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## 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!**

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](http://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,