

"Managing the Pace with Grace"

CARA XVII, April 17-18, 2000

Programs: Monday 3-6 p.m.; Tuesday 9-12 noon; Tuesday 3-6 p.m.

FOCUS

To actively participate as employees and volunteers of Avera Queen of Peace Health Services and associated facilities, in an opportunity to gather together to share a renewed appreciation and respect for one another and oneself; and to develop a refreshed perspective of who we are, ways to manage the stress in our work and home environments making us more compassionate care givers, and giving us more control over our busy lives.

TARGET AUDIENCE

Avera Queen of Peace Health Services Employees and Volunteers

TEACHING METHOD

Presentations

OBJECTIVES

1. Identify two reasons for stress in your life.
2. List three ways to lessen the stress of everyday life.
3. Apply techniques to make better life choices.

Special Thanks

A "special thanks," as always, to Housekeeping for their assistance in setting up; Nutrition Services, Deb Eilts for all of the delectables to tantalize our palates; and again, this year, the CARA XVIII Planning Committee: Cheri Hamilton, Flora Wulf, Beth Feiner, Karen Moody, Sheila Letcher, Sharon Nagel, Donna Lang, Jean Ammon, and Karen Weiss.

*And **thank you** to **all** who attended and assisted (like the "KP crew...our Directors.") May God bless each and every one!*

The Mission Team

CARA XVIII

"Managing the Pace with Grace"

Sponsored by

Avera Queen of Peace Health Services

April 17 & 18, 2000

First Reformed Church
516 West 14th
Mitchell, SD

Speaker

Jeff Davidson, MBA, CMC

Jeff Davidson is a leading authority on century lifestyle and career strategies. In strong demand as a speaker, Jeff offers dynamic learning keynotes and seminar presentations, combining outstanding high-content with humor, flair, and inspiration, leaving his audiences supercharged and ready for action. Frequently quoted or featured in *USA Today*, *Washington Post*, and *Los Angeles Times*, and on hundreds of talk shows, a worldwide audience has found Jeff's 25 books and more than 3,000 articles to be enlightening, entertaining, and life-changing. His book, **Breathing Space**, is ground-breaking text that will show you how to avoid racing the clock and gain more control over each day. His latest book, **The Joy of Simple Living**, is the most definitive work on the topic to date, offering nearly 2,000 tips, arranged by room, drawer, and space in one's home, car and office.

Jeff has spoken in almost every industry from aviation to zoology, and has addressed individuals in administration, law, banking, education, finance, government, health care, manufacturing, retailing, and wholesaling. He has also addressed charitable organizations, executive round tables, and partner's programs. His client list includes many companies among the Fortune 500, and national and international associations and organizations.

Other books Jeff has authored include **The Complete Idiot's Guide to Managing Stress**, **The Complete Idiot's Guide to Managing Your Time**, **Simple Guide to Time Management**, **Relaxing at High Speed**, **Get a Life**, and **The 10-minute Guide to Time Management**. Jeff's books and tapes will be available for purchase during breaks and following the program.

Continuing Education:

CNE-NET is accredited as an approver of continuing education in nursing by the ANCC Commission on Accreditation.

Continuing Education Units will also be offered in the following areas: Social Workers, Dietary Managers, Pharmacy, Registered Dietitians, HUCS, AORN and ASRT.

CARA XVIII

Afternoon Sessions:

Monday, April 17 & Tuesday, April 18: 3:00-6:00 p.m.

2:30 – 3:00	Registration
3:00 – 3:10	Welcome and Introduction
3:10 – 3:55	“Managing the Pace with Grace” Jeff Davidson, MBA, CMC - Session I
3:55 – 4:15	Refreshment Break – Fellowship Hall
4:15 – 5:00	“Managing the Pace with Grace” Jeff Davidson, MBA, CMC - Session II
5:00 – 5:10	Break
5:10 – 5:55	“Managing the Pace with Grace” Jeff Davidson, MBA, CMC – Session III
5:55 – 6:00	Closing
6:00	Dinner in the Fellowship Hall

Morning Session

Tuesday, April 18: 9:00 a.m. – 12:00 noon

8:30 – 9:00	Registration
9:00 – 9:10	Welcome and Introduction
9:10 – 9:55	“Managing the Pace with Grace” Jeff Davidson, MBA, CMC – Session I
9:55 – 10:15	Refreshment Break – Fellowship Hall
10:15 – 11:00	“Managing the Pace with Grace” Jeff Davidson, MBA, CMC - Session II
11:00 – 11:10	Break
11:10 – 11:55	“Managing the Pace with Grace” Jeff Davidson, MBA, CMC – Session III
11:55 – 12:00	Closing
12:00	Dinner in the Fellowship Hall