

Relaxing at High Speed

Professional Development

Advanced Technology & Management Programs



Is it possible for anyone today to handle all one faces and still get through the day with relative grace and ease? With this exciting new program, anyone's chances will improve dramatically.

This course provides busy people

a way to reclaim control of their days and lives without requiring radical changes in how they live or what they do. It introduces practical solutions and fresh perspectives that readers will instinctively know and feel are right for them.

The reality of the late 1990s for too many professionals, especially executives and managers, is an unending bout with time pressure. This course covers how to make the best of too many work hours, too many demands, and, in general, too much to do. It exposes the common stressors that plague most people today, introduces new ways to approach the day, and enables everyone to gain greater confidence in their ability to all that's on their plate. No one is immune from the frenzy that we all experience in the working world. This course gives you the tools to stay balanced.

BENEFITS:

After taking this course you will be able to:

- Understand the how and why of what makes people feel constantly time-pressured
- Practice new techniques to stay more calm and at ease more of the day
- Experiment with some traditional techniques for remaining composed
- Streamline and simplify your daily routines
- Feel more vigorous and more in control each day

PREREQUISITES:

A good night's sleep before viewing. A place where you can watch and participate freely.

What You Need to Know:

Course Code: MC97110603

Live Satellite Broadcast

Date: Thursday, November 6, 1997

Time: 11am-1pm 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.