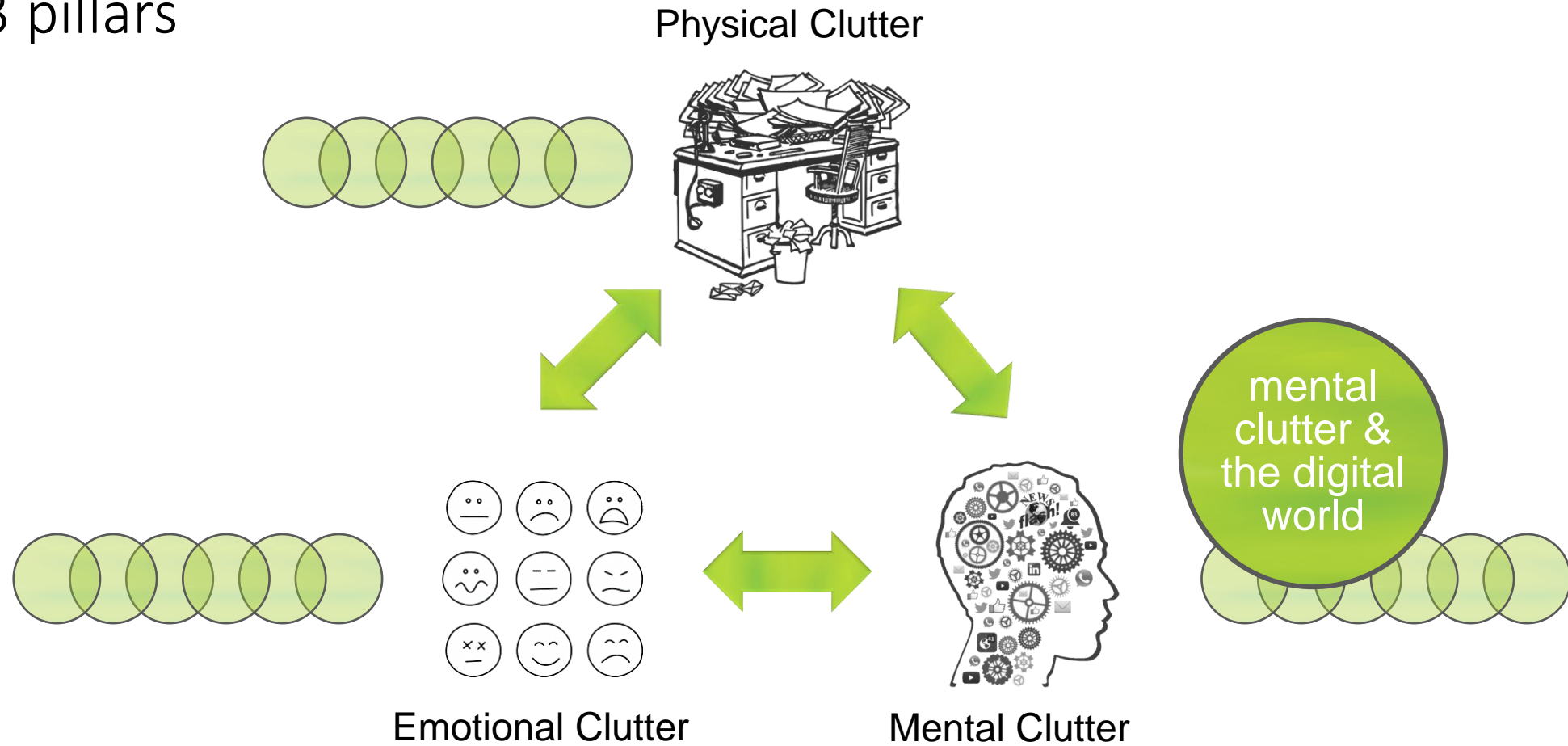


Digital de-cluttering: creating space for our clients

Shift
Power
Alternative
Control
Escape



The 3 pillars



Wrapping up



Re-defining the scene:

- Take a moment to visualize your un-cluttered digital world.
- How can you create some **S
P
A
C
E** for yourself starting today?



Ingrid Pope

ingrid@creatingspacecoaching.co.uk

@CreatingSpaceUK