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## **Hidden Value Finding The Meaning In Everyday Life**

Unless you climbed Mount Everest as a youngster with a million dollar book deal in your backpack, you might feel that your own day-to-day contributions don't amount to a hill of beans. Not so.

Despite our culture's obsession with celebrity, youth, wealth & daredevil extremes ... significance and meaning are not always tied to 'larger than life' events with worldwide media coverage. Value also lives and breathes in the uncelebrated, un-televised moments of everyday life.

You make a difference. Your commitment, spirit, productivity, and peace of mind depend on knowing that is so.

- There is value in what you do.
- There is value in who you are.
- There is value in every moment.

See it! Feel it! Live it!

### **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 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. As a productivity and balance strategist, she is a frequent media guest expert on issues of appreciation, wellness, balance, stress, and time.

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.