

A SPEAKER



PROGRAMS

CONTACT US



Jeff Davidson, MBA, CMC

The Work-Life Balance Expert® for our time-pressed workforce and author of "Breathing Space" and the "60 Second Self-Starter."

Fee: \$12,000 - \$15,000

Topics: Life Balance, Time Management/Self-Management, Peak Performance, Motivation, Change, Best-selling author

Industry specialties: Associations, Corporate

Travels from: NC



Work-life balance, especially during a tough economy, has become the defining challenge of our era. Jeff Davidson is the **Work-Life Balance Expert®**:

20 years, almost to the day, after writing his landmark book, **Breathing Space: Living & Working at a Comfortable Pace in a Sped-up Society**, Jeff was awarded the distinction "**The Work-Life Balance Expert**" from the U.S. Patent and Trade Office. As such, he is the only person on earth so designated.

Jeff is a leading authority on managing information overload, time and stress management, and systems for accomplishment. As a conference and convention speaker, he offers dynamic learning keynotes as well as seminar presentations, combining outstanding content with humor, flair, and inspiration, leaving his audiences supercharged and ready for action. Frequently featured in *USA Today*, the *Washington Post*, and *Los Angeles Times*; quoted in the *New York Times*, *Christian Science Monitor*, and *Wall Street Journal's* Career Employment Weekly; and appearing on 175 television and radio talk shows

MULTIMEDIA SAMPLES

VIDEO

- » "[Jeff's 19 Minute, 6-part Video Demo](#)"
- » "[3rd Hour of Half-Day Presentation](#)"

TESTIMONIAL

- » "[American Bankers](#)"
- » "[Biotechnology](#)"
- » "[Catholic Health East](#)"
- » "[Consulting Foresters](#)"
- » "[Community Bankers](#)"
- » "[Cottonwood](#)"
- » "[Davidson Hotels](#)"
- » "[Employee Relocation](#)"
- » "[EPHRA](#)"
- » "[First Federal Savings](#)"
- » "[Intl Mgmt Council](#)"
- » "[Lufthansa Airlines](#)"
- » "[Medical Group Mgmt](#)"
- » "[NC Public Transport](#)"
- » "[ProServ](#)"
- » "[Re/Max](#)"
- » "[South Shore Hospital](#)"
- » "[TAP Pharmaceuticals](#)"
- » "[Washington Hospice](#)"
- » "[WBFA](#)"

PHOTO

- » "[Head shot](#)"
- » "[Casual shot](#)"
- » "[Action Shot](#)"
- » "[Morning keynote](#)"
- » "[Luncheon keynote](#)"
- » "[Afternoon keynote](#)"
- » "[Two-day seminar](#)"
- » "[Davidson - Fripp](#)"
- » "[Jeff - Howard - Jim](#)"
- » "[Jeff and daughter](#)"