



Conquering Unrelenting Information Overload

By: Jeff Davidson

Short Description of the Presentation:

We are living in a unique point in time. Information is coming at us from every direction. In the old days it was pretty simple. Information came from newspapers, TV, radio and a full mailbox but today it's coming from everywhere..... all the time! If it's not a text message or cell phone beeping at us it's the internet, Facebook, Tweeter and dozens of other sources. It's information overload! The format of this presentation is a bit different. A man by the name of John is actually interviewing Jeff Davidson. John will pose a question pertaining to information overload and then Jeff will respond with practical suggestions. Hopefully listening to this presentation will provide a bit more order to your day and peace in your life.

The following are some of the topics covered during the interview.

- Why are we, as Americans, overloaded?
- How to get off those lists!
- Realizing you DO NOT need to keep up with the latest and greatest all the time!
- Secrets for getting things done
- How to get clarity for the day
- The art of doing one thing at a time and completing it
- Kids and technology
- The pitfalls of multi-tasking
- How to immediately attack paper piles on the desk
- How to stay informed without being overwhelmed
- How to make effective decisions