



DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS 89TH AIRLIFT WING (AMC)

MEMORANDUM FOR JEFF DAVIDSON  
BREATHING SPACE INSTITUTE  
2417 HONEYSUCKLE ROAD, #2A  
CHAPEL HILL NC 27514-6819

FROM: Capt Laura Larson  
89 MDSS/SGSI  
1052 W. Perimeter Road  
Andrews AFB MD 20762

SUBJECT: Feedback on Presentation

I attended your presentations during a luncheon and seminar on March 5th, 1998 at the American College of Healthcare Executives annual congress in Chicago IL. It was fantastic! What energy you have, especially after the thick cheese and noodle dish they served at the luncheon.

The biggest point I took away from your presentations were the completion statements in your hand-outs. I have a very fast-paced life in the Air Force and learning to take time for the little completions during the day have helped a great deal. Especially when I am making the transition from work to home in the evening, I take time to acknowledge what I've accomplished during the day, reflecting on today and handling traffic as best I can by listening to music or a tape on the way home. When I arrive home, most days I can leave the work at the office and use my time to concentrate on my home life. These little things can make a big impact.

Thanks for the inspiration and continue your quality presentations!

Sincerely,

A handwritten signature in cursive script that reads "Laura L. Larson".

LAURA L. LARSON, Capt, USAF, MSC