OREATING MORE SPACEAND TIME IN YOUR LIFE

EFF DAVIDSON, MBA, CMC, FOUNDER, BREATHING SPACE INSTITUTE, CHAPEL HILL, NC, TAUGHT PARTICIPANTS HOW TO BE MORE RELAXED AND MORE PRODUCTIVE, OFFERING TIPS ON CONTROLLING YOUR IMMEDIATE ENVIRONMENT AND MAKING IT SUPPORTIVE OF YOU. HE ALSO OFFERED IDEAS ON HOW TO STAY FOCUSED AND IN CONTROL.



