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Jeff Davidson, MBA, CMC
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Dear Jeff;

I attended the Stress Management inservice you spoke at last week in Pierre, SD. The inservice was excellent! You are quite the motivational speaker. I truly enjoyed your use of humor to bring home the very real and important points of the world becoming more and more stressful. You made me feel much better when you gave us all permission to not know everything! Day after day it's hard to find a moment to think about all the situations you described, like being inundated by paper, calls, mail, email, and on and on. Also all the things we are supposed to keep up with, I'm feeling stressed just thinking about it! (Only a joke!).

Your tips are down to earth and common sense things that everyone can do if they choose. It is much easier to leave an inservice with practical applications than some of complex things I have had in the past. Subtle messages from the inservice keep popping up here and there, such as the junk mail. My mail box was overflowing at work and home and really nothing was of importance. I will be working hard to get my name off lot's of lists!

Thank you also for the book An Idiot's Guide to Managing Your Time. I will be tackling my desk this week and also will be making the lists of important numbers.

Once again thank you for coming to South Dakota! I thoroughly enjoyed meeting you and the inservice. I will be incorporating many of your strategies to establish more "breathing space"!

Best regards,

Ellen Heimbuck