



## Overworked or Overwhelmed? Stress Strategies for Healthcare Professionals

Presented by Jeff Davidson, MBA, CMC

**Anyone in healthcare can easily be overwhelmed any day of the week.**

Healthcare professionals -- you can handle the longer hours you're asked to work; it's everything else competing for your attention that leaves you feeling overwhelmed.

Once you're overwhelmed, a feeling of being overworked can quickly follow.

**Jeff Davidson** offers space, time, and stress management techniques that most people rarely consider, and provides innovative methods for daily effectiveness that anyone can master.

**Have a look at what Jeff offers:**

- Discover **the underlying causes of "overwhelm."**
- Learn why the **paper piles all around you add to the problem...**
  - and find the time and mental energy to delve into those piles.
- **Limit the number of daily decisions.** Here's why.
- **Continually overwhelmed?** It could be more hazardous than you imagined.
- Every day is a running battle - **Is there any way out of this dilemma?**
- **PLUS:** Developing the ability to **organize and recall what you have read.**

**Have additional questions?** You have the floor with the speaker during an **interactive Q&A.**

**Who should attend?** Healthcare professionals in admitting, administration, information systems, direct patient care, finance, accounting, and community relations, including those in supervisory or managerial positions.

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**Jeff Davidson** holds the registered trademark "The Work-Life Balance Expert" from the U.S. Patent and Trademark Office, has written 56 mainstream books, and is an electrifying professional speaker, making 774 presentations since 1985 to clients such as Kaiser Permanente, IBM, American Express, Lufthansa, Swissotel, America Online, Re/Max, USAA, Worthington Steel, and the World Bank. His 60 Second Series with Adams Media, including the 60 Second Organizer, 60 Second Self-Starter, and 60 Second Innovator, are popular titles in China, Japan, Malaysia, Indonesia, Russia, Turkey, Saudi Arabia, Italy, Poland, Spain, France, and Brazil.

Jeff has been widely quoted in the Washington Post, Los Angeles Times, Christian Science Monitor, New York Times, and USA Today. Cited by Sharing Ideas Magazine as a "Consummate Speaker," Jeff believes that career professionals today in all industries have a responsibility to achieve their own sense of work-life balance, and he supports that quest through his websites [www.BreathingSpace.com](http://www.BreathingSpace.com) and [www.Work-LifeBalance.net](http://www.Work-LifeBalance.net).

### LIVE WEBINAR

**Tuesday, February 2, 2010**

3:00 pm ET/2:00 pm CT

1:00 pm MT/12:00 pm PT

Length: 60 minutes