

WHOLE
FOODS
MARKET

Lifestyle

CENTER

JANUARY
2010 CLASS
SCHEDULE

WHOLE FOODS MARKET
LIFESTYLE CENTER

3540 WADE AVENUE
RALEIGH • 919-828-5805

Managing the Pace With Grace

JEFF DAVIDSON, BREATHING SPACE INSTITUTE

TUESDAY, JANUARY 12TH • 7:00-8:00PM

• PRE-REGISTER

Is today's typical working professional: Overworked, Underworked, Energetic or Lazy? The best answer is "none of the above". The root of the time-pressure we feel and the leisure we lack is not "too much work". There are larger, more basic, converging issues. We can handle longer hours; it's everything else competing for our attention that leaves us feeling overwhelmed, hence feeling overworked. You can, however, maintain the pace with grace — even under pressure! Join us for this action-packed lecture, where Jeff Davidson of Breathing Space Institute will share strategies and techniques for reducing stress, maintaining effectiveness, and achieving work-life balance that students can quickly master. Participants will gain a wealth of ideas on how to re-claim their day, reduce stress, and more often feel more in control. Jeff is the author of numerous books, including *The 60 Second Organizer*, gives presentations across the country, and maintains several blogs, such as www.managinginformationoverload.com