



## **2010 WINTER WORKSHOP**

Saturday, January 30, 2010

St. Joseph Medical Center

George Lagerquist Conference Room

1717 South J Street, Tacoma, WA

Time: 9:00AM – 11:00AM

*\*Registration, breakfast, and networking from 8:15AM – 9:00AM*

### **PRESENTING:**

**Just Blame the Management:**

**Why stress, change, time, and people “management” don’t work  
(and how leadership...with laughter...does)**

Let's face it, times are tough. We're all asked to do more work with fewer resources in less time while achieving better results. Each day we're faced with a dizzying array of competing commitments and skyrocketing stress levels.

We're told that if we could only manage stress...or time...or change...or people more effectively, that everything would be just fine.

But maybe it's high time for us to step back and just blame the management. Stress, time, change, and people "management," that is. Instead, why not focus on how leadership...with laughter...can make all the difference?

This workshop introduces both research-based and practice-tested ways to:

- Seek balance (rather than reduce stress),
- Attend to priorities (rather than time),
- Focus on outcomes (rather than change), and
- Lead people and projects (rather than managing them)

Based on cutting-edge science from the fields of Positive Psychology, neuroscience, peak performance, and leadership, you will leave this workshop with practical tools for creating optimal outcomes in work and in life. And, you'll explore the extraordinary benefits of weaving laughter and lightheartedness into your personal and professional life...even when chaos is the norm. Don't miss this one-of-a-kind opportunity to laugh as you learn the finer points of peak performance!

**Presented By:**

**Deanna Davis, PhD**

Deanna Davis, PhD is a bestselling author and a highly rated professional speaker. Her focus areas are “Success, Satisfaction, and Self-care...With a Sense of Humor.” Deanna received her

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PhD in Leadership with a focus on Mind/Body Health and Positive Psychology from Gonzaga University, and her Master of Public Health degree with a focus on health education from the University of Washington. She is the author of two best-selling books, *Living With Intention* and *The Law of Attraction in Action*, as well as the forthcoming *Laugh, Cry, Eat Some Pie: A Recipe for Living Mindfully (Even When The World Feels Half-Baked)* (Perigee, 2010).

Known for her characteristic blend of humor and how-to, Deanna blends cutting-edge research from the disciplines of Positive Psychology, Mind/Body Health, Neuroscience, and Leadership with practical strategies for creating extraordinary success and satisfaction in work and in life. Deanna advocates personal and professional change using “the big power of small,” since small changes, small steps, and small investments lead to big—and lasting—results over time. By taking small steps, you can harness the momentum from minor wins to help you sail to your next level of success and satisfaction. This approach helps you use incremental changes to detour around the fear and stress that can undermine your best intentions. Instead, you can learn to use your internal compass to travel from where you are now to where you want to be.

Dr. Davis has been a professional speaker for fifteen years, serving organizations as diverse as Farmers Insurance, Pacific Gas and Electric Transmission, Washington Trust Bank, Northwest Woman Magazine, The American Management Association, The Healthcare Information Managers Association, and Washington State Governor’s Conference for State-employed Women. She is also the creator of a one-woman show called *Womanhood—The Divine Comedy: Thoughts on Life, Laughter, and the Pursuit of Happiness*, which is being produced as a PBS special in 2008.

Deanna creates a learning environment that blends comedy with credentials, making her presentations both memorable and meaningful. Event planners and participants alike applaud her unparalleled ability to merge powerful scientific concepts with practical techniques for life change, and to do so with exceptional warmth and wit.

### **FEE**

Free for 2010 TAHIMA members  
(Membership \$20 per year)

**Please RSVP with Barbara as soon as possible as there is limited seating available!**

### **CONTINUATION CREDITS**

Two (2) Continuing Education Credits will be offered by TAHIMA

### **WIN DOOR PRIZES!**



**2010 WINTER WORKSHOP REGISTRATION FORM**

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**Just Blame the Management:  
Why stress, change, time, and people “management” don’t work  
(and how leadership...with laughter...does)**

**Presented By:  
Deanna Davis, PhD**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone Number** \_\_\_\_\_ **Email Address** \_\_\_\_\_

**PLEASE SEND YOUR REGISTRATION FORM WITH CHECK  
ATTACHED TO:**

**Barbara Spurlock  
4330 So. K St.  
Tacoma, WA 98418**

<http://www.tahima.org>