



**REGINA LARK**  
DISRUPTING THE NARRATIVE

# Optimize Your Brainpower, ELEVATE YOUR RESULTS

Transforming the Way You Think, Work, and Live

Through engaging keynotes and workshops, Dr. Regina Lark reveals how your brain's executive function drives organization and productivity. Audiences learn to harness their natural cognitive strengths and create sustainable systems that align with their brain's patterns, gaining clarity, confidence, and control in both work and life.



## Clear Space, Clear Mind: The Science of Breaking Free From Clutter

The battle with clutter goes far deeper than messy spaces - it's about how our brains process and manage our environment. Regina reveals groundbreaking neuroscience insights about executive function and delivers practical strategies that work with your brain's natural patterns, transforming your relationship with space, time, and productivity.

### KEY TAKEAWAYS

- Master the connection between executive function and organization to create systems that actually stick
- Learn science-backed techniques to break the cycle of accumulation and indecision
- Develop strategies to overcome "psychic debris" - the mental blocks keeping you stuck
- Create an environment that enhances focus, productivity, and well-being
- Build sustainable habits that maintain clarity in both space and mind

## A Clear Path Forward: The Psychology of Letting Go

Behind every cluttered space lies a story - an emotion or belief holding us back. Regina shares powerful insights from decades of helping people understand their relationship with possessions, revealing how the journey of letting go becomes a catalyst for personal transformation. Through compelling stories and psychological insights, she guides audiences to discover what's really keeping them stuck.

### KEY TAKEAWAYS

- Understand the emotional attachments that keep us holding onto things we don't need
- Recognize how our relationship with stuff reflects deeper life patterns
- Learn techniques for making confident decisions about what to keep and what to let go
- Discover how clearing physical space can ignite personal transformation
- Master compassionate strategies for helping others navigate their letting-go journey

*Regina is undoubtedly one of our highest rated speakers, two years in a row!*

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HEALTH



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# Unseen and Unspoken: The Hidden Costs of Emotional Labor

Modern households have transformed dramatically, yet the invisible work of running a home still falls disproportionately on one person's shoulders. Regina blends historical insight with neuroscience to reveal why we default to outdated patterns and how to break free, providing actionable strategies for creating balanced, sustainable household partnerships.

## KEY TAKEAWAYS

- Understand how brain science explains why household management defaults to familiar patterns
- Master the art of radical delegation to create true partnership at home
- Learn practical strategies to make invisible work visible and valued
- Develop techniques to navigate difficult conversations about shared responsibilities
- Create sustainable systems that benefit both home and career success



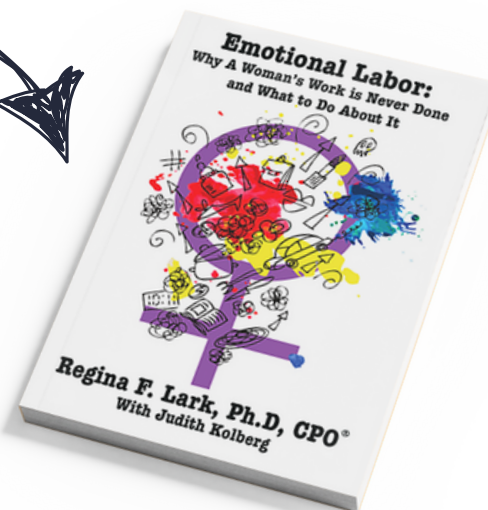
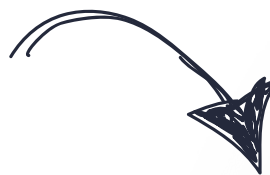
Regina facilitated our most successful brain collective to date! The participants were so engaged that most of them stayed on past the allotted time to hear more. She had amazing content...

**A. J. MACQUARRIE • DIRECTOR OF SPECIAL PROGRAMS  
NATIONAL SPEAKERS ASSOCIATION L. A.**



Regina has a remarkable talent for making complex ideas clear and relatable. Her speeches are authentic, passionate, and dedicated, making them not just informative but incredibly inspiring.

**LISA CARIAS • OWNER & CEO ONESOURCE VIRTUAL ASSISTANCE**



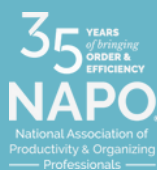
## Emotional Labor: Why A Woman's Work is Never Done And What To Do About It

Finally understand the invisible work that drains your energy and strains your relationships. Regina weaves women's history with practical strategies to help you recognize triggers, manage responses, and create true partnership at home.

### ABOUT DR. REGINA LARK

Dr. Regina Lark transforms how people think about organization and productivity by revealing the fascinating connection between brain science and behavior. She helps audiences understand how their brain's executive function impacts everything from decluttering decisions to daily productivity.

Blending her academic background in women's history with neuroscience training, Regina brings a unique perspective to modern challenges. Through her company, A Clear Path, she's spent over 15 years helping individuals and organizations create sustainable systems that work with their natural patterns.



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