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Jeff,

I attended the Mastering Information and Workplace Overload seminar that you presented at the McKimmon Center at North Carolina State University on April 1st and 2nd, 2008. I have already started using some of the techniques to get out of the “information shower” that you discussed in your presentation that deal with my email, both work and personal accounts. The clutter has dropped remarkably in such a short time. I have shared this information with some of my colleagues and they are attempting to “clear their desktop” as well. My next attempt at re-training myself will deal with sleep.

I enjoyed your class both in terms information, as well as, the way it was presented. You handled yourself in a professional manner, yet allowed your personal side to guide the discussion in an approachable manner. Not all speakers that I have been exposed to have that skill.

Thank you,

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