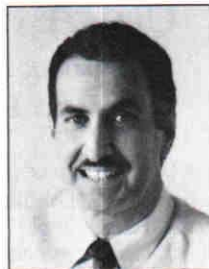


CRUISE TIPS

by Jeff Davidson, author
"Breathing Space— Living & Working at a
Comfortable Pace in a Sped-Up Society"



- Proceed on board with the idea that once you arrive, you are on your own for your program. You should not expect help from anyone, least of all the cruise director. Then if you get help, consider it a bonus!
- Be more professional than the cruise director and staff ever imagined that you would be. This has a way of reverberating back to you in wonderful ways.
- Be flexible. Nothing at sea is etched in stone. Every night is subject to large waves and changes in the weather.
- Have some alternate programs, exercises and ideas ready to use at a moment's notice.
- Offer a concise handout. Passengers want something from your presentation, but they are already inundated with paper from the cruise director.
- After your presentations be prepared. For the rest of the voyage passengers will treat you like a celebrity, or one of the staff, but definitely not like a fellow passenger.
- Smile, Smile, SMILE!