

Jeff Davidson, Life Enrichment Lecturer
Author of: *Breathing Space®: Living and Working at a
Comfortable Pace in a Sped-Up Society*

Topics:

[] RELAXING AT HIGH SPEED™

Is today's typical working professional: Overworked, Underworked, Energetic, or Lazy? The best answer is "none of the above." Here's how to live again through simple yet powerful techniques that anyone can master.

[] MANAGING INFORMATION AND COMMUNICATION OVERLOAD®

Does too much paper, too much to read, and too much to keep pace with diminish your enjoyment of life? If so, learn how to keep the din at a manageable level so you can spend more time doing the things you enjoy.

[] PROSPERING IN A WORLD OF RAPID CHANGE™

It's normal to be confused these days! In this presentation, Jeff presents high probability scenarios of the near term future and outlines fresh approaches you can take to achieve or enhance a leadership position.

[] MANAGING MULTIPLE PRIORITIES™

Here are innovative ways to manage priorities including using hand tools, power tools, and cerebral tools; implementing multiple-priority grids; conditioning your environment; and using multiple stations to achieve high productivity and notable results.

[] MANAGING THE PACE WITH GRACE®

Does it feel like there is always too much to do, know, and read, and too little time to do it? The typical adult today faces two to four hours of reading per day. Here are dozens of innovative ways to stay on top of what you need or want to read, without feeling overwhelmed.

[] COMBATING PACKRATISM

Everyone has at least a few collections, but when is holding on to too much harmful to your well-being? If you find it hard to part with items of little or no discernable value, if your closets and shelves are filling up fast, or if you just want to feel good about paring down your holdings, this presentation is for you.