

DARA ZYCHERMAN

HELPING PEOPLE MINDFULLY SIMPLIFY AND ORGANIZE

BIO

Dara Zycherman and *Less Equals More* craft unique, personally-tailored life *organization strategies* for clients. These can incorporate components of *sustainability*, personal finance, *minimalism*, and *mindfulness* techniques. Dara has 12 years of experience working in environmental sustainability, and provides tailor-made solutions to help clients downsize, organize, or implement *zero waste* practices—among other *solutions*. Dara works with clients to establish functional systems to create a more peaceful, seamless existence. She is a TEDx speaker and host of the podcast *Words for Wednesday*. She brings together and educates the *community* through her *Meaningful Minimalism Meetup* group.

Dara also has many talks designed to share her thought leadership with a wider audience. Bring her in to speak to your organization, group, or gathering about ways to re-think their relationship to our unruly material possession.

TALKS

- Steps to Simplicity (Signature Talk)
- Defeat Your Biggest Organizing Difficulties
- The Luxury of Less
- Empty Nest to Full Life: Downsizing in Retirement

WORKSHOPS

- The Less = More Lifestyle Workshop
- Yoga + Minimalism: Connect to Your Core Workshop



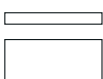
DARA ZYCHERMAN | SPEAKER
Owner of Less Equals More

Speaking Appearances



CREATIVE MORNINGS

TEDxBartonSpringsWomen
x = independently organized TED event



LESS EQUALS MORE

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bit.ly/2CCfRPd