
Zionsville Community Schools

Food Service Department

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www.zcs.k12.in.us/cafe/index.htm



Jeff Davidson
Breathing Space Institute
3202 Ruffin Street
Raleigh, NC 27607-4024

May 7, 2012

Dear Jeff,

I wanted to share with you how much I enjoyed your session, "Managing the Pace with Grace" at the recent Indiana School Nutrition Association's Spring Training Seminar in Plainfield, Indiana.

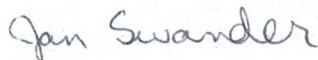
Some of the key points that you mentioned and I found useful were as follows:

1. Realizing that there are times when you don't have to be "on".
2. Dropping subscriptions to magazines/emails/etc. that don't support you.
 - a. Be more vigilant regarding information.
3. Don't take it personally if you cannot keep up.
 - a. This hit home for me as I DO most definitely take it personally.
4. Understanding that too many choices can wear you down and leave you unable TO choose.

In addition I liked the way you explained the 5 concepts of population; information; media; paper and choice. The visual and tactile moves were helpful in reinforcing the point. Also, the idea of two people doing tasks such as stacking pennies, paperclips and drawing stars one at a time versus another doing the same tasks all at once was priceless!

The fact that you provided a handout at the end was great and what terrific suggestions it contains. I really liked your session and feel it was of great value. You had done your research on our state and industry and it showed! Your actions really made the message you sent seem directly applicable to each of us in the room. Finally, your comment on the desk with piles of paper being considered a landing deck will remain with me for some time as I work to reduce my desk clutter! Thank you!

Sincerely,



Jan Swander
ZCS Food Service Director