Meet Kate

**Short Bio**

Kate Varness, CPO-CD, CPC, MA, spent over a decade helping overwhelmed women transform their homes from chaos to calm as a Professional Organizer and Productivity Coach. Now, she uses those skills to help visionary solopreneurs cure their confusion about what to do and how to do it based on their unique energetic imprints. Kate has expertise in ADHD, Chronic Disorganization, Human Design, and Reiki. She is the author of a bestselling book on navigating life transitions called *Who Am I Now? Realign Your Home and Life*.

**Extended Bio**

Kate Varness, CPO-CD, CPC, MA, spent over a decade helping overwhelmed women transform their homes from chaos to calm as a Professional Organizer and Life Coach. Now, she uses those skills to help visionary solopreneurs cure their confusion about what to do and how to do it based on their unique energetic imprints.

When Kate shifted her business online, she discovered the critical connection between entrepreneurial success and inner healing. After one too many “visibility hangovers,” Kate became curious about why mindset work wasn’t fixing her follow-through. She discovered that her body held the most important information – both in the emotional wounds from childhood and in the deep intuitive abilities she hid for most of her life.

She is trained as a Certified Professional Organizer specializing in Chronic Disorganization and a Certified Productivity Coach with expertise in ADHD. She combines that knowledge with new training in Marketing, Human Design, Gene Keys, and Reiki. Through 1-to-1 coaching, her group program, and speaking, Kate helps women clear away toxic patterns, express their life purpose, and take brave actions.

Kate has contributed to several books, most notably, editing a textbook used to train Professional Organizers. In 2019, she authored a bestselling book on navigating life transitions called *Who Am I Now? Realign Your Home and Life*. She has been featured on TheKitchn.com, local television, in newspapers, Family Fun and Family Circle. A mother of three, Kate lives in Central Illinois with her husband and COD (chief operating dog), Mickey.