

Creating More Space and Time in Your Life

Thursday, May 6, 1999

9:15 – 10:45 a.m.

and 11:15 a.m – 12:45 p.m.

Do you feel overworked, out of balance, and exhausted by the end of the day? Would you like to be more focused, productive, and competitive, while remaining balanced and in control of your life? If you've tried time management and other related strategies, you instinctively know that they're no longer the answer. This session arms you with a deceptively simple but powerful technique that will change your life.

Learner Objectives:

- Learn how to control your immediate environment and make it be supportive of you.
- Discover how you can get energy from your large and small accomplishments and direct it toward increasing your productivity.
- Identify key ways to give yourself breathing space more easily and more often.

Speaker:

Jeff Davidson

**ERC's 1999
National
Relocation
Conference**

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Inside you'll find...*

- ❖ **Complete session descriptions**
- ❖ **List of exhibitors to date**



Thursday, May 6

Education and Development Sessions

11:15 a.m. - 12:45 p.m.

Various Locations

Registrants are to select one or more of the following sessions offered concurrently.

Creating More Space and Time in Your Life

11:15 a.m. – 12:45 p.m.

*Las Vegas Rooms 1-2-3
South Tower - Third Level*

(Repeated from 9:15 a.m. session.) Do you feel overworked, out of balance, and exhausted by the end of the day? Would you like to be more focused, productive, and competitive, while remaining in control of your life? If you've tried time management and other related strategies, you instinctively know that they're no longer the answer. This session arms you with a deceptively simple but powerful technique that will change your life.

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Speaker:

Jeff Davidson, MBA, CMC

Founder

Breathing Space Institute

Chapel Hill, North Carolina

