



Bio: Barbara Trapp

Barbara Trapp is a Certified Professional Organizer®, and Productivity Coach.

She has over 15 years of experience in Human Resources, Training and Development, and Process Improvement, and holds specialist certificates in Residential Organizing, Life Transitions, and Workplace Productivity. She is also a Certified DISC & Driving Forces Facilitator, and a Full Focus Planner® Certified Pro.

Barbara graduated from FSU with a B.S. in Leisure (yes, you heard/read that right!) and has moved 20 times.

In 2016 she quit a well-paying job in a toxic environment, packed her car, and drove around the country for three months, listening to many top business and personal development books. 22 states and 52 books later, she was ready to start her own business.

Barbara is the owner of Zen Your Den® and Zen Your Biz® and offers *Nonjudgmental Help to Busy and Overwhelmed People™*.