



Jeff Davidson, MBA, CMC

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

Industry specialties:
Associations, Corporate

Travels from: NC



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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 including CNBC, CBS *Nightwatch with Charlie Rose*, and *America in the Morning*, Jeff has reached a worldwide audience that has found his 38 books and more than 3,575 articles to be enlightening, entertaining, and life-changing. 17 reasons to book Jeff: www.breathingspace.com/17reasons

— 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](#)"

Jeff's recent books, *The 60-Second Innovator*, *The 60-Second Organizer* and *The 60-Second Self-Starter* (Adams Media) have been translated into Arabic, Japanese, Chinese, Spanish, Korean, Malay, Italian, and Turkish. They are short, fun-filled, and power-packed, each with 60 tips to get you back in control and on the road to high achievement.

With his high productivity, intellectual curiosity, personal sense of balance, and full participation in social and civic affairs, some people regard Jeff as being as close to walking his talk as a speaker can get! *The hallmarks of Jeff Davidson's books and keynote presentations include:*

- 1) *an insatiable quest to find a better way to accomplish goals,*
- 2) *a versatile intellect,*
- 3) *an empathetic perspective, and*
- 4) *a keen focus on the current issues and obstacles blocking the paths of today's career professionals. Jeff exhibits these qualities as he actively engages,*