Rekindling The Spark
Navigating Mid Life Malaise

Stress, overload and burnout in the workplace are well-researched phenomena that receive a lot of attention. Not so with the challenge of malaise which is the experience of rusting out – feeling uninspired, apathetic, disinterested - coasting on autopilot and just plain stuck. Something’s ‘off’, and it’s not clear why.

Although more commonly experienced in mid to late career, malaise can and does strike at any stage. Malaise has a serious impact on organizational climate and productivity as well as individual satisfaction and engagement.

Based on her recent original research on malaise, Patricia Katz shares insights and strategies to help people recognize and address the issue in themselves and in their organizations. Instead of viewing malaise as something to tolerate, avoid or eliminate, Katz proposes it be embraced as a catalyst for change.

Key Concepts

- **Recognizing** the signs and symptoms of malaise
- **Understanding** the impact of individual and group malaise on engagement in life and organizational climate
- **Embracing** malaise as a natural part of the cycle of growth and development
- **Navigating** a three-step process to move through malaise to what comes next - in good time with less angst and fewer lost opportunities

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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 day seminar, or as part of a retreat program.

Frequently Used Titles & Subtitles

Light A Spark
Rekindling The Spark
Tapping Into Passion
From Mired To Inspired
Moving Through Malaise
Embracing Malaise
Bust Out Don’t Rust Out
Sparking The Journey From Jaded To Joyful
How Now? What Next

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.