



**Comptroller of the Currency
Administrator of National Banks**

Western District Office
50 Fremont Street Suite
Suite 3900
San Francisco, Ca. 94105-2292

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Jeff Davidson, MBA, CMC
2417 Honeysuckle Road, Suite 2A
Chapel Hill, NC 27514-6819

Dear Jeff:

Thank you for your "Breathing Space" workshop last week at our Managers' Meeting. I want to share a few thoughts about it.

I really enjoyed the workshop. You have a very energizing and enjoyable presentation style. You are articulate, able to remember tons of facts, and most of all seem to walk your talk. You obviously did your homework to know about the OCC because you used some of our jargon and business problems.

I was glad to hear you validate that it's not our individual problem when we feel overwhelmed by information and paper. We feel it because of the effect the megatrends have on us. I also liked what you said about limiting the amount of information we take in day to day.

I especially liked your idea of "noting" success at the end of projects or parts of projects in order to feel success and live in the moment. For the better part of 20 years, I've done a Buddhist insight meditation. This method suggests using "noting" to help become aware moment to moment. This is good for periods of meditation but can't practically be used during mental engagement. For example, it's hard to note "thinking, thinking" while working on a report. Your suggestion complements my meditation practice. Thanks for the tip.

Thanks again for your inspiring presentation. It was a positive experience for me and a great shot in the arm!

Sincerely,

Andrea Goodman
EEO Manager