

Reset & Reclaim Speaker Sheet

Ideal for: Women's retreats, entrepreneurs,
personal transformation events, workshops

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Reset & Reclaim: Declutter Your Life, Find Your Joy

Feeling overwhelmed—physically, mentally, or emotionally? In just 90 minutes, this engaging workshop helps you quiet the noise and make space for what really matters. Through hands-on activities and practical strategies, you'll learn how to declutter your surroundings and reset your mindset. Walk away with tools to reduce stress, refocus your energy, and create a life that feels lighter, calmer, and more intentional. Ready to let go and thrive? This is your invitation to begin again—with joy.



What You'll Learn



What's Really Holding You Back?

Identify physical, mental, and emotional clutter that's keeping you stuck—and begin clearing space for peace and purpose.



Declutter with Intention

Learn simple, practical tools to reset your environment, quiet your mind, and boost your daily energy.



Your Personalized Reset Plan

Create a step-by-step action plan to maintain calm, stay focused, and live with more clarity and joy.

Christine Baker Marriage

Christine, a passionate speaker, author and founder of More Room for Joy, inspires women to trade burnout for balance through intentional planning, habit-building and grace-filled self-care.

Feedback

"I didn't realize how much mental clutter was affecting my energy. This workshop was a total mindset shift!"

– Amanda R., busy mom & small business owner

"Simple, doable tools I can actually stick with. I walked away feeling lighter and more in control."

– Tanya M., nonprofit director

"I came for tips on how to declutter—but left with a whole new level of peace. So worth it!"

– Jasmine L., teacher & wellness coach

Bonus for Attendees:

A PDF or printable-ready version of a post-workshop resource guide to facilitate a deeper dive into clutter hurdles and ways to reclaim your space and time.



Books, coordinating products and other resources are also available for purchase or distribution.



More Room For Joy

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