

Jeff Davidson, MBA, CMC
Breathing Space® Institute
3202 Ruffin Street
Raleigh NC 27607-4024

Dear Mr. Davidson:

I have recently attended your seminar on October 6, 2008 at NC State called *Mastering Information and Workplace Overload*. In this letter, I will present to you my thoughts regarding this seminar.

I thought your seminar was well presented. It had all the makings of a well thought-out presentation. Your speech was very clear and well organized. The stories told intermittently through-out your seminar added to your purpose. Your stories made me think that you are an experienced member of Toastmasters.

Regarding the content of your seminar, overall I felt that it was very useful. There were many great tips and pointers that have not been presented to me before. And I have read many books on similar subjects. Many books and people refer to some of your techniques as time management and organizational skills. But I much prefer your approach; Breathing Space®. Many people are reluctant to do the "tasks" of time management and organization. But you have people understand that these "tasks" are merely just tools to overcome the sense of being overwhelmed and to help take control of your life. VERY GOOD!

In short I give this seminar an "A". I thank you for having this informed seminar. It was very enjoyable. I will recommend this seminar to my management and colleagues. Please feel free to contact me with your questions.

Sincerely,



Charles Szpara

Engineer, Reinforcement Development

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