

Introducing

REGINA LARK

KEYNOTE SPEAKER | TEDX SPEAKER
| PH.D. | AUTHOR



INKWELL *ink* MGMT

Revealing the Brain Science Behind Breakthrough Organization

Dr. Regina Lark transforms the way people think about organization and productivity by revealing the fascinating connection between brain science and behavior.

As a speaker and consultant, she helps audiences understand how executive function impacts everything from decluttering decisions to daily productivity.

Blending her academic background in women's history with extensive training in neuroscience and executive function, Regina brings a unique perspective to the challenges of modern life. Through her company, A Clear Path, she has spent more than 15 years helping individuals and organizations create sustainable systems that work with their natural patterns rather than against them.

A board-certified professional organizer with specialized certifications in ADHD, chronic disorganization, and hoarding disorders, Regina is known for making complex concepts accessible through storytelling and humor. Her expertise has been featured on A&E's Hoarders, The Wall Street Journal, and the Los Angeles Times.

Regina speaks internationally on brain science, productivity, and the psychology of organization. Her approach combines rigorous academic insight with practical strategies, empowering audiences to create lasting change. When people understand how their brains work, they transform their relationship with time, space, and productivity—unlocking their full potential at work and in life.

"Dr. Regina Lark is an amazing professional who writes with thoughtfulness and care. She drills down to the root cause of challenges and gives compelling tools and much-needed advice for the overextended woman."

— Dr. Gena Davis, Psy.D., MBA, BCC, CCP
Organizational Psychologist & Executive Coach

ABOUT REGINA



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WHAT MAKES REGINA DIFFERENT

Brain Science, Not Band-Aids

Regina brings groundbreaking insights from neuroscience about how executive function influences every aspect of organization and productivity. Her understanding of brain patterns helps audiences create sustainable systems that actually stick.

Where Academia Meets Real Life

Combining her Ph.D. research with more than 15 years of hands-on experience, Regina bridges the gap between theory and practice. She transforms complex concepts into actionable strategies audiences can implement immediately.

Stories That Strike Home

Regina's natural storytelling ability and humor make her presentations engaging, memorable, and relatable. She creates the kind of "aha moments" that help people finally understand why they've struggled and what to do differently.

Beyond Surface Solutions

While others focus on quick fixes, Regina helps audiences understand the deeper patterns driving behavior. This insight creates lasting transformation in both professional and personal life.

Results You Can Measure

Regina's strategies deliver tangible improvements in productivity, decision-making, and organizational effectiveness. Audiences leave with practical tools to reduce overwhelm, enhance focus, and reclaim control of their time and space.

SPEAKING TOPICS

Clear Space, Clear Mind

The Science of Breaking Free From Clutter

This presentation explores the connection between clutter, executive function, productivity, and mental wellbeing. Regina explains how the brain influences organization and decision-making, and why traditional organizing methods often fail.

KEY TAKEAWAYS

- Understand the connection between executive function and organization
 - Learn science-backed techniques to reduce clutter
 - Overcome "psychic debris" and mental barriers
 - Create environments that improve focus and productivity
 - Build sustainable organizational habits
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A Clear Path Forward

The Psychology of Letting Go

This keynote examines the emotional and psychological reasons people struggle to release possessions, habits, and outdated beliefs. Regina shares insights from years of professional organizing and behavioral research.

KEY TAKEAWAYS

- Understand emotional attachment to possessions
 - Identify deeper patterns behind clutter
 - Make confident decisions about what to keep
 - Use decluttering as a tool for transformation
 - Help others navigate the letting-go process
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Unseen and Unspoken

The Hidden Costs of Emotional Labor

This presentation explores emotional labor, invisible work, mental load, and household management. Regina combines history, neuroscience, and practical tools to help audiences understand why emotional labor remains disproportionately carried by women.

KEY TAKEAWAYS

- Understand how household labor becomes invisible
 - Learn why these patterns persist
 - Practice radical delegation
 - Make invisible work visible
 - Create sustainable partnerships at home and work
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Why Event Planners Hire Regina

- Brain Science, Not Band-Aids
 - Uses neuroscience and executive function research to explain behavior and create lasting change.
 - Where Academia Meets Real Life
 - Combines a Ph.D. in Women's History with over 15 years of hands-on experience helping individuals and organizations.
 - Stories That Strike Home
 - Known for making complex ideas relatable through storytelling, humor, and real-world examples.
 - Beyond Surface Solutions
 - Focuses on understanding underlying behavioral patterns instead of quick fixes.
 - Results You Can Measure
 - Audiences leave with practical strategies that improve productivity, organization, decision-making, and wellbeing.
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AUDIENCE TYPES

Corporate Teams, Professional Associations, Women's Leadership Conferences, Healthcare Organizations, Employee Resource Groups (ERGs), Productivity & Organizing Conferences, Educational Institutions, Executive Leadership Events



"She has a remarkable talent for making complex ideas clear and relatable. Her speeches are authentic, passionate, and incredibly inspiring."

Lisa Carias

Owner/CEO, OneSource Virtual Assistance



SEE HER IN ACTION

READY TO BOLDLY MAKE A MARK ON YOUR EVENT?

Inkwell MGMT is here to collaborate with you to bring Regina Lark's energy and expertise to your next event. Whether you're looking to inspire, motivate, or educate your audience, Regina Lark is ready to deliver a transformative experience.

Let's make it happen! Connect with Stevie Johns at Inkwell MGMT today, and together, what we create will be unforgettable.

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