

Get a Life

Professional Development

Advanced Technology & Management Programs



Have you ever thought to yourself, "Wow, could I use some time off?" How often has that notion or a similar one come up for you lately? Probably all too frequently. Although you and I may not have met, I'll bet that:

- Your desk is piled high with papers.
- You continually find yourself racing with the clock.
- You are deluged with projects and tasks right now.

If so, you're far from being alone. As we'll explore, the challenges you personally face are inextricably linked to challenges faced by our entire culture.

BENEFITS:

After completing this course you will be able to:

- Understand the how and why of what makes people feel as if they are missing their lives
- Have more of a life without requiring radical changes in how you live or what you do
- Apply sensible, practical solutions and fresh perspectives to the challenges you face
- Attain some breathing space when apparently none is available
- Have more fun when you choose to

PREREQUISITES:

A growing discontent with the way things are progressing for you right now.

INTENDED AUDIENCE:

Anyone with responsibility for maintaining a job, paying bills, raising children or meeting other challenges in general executives and managers at all levels, as well as entrepreneurs, professional service providers and customer service professionals, in particular.

RECOMMENDED RESOURCES:

The Complete Idiot's Guide to Managing Your Time (Macmillan Books, 14.95) and *Simplifying Your Work and Your Life* (SkillPath 6-cassette album, \$59.95)

What You Need to Know:

Course Code: MC97110604

Live Satellite Broadcast

Date: Thursday, November 6, 1997

Time: 11am-1pm Pacific - Noon-2pm Mountain - 1-3pm Central - 2-4pm Eastern

CEU: 0.2

Sponsor: Northeastern University

Who to contact for more information:

- Your Site Coordinator
- NTU's Web pages: www.ntu.edu (ATMP non-credit courses link)
- Call NTU

Presenter:



Jeff Davidson, MBA, CMC, is known as a dynamic and entertaining presenter who provides high content programs. He leaves his audiences super-charged and ready to take action. Davidson

is the author of 25 books and is executive Director of the Breathing Space Institute (<http://www.BreathingSpace.com>) based in Chapel Hill, N.C. His recent book, *The Complete Idiot's Guide to Managing Stress* (Alpha/Macmillan) gets to the root of what stresses people in society today and how they can regain control of their careers and lives. His earlier book, *Breathing Space: Living & Working at a Comfortable Pace in a Sped-Up Society*, helps professionals to stay productive and competitive; maintain balance; and feel good about how they spend each day.