

3.1.2022 WiTT Nashville/WiT Knoxville Meeting – Speaker Bio

Ready to get control of your demands and distractions? Then you need Mridu Parikh on speed dial. The founder of [Life Is Organized](#), Mridu is passionate about getting women the results they want, whether it's doubling their business revenue, losing weight, or increasing time for self-care. Her best-selling [book](#) and productivity [podcast](#) share simple strategies to ditch overwhelm – from the boardroom to the family room. Mridu's teachings on mastering tasks and habits have been featured in The Huffington Post, Forbes, US News & World Report, and Real Simple.

When she's not wrangling a list or schedule, you can usually find this former professional organizer turned productivity pro with her two teens and one husband in Nashville enjoying a Malbec.

Get Mridu's FREE resources on beating distractions, procrastination, and stress [HERE](#).