

Avera

Queen of Peace Health Services

525 North Foster
Mitchell SD 57301-2999
(605) 995-2000
Fax (605) 995-2441

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Jeff Davidson, MBA, CMC
Breathing Space Institute
2417 Honeysuckle Road, #2A
Chapel Hill NC 57514-6819

Dear Jeff,

I enjoyed your presentation. Sorry it has taken me so long to respond, but I wanted you to know that your session has really changed my life. I read some of your articles that you enclosed in your packets and there were two points that really caught my attention.

- 1) If you look confident you will be.
- 2) Initiate Conversation.

These are two things that I've always had a struggle with in my life. I'm not a very confident person and I've found now, that when I 'look confident' I actually do feel more confident. I have been wearing suits to work instead of slacks/blouses. I can't afford to have a suit for every day of the week, but just a couple days helps.

I also have a very difficult time initiating conversation with people. I am very comfortable at responding once someone else initiates it, but I am never the initiator. This was another point that I have stressed on improving in my life.

The biggest impact that your presentation had on my life was the information on 'sleep.' It's always obvious that people need to get adequate amounts of sleep, but it's easier said than done. I am one of those who NEVER get enough. Your challenge really helped me. For the month after your conference, I made it a priority to practice getting to bed earlier. It made me feel better all the way around. I was able to get up earlier, therefore I got to work on time, therefore my day didn't start by being so stressed out, etc., it just snowballs from there. Thank you!

I thoroughly enjoyed your presentation!



Stacey Munneke
Medical Administrative Assistant
Patient/Clinical Services