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Mr. Jeff Davidson, MBA, CMC  
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Mr. Davidson:

Thank you for the opportunity to attend your seminar. I enjoyed it because my expectations were met. What I wanted to know was how could this Breathing Space course help me, well it taught me how to use my time in a more effective way. It helped me realize that I can breathe if I want to. I have to take control and make it happen. Your seminar gave me the tools to make it happen.

I must admit, I came with doubts, thinking I won't learn anything I don't already know. Well, to a certain extent that is true, but it's the way you brought things out. You talked about population, information, media, paper, and choices. Those are the things that stuck with me because you explained them. You hear these words everyday and never really think about them and what's happening with them.

Because of you my files will be more manageable. My desk won't be as cluttered. I know to do the things you told us to do but I would always try to do "everything right now". You showed me how to pace things out and actually get them done. It really sounds doable and that's very important.

Again, thanks for the invitation.

*Stephanie Whitaker*  
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Secretary, UOP