



## Briefings Audio Conference

### Managing the Pace with Grace: Slowing Down in a Sped-up Society

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**January 15, 2008**  
**1:30-3:00 PM Eastern**

The root of the time-pressure we feel and the leisure we lack is not “too much work.” There are larger, more basic, converging issues. We can handle longer hours; it’s everything else competing for our attention that leaves us feeling overwhelmed. Once you are overwhelmed, feeling overworked can quickly follow.

You can, however, maintain the pace with grace—even under pressure! Work/life balance Jeff Davidson lays out Breathing Space strategies and techniques for effectiveness that anyone can quickly master.

This action-packed program covers the following topics:

- Root Causes of the Time Pressure
- What Fills Your Days and Why?
- Handling Information Overload
- Staying Alert and Responsive
- Greater Control of Each Day
- Helping Those You Supervise
- More Energy from Each Accomplishment
- How to Maintain a Keener Focus
- A Frequent Sense of Breathing Space
- Choices That Lead to Mastery

1. Gain an understanding of how the pace of new information affects us all.
2. Discuss the importance of building holistic leadership capabilities
3. Recognize a sense of accomplishment, even mastery, in managing the work day.
4. Understand the importance of conditioning your environment.
5. Feel better about long term career prospects.

## Who Should Attend?

- Leaders
- Supervisors
- Team Leaders
- Managers
- Human Resource Professionals
- Executives

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[What is an AudioConference?](#)

Presented By:



Jeff Davidson

Author and Key Note Speaker

*Living & Working at a Comfortable Pace in a Sped-up Society and the 60 Second Procrastinator*

Jeff Davidson is the work-life balance expert for our time-pressed labor force. He wrote *Breathing Space: Living & Working at a Comfortable Pace in a Sped-up Society and the 60 Second Procrastinator*. Visit [www.BreathingSpace.com](http://www.BreathingSpace.com) for more information on Jeff's keynote speeches and seminars, including "No Time, No Clarity? No Problem!"™, "Choosing When it's Confusing®," and "Managing Information and Communication Overload®." He has an MBA from UConn and is a certified management consultant