

Speakers on Healthcare

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Speaker Information



Jeff Davidson

Exclusive Representation

Specializes in helping people manage information & communication overload
Offers new approaches to overcoming life's daily pressures
Author of *The Joy of Simple Living*, the definitive work on simpler living

Keynote Fee : \$8,500 plus expenses

Travels From: NC

Topics

- Communications
- Performance Improvement
- Time Management
- Personal Change
- Life Balance
- Stress

Formats

- Keynote
- Half Day
- Full Day

Products

Programs

Are You Overworked or Just Overwhelmed?

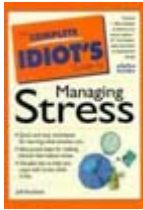
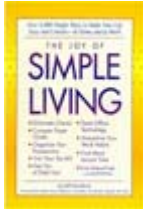
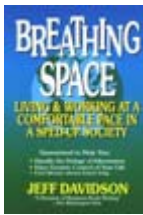
Most people can handle longer hours; it's everything else competing for your attention that leaves you feeling overwhelmed. Once you're overwhelmed, a feeling of being overworked can quickly follow. This program offers space, time, and stress management techniques that most people have never considered and innovative methods for daily effectiveness that anyone can master.

How to Create More Space and Time in Your Life

How would you like to have more time for friends or hobbies, or to get away for more weekend trips? Merely living today and participating in society guarantee that both your time and mental, physical, and emotional energy will easily be depleted if you lack the proper vantage point from which to approach each day and conduct your life. Learn the principles for creating the space and time you want to have, and add back the fun!

Choosing When It's Confusing: How to Make Decisions More Effectively

Today, for whatever you want or need to acquire, there are more brands, features, and options than you can comfortably fathom. And tomorrow there will be more options competing for your attention. Yet you can make decisions



without collisions! Even if you are confronted with a bewildering number of alternatives, here's welcome news about choice strategies. This session explores the process of quickly making your best choice.

How to Manage Multiple Priorities

This is an era of belt-tightening where shrinking budgets are part of a long-term, not a cyclical, phenomenon. Many career professionals today are asked and expected to do more while not being afforded any greater organizational resources; such efforts can take their toll. Learn breakthrough processes in managing multiple priorities, including hand tools, power tools, and cerebral tools; the multiple-priority grid system; techniques for conditioning your environment; and other methods that enable you to achieve notable results.

Managing Information and Communication Overload

Data, data everywhere but not a thought to think! Does too much paper, too much reading, and too much with which to keep pace diminish your enjoyment of life? If so, go from glut to gain. Learn how to win with information and not be deluged by it. Discover how to become your own information highway, use information for maximum gain, and keep the din at a manageable level so you can spend more time doing the things you enjoy. This program is for organizations whose managers and staff members face a daily glut of too much competing for their time and attention, and offers essential tools for continual improvement.

Managing the Pace With Grace

Is today's typical working American 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. Once you are overwhelmed, feeling overworked can quickly follow. You can, however, maintain the pace with grace--even under pressure! This program is action-packed. Jeff lays out Breathing Space strategies and techniques for effectiveness that anyone can quickly master. For any organization seeking highest-level, on-going education. (Presentation materials include Breathing Space book, slides/overheads, workbooks, quizzes, and bonus items.)

Speaker Information

Moving an audience like few others, Jeff Davidson offers dynamic