



SATURDAY, JUNE 24, 1995

7:00 - 7:45 a.m.

BREAKFAST BUFFET

8:00 a.m. - Noon

REGISTRATION DESK OPEN

8:00 a.m. - Noon

BREATHING SPACE: LIVING & WORKING AT A COMFORTABLE PACE IN A SPED UP SOCIETY

CPE Credit: 4 hours

Few people today have a sense of breathing space in their lives - a sense of peace and calm despite their surroundings. Without it, we are left with decreased energies, creativity, and resolve to meet challenges. You will learn about today's five "mega-realities" that prevent us from achieving optimum balance between work and leisure.

DL: Jeff Davidson, MBA, CMC,
Chapel Hill, NC

Jeff Davidson is the director of the Breathing Space Institute which is dedicated to educating and challenging people everywhere to live and work at a comfortable pace in our sped-up world, and to assist them in achieving a healthy balance.

Mr. Davidson is a professional speaker, certified management consultant, and award-winning author of 18 books including, *Breathing Space: Living and Working at a Comfortable Pace in a Sped-Up Society*.