



**Rochester Community School Corporation**  
*...inspiring individuals to learn, grow, and give*

**Mr. Daniel L. Ronk**  
**Superintendent**

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**Jeff Davidson**  
**Breathing Space Institute**  
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I attended your training presentation at the Indiana School Nutrition Association meeting on May 4 at Plainfield, IN. I really needed that presentation. I walked away trying to focus on what I can do to change my usage of time. I thought that your data on the amount of printed information was mind blowing.

I have been trying to clear out the clutter in my office. I have round filed and recycled items that I have kept around for months thinking someday I will take time to read. I now ask myself will I really read this and then when.

I am trying to change my mind set of needing to be the "Be all, do all" person. I have come to realize that has increased my stress level at work and home. I am now trying to prioritize my lists and delegate what I won't be able to do. I really like your hand out on the self-renewal chart.

Thank you for the presentation.

**Jan Marie Thomas**  
**Food Service Director**  
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