Jeff Davidson is The Work-Life Balance Expert® for our time-pressed generation. Hailed as a “dynamo” by The Washington Post, Jeff is a leading resource on helping people to better work and live at a comfortable pace despite relentless change.

Jeff can move an audience with aplomb. He combines outstanding content with humor, flair, and inspiration to help listeners manage information overload and to achieve work/life balance. With his dynamic keynotes and breakout presentations, Jeff supercharges his audiences to take action.

Jeff is featured or quoted often in the Washington Post, Christian Science Monitor, New York Times, Los Angeles Times, USA Today, and on 175 talk shows. Some 22.3 million people have found Jeff's award-winning books, audio-books, as well as his presentations, and executive seminars to be enlightening, entertaining, and transformational. Jeff’s books have been selected by book clubs 41 times.

His ground-breaking book, Breathing Space, reveals how to avoid racing the clock and to stay balanced while gaining more control over each day. Jeff’s book The Joy of Simple Living, with a foreword by Mark Victor Hansen of Chicken Soup for the Soul, is the definitive work on simpler living, offering 1,800 tips for every aspect of life!

Jeff Davidson, MBA, CMC, has delivered 836 presentations to corporations and associations, both large and small, on three continents. Vital Speeches published nine of his speeches alongside those by the Dalai Lama, Jimmy Carter, George Bush, and Lee Iacocca. Jeff has appeared on magazine covers along with Wayne Dyer, Tony Robbins, and other luminaries. His tailored approach and entertaining style consistently earn him rave reviews and return engagements.

Work-life Balance Topics:

Managing the Pace with Grace®
Jeff’s most compelling topic. It offers breakthrough perspectives on space, time, and stress management techniques that anyone can master. A solid opening, luncheon, or closing keynote speech. Audiences have called this presentation “life-changing.”

Managing Information and Communication Overload®
Too much paper, too much reading, too many web sites -- do these diminish your effectiveness? Jeff reveals the nuts and bolts of using information for maximum gain and offers essential “how-to” tools for continual improvements.

Getting Things Done
Jeff presents innovative ways to manage priorities including using “hand tools, power tools, and cerebral tools”; implementing multiple-priority grids; using multiple stations; and conditioning your environment for high productivity and notable results.

Prospering in a World of Rapid Change™
It’s understandable to be confused these days! In this lively presentation, Jeff presents high probability scenarios for the near future and outlines specific steps you can take to achieve, maintain, and enhance a leadership position.
“You were the hit of our sales meeting in Orlando.”
Gilbarco Veeder-Root

“You have changed my life forever.”
Houston Chamber of Commerce

“You have changed my life forever.”
Countrymark

“...extremely informative and applicable to our day-to-day needs.”
Subsurface Technology, Inc.

“Thought provoking.”
Mayo Clinic

“...a superb talk which has already made a positive difference!”
Naval School of Health Sciences

“Your approach to Breathing Space was refreshing...”
Dollar Rent-a-Car

“Thanks for the insight and ideas.”
Union Carbide

“You are a rich resource and your insights are invaluable. You will always be on my recommend list of speakers.”
IBM

“Thank you for a thorough and thoroughly entertaining presentation.”
Volvo

“Your approach was very well suited to our young participants.”
Proserv (SFX Sports Group)

“Your presentation was outstanding.”
Paine Webber (UBS)

“You had tremendous interaction with the audience.”
Intel

“Thanks for a great talk.”
Philips Petroleum

“I would definitely like to hear your presentation (and/or a longer version) again.”
Burroughs Wellcome Fund

“...enjoyable and enlightening.”
U.S. West Communications

“Our audience got exactly what they were looking for and a little bit more—the hallmark of a true professional!”
Westcott Communications

Outstanding Content, Consistent Results

“My passion is helping people to manage information and communication overload, master technology and change-related anxiety, and accomplish more with less effort.”
Jeff Davidson

The best presentations occur when the meeting professional, sponsoring organization, audience, and speaker all win! From the first minute, Jeff Davidson delivers electrifying, interactive keynote presentations geared to meet the needs of each audience. Find out why meeting professionals say...

“You were a pleasure to work with.”
“We’ll have you back.”

Outstanding Achievements/Recognition

- Certified Management Consultant (CMC) awarded by the Institute of Management Consultants.
- Project Manager for restructuring the Innovation Center at M.I.T. in Cambridge, MA.
- Shared billing with Dr. Tony Alessandra, Dr. Wayne Dyer, Knight Kiplinger, and Tony Robbins.
- Books translated into Arabic, Chinese, Czech, Dutch, Finnish, French, German, Hebrew, Indonesian, Italian, Japanese, Korean, Malay, Polish, Portuguese, Russian, Spanish, Thai, and Turkish.

Outstanding Learning Resources

Books
- Breathing Space (MasterMedia)
- The Joy of Simple Living (Rodale)
- 60-Second Innovator (Adams Media)
- 60-Second Organizer (Adams Media)
- Complete Idiot’s Guide to Managing Your Time (Alpha/Penguin)
- 60-Second Innovator (Adams Media)
- Complete Idiot’s Guide to Getting Things Done (Alpha/Penguin)
- Complete Guide to Public Speaking (John Wiley)

DVDs, CDs, Audiobooks
- Relaxing at High Speed (ACHE)
- The Power of Simplicity (Career Track)
- Get a Life! (Domain Audio)
- Surviving Information Overload (NIBM)
- Creating More Time and Space (Apex Systems)
- 60-Second Procrastinator (Oasis Audio Books)