

managing the pace



Keynote Speaker

3:00 p.m. – 5:00 p.m.

Jeff Davidson

Breathing Space® Inc.

Managing the Pace with Grace

Is it possible for anyone today to handle all that one faces and still get through the day with relative grace and ease? With this exciting new program, your chances will improve dramatically. Jeff Davidson is the author of 25 books, a certified management consultant and an internationally recognized professional speaker. He provides busy people a way to reclaim control of their days and lives without requiring radical changes in how they live or what they do. He introduces practical solutions and fresh perspectives that you will instinctively know and feel are right for you.

The reality of the late 1990s for too many professionals, especially healthcare administrators, is an unending bout with time-pressure. Jeff covers how to make the best of too many work hours, too many demands, and, in general, too much to do. He exposes the common stressors that plague most people today, introduces new ways to approach your day, and enables you to gain greater confidence in your ability to do all that's on your plate. This presentation offers you the tools to stay balanced.

By attending this seminar, you will learn:

- The how and why of what makes you feel constantly time-pressured.
- New techniques to stay more calm and at ease more of the day.
- Advice on streamlining and simplifying daily routines
- How to feel more vigorous and more in control each day.