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Productivity and
Balance Strategist

Fueling Enthusiasm

Building A Culture of Appreciation

Appreciation strengthens relationships, sustains organizations, and maintains the loyalty of employees and clients alike. The US Department of Labor reports that 64% of employees leave their jobs because they don't feel valued. Could any of these people be yours?

Recognition and celebration are more than just the icing on the cake. When encouragement flows freely, relationships flourish, and results follow.

Connecting people to purpose is key. Helping people see that both their character (who they are) and their actions (what they do) matter, fuels commitment and enthusiasm. Teaching people how to share their appreciation in ways that others 'get it' builds confidence. Encouraging people to celebrate their own success energizes everyone.

Building and sustaining an appreciative, purposeful workplace impacts engagement, wellness and productivity in positive and enduring ways.

Key Concepts

- Understanding the positive impact of appreciation
- Cultivating an appreciative mindset & culture
- Connecting everyday actions to purpose
- Tapping into opportunities to express appreciation
- Avoiding pitfalls when recognizing others
- Mastering tools & techniques for extending appreciation
- Strengthening the power of appreciative comments
- Celebrating your own success along the way

Press Pause



Think Again

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Available Formats

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

Frequently Used Titles & Subtitles

Pause For Applause
Encourage The Heart
Building A Culture of Appreciation
In Pursuit Of A More Appreciative Workplace
Strengthening Teams & Relationships Through Appreciation
Hidden Value
Mining The Meaning In Everyday Life
Celebrate The Meaning In Everyday Life

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 lift spirits, strengthen relationships and connect to purpose.

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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