

LIVE AUDIOCONFERENCE

Rejoice! It's Time to Vanquish that Year-End/Holiday Stress!

Presented by Jeff Davidson, MBA, CMC

It's almost the end of the year but the holiday stress is just beginning! Find out how to handle year-end deadlines, career, family, beginnings, and ends with less worry and less stress!

Tuesday, December 9, 2008

11:00 am ET/10:00 am CT

9:00 am MT/8:00 am PT

Length: 60 minutes

With just days to go before the New Year, are you thinking "my goodness how am I going to get through this stretch in one piece?" **Holiday stress,**

unfortunately, has become the norm rather than the exception in our society.

A Gallup Poll indicates that 60% of adults surveyed experience "some," "a fair amount" or "a great deal" of holiday/year end related-stress. If you're among them, we have a relaxing prescription that will turn your holidays from a time of anxiety and stress into one of celebration and revelry. Avoid the common holiday pitfalls and traps — stay cheerful, productive, and keep stress at bay!

Objective:

Learn to overcome the 'holiday stress' syndrome with time-tested strategies and insights in this humorous and engaging session.

By following the advice in this conference, you'll be able to:

- Experience **less stress** than at this time last year
- Maintain **a handle on what's transpiring** at work and at home
- Understand how to harness **the power of choosing**
- **Gain a new sense of confidence** in facing the holidays and year's end

Conference Outline:

- Why nearly **everyone experiences holiday stress**
- How to **vanquish stress** during the height of the holiday season
- How to use a variety of **stress-reducing techniques** as the situation merits
- How to **stay calm** almost despite of the challenges you face
- Why you need proper **sleep, nutrition, and exercise** during this time

Interact:

Don't believe it's possible to vanquish stress? Have more questions? Speak directly with our expert **Jeff Davidson** during our **live Q&A session immediately following the presentation.**

Methodology:

- Audio presentation with supporting documentation
- Live Q&A session

Order Below or Call 866-574-2880 Today!

Your Expert Speaker



Jeff Davidson is the work-life balance expert for our time-pressed workforce. In 1995, Jeff founded the Breathing Space Institute based in North Carolina and on the web at www.breathingspace.com. As demonstrated at more than 750 live presentations, he is a captivating speaker and presenter, able to hold an audience's attention by combining outstanding content with humor, flare and inspiration.

Jeff is the author of 56 mainstream books including *Breathing Space: Living and Working at a Comfortable Pace in this Sped-up Society*, the *Complete Idiot's Guide to Reaching Your Goals* and *The 60-Second Self-Starter*. He's been quoted in publications such as the New York Times, Washington Post, Los Angeles Times, USA Today, Christian Science Monitor, USAir Magazine, American Way and Delta Sky, and has been featured on 175 TV and radio talk shows. His latest CD audio book, *The Power of Simplicity*, is a 4-disk set which offers instructions on simplifying every part of one's professional and personal life.