



## Participant comments from Jeff Mowatt's presentation held December 2<sup>nd</sup>, 2006

"It was fantastic. It will help us get 'the important things' done, which will result in less stress and higher productivity."

Shellaine Kinzett, Travel Angent

"This session will help me to get a better handle on my life – to better balance my career, personal relationships and health."

Terri Jo Lennox, President

"This will help reduce office stress and make the days more organized and fun for everyone!"

Pamela Morton, Reception/Administration

"The session has given me a 'game plan' to plan my days which I need as a home based consultant."

Deb Almond, Travel Consultant

"By incorporating Jeff's concepts of managing priorities, setting goals and making plans, I believe I can achieve greater success at work, have richer relationships and balance life's stresses."

Penny Gamble, Cruise Consultant

"This session will help prioritize my life."

Colleen Kellar, Consultant

"Being new in this industry, I am challenged to fit everything in. I will need to prioritize my days, goals and family – these ideas will help me do that."

Erin Raven, Agent

"Jeff's presentation has allowed me to recognize that by spending time planning, prioritizing and exciting, I can claim my sanity and realize ongoing benefits personally and professionally."

Debra Hutton, Independent Consultant

"I will be aware of completing tasks in full and clearing clutter from my desk."

Nancy Willis, Agent