



~Change Your Mind, It'll Change Your Life ~

May 1, 2012

Dear Jeff Davidson:

Thank you for your contribution to the TAF 2012 Annual Conference. Your session on Work-life balance resonated with me from beginning to end.

I appreciated your opening about the travel abroad ordeal “in the middle of no where” as you so descriptively shared where you found yourself surrounded by dogs – unbalanced and feeling hopeless. It’s true, we all have too many people barking at us for our daily, no minute-by-minute attention. We have to take control of our time.

I really appreciate your candid delivery of time management and how you suggested each of us “find the tools that support our individual lifestyle.” I’ve failed in the past by taking the specifics that worked for others and expected them to generally fit into my lifestyle. I’m already maximizing my efficiency by focusing my attention and cutting out the tasks that require me to double up on my senses; as you expressed this is ineffective.

My favorite of your time management points was to eliminate potential interests to focus on natural passion. I struggle with this. In all, your session was very valuable. I look forward to learning more from your content tools.

Best to you,

Turqueya Vincent