

Managing the Pace With Grace

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- THURSDAY, FEBRUARY 10TH
- 7:00-8:00PM

- PRE-REGISTER

41 days into the New Year and you feel swamped! What happened to all those resolutions? Actually, 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 feel more in control.

Jeff is the author of numerous books, including *Simpler Living*, *Breathing Space*, and *The 60 Second Organizer*, and 24 iPhone apps such as “Life is Marathon, not a Sprint”. He gives presentations across the country and maintains several blogs, such as www.communicationoverload.com.



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