



Patricia Katz, MCE CHRP
Productivity and
Balance Strategist

Boosting Energy

Take A Break & Get A Grip

Today's super-sized demands and supersonic pace take a heavy toll. Overloading drains energy, saps productivity, cripples capacity, and poisons relationships. Fatigued and disengaged employees erode an organization's bottom line while breaking the spirits of colleagues in the process. The Canadian HR Centre estimates this costs the North American economy more than \$350 billion annually in lost productivity alone.

Strike the right balance and you reduce the impact of overload and overwhelm while increasing productivity and engagement. Rightloading™ engages minds, encourages hearts, energizes bodies, and builds spirit.

Lead the way in your organization. Adopt a rhythm that balances that relentless press for performance with strategic pauses for renewal. Make smarter choices about how you and your people carry, view and address the load.

Press pause...think again – for sanity, satisfaction and success.

Key Concepts

- **The Biz Case For Renewal** – why it matters and why balancing the load is a shared responsibility
- **Rebalancing The Load** - re-energize by partnering strategic pauses with consistent investments in the key arenas of renewal
- **Redefining The Load** – link to the larger purpose while challenging the discretionary burdens that weigh people down
- **Resetting The Load** – create more manageable expectations by getting real about capacity, taming technology, and springing the acceleration trap

Press Pause


Think Again

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Available Formats

This program is available in varied formats to fit your needs: a keynote, a keynote with accompanying concurrent session, a half or full day seminar, or as part of a retreat program.

Frequently Used Titles & Subtitles

Take A Break & Get A Grip
Ease The Load & Lead The Way
Renewing Energy & Commitment In The Workplace
Life Balance Leadership
Press Pause...Press On
Pause For Renewal

Your Next Step

Call me (877-728-5289) or [email me](#). Let's set up a time for us to chat about what you need and how I can help. I'm excited about working with you and your people to build capacity, minimize stress, and enhance performance.

Patricia Katz, MCE CHRP – Bio

In over two decades as a speaker and consultant, Patricia Katz of Optimus Consulting has inspired tens of thousands of people to accomplish what matters most in ways that bring more peace of mind. Focused on easing the load and fueling the spirit, Pat helps organizations and their leaders grow their people in value and worth to create stronger results and a more satisfying work and life experience for all.

Pat is bestselling author of five books who also writes Pause, a weekly online newsletter enjoyed by over 5000 subscribers. She is a frequent media guest expert on issues of wellness, stress, engagement, and appreciation.

Pat holds a Masters degree in Continuing Education and a CHRP designation as a Certified Human Resource Professional. She was recently inducted into the Canadian Speaking Hall of Fame.

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