

Pam N. Woods

by **JANE SCHORER MEISNER** • photo by **JAMES D. FIDLER**

Certified professional organizer, coach, author and speaker Pam N. Woods of West Des Moines describes herself as "young enough to take on any energetic endeavor of my choosing and old enough to have the wisdom of a life well-lived."

The owner of Smart WorkLife Solutions says helping people organize doesn't feel like work to her: "Instead, it's fun," she says. "I find it gratifying to help others improve their lives."

With the new year approaching, many women resolve to establish better organization in their lives. But Woods says any time of year is a good time to get focused and simplify your life via organization.

"Getting your space, schedule and mind in order will save you time and money, boost your productivity and reduce your stress," she says.

Hobbies: Running, scuba diving and gardening.

One food I would never eat: My last bite of chocolate was when I was age 13.

I once won a prize for: Having been selected as one of the "World's Greatest Business Mentors."

One person who influenced my life: My mother who passed away several years ago. Some people fear they are "becoming their mother." I would be honored for anyone to think I had a fraction of my mom's grit, grace and talent.

What I always do before going to bed: Lay out everything I'll need to leave the house on time the following morning.

How many pairs of shoes I own: Uh-oh ... busted. I've pared down over the last few years; the count is now about 120 pairs.

How those shoes are stored: My dress shoes are stored in stacking shoe racks and my sandals are in a hanging shoe storage bag. All are arranged by color.

The book on my nightstand: "Crucial Conversations" by Kerry Patterson, Joseph Grenny, et al.

Three foods always in my refrigerator: Fruit, more fruit, tuna steaks and salmon.

Kitchen item I can't live without: My coffee maker. A power outage is a serious problem in my home.

What makes me a Des Moines Woman: I love Des Moines' four seasons – even with its extreme in temperatures. I've been challenged to run in incredibly hot (110 degrees) and freezing cold (minus 25 wind chill) weather. I like the size of this community, the amenities and the shopping and educational opportunities.

