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Productivity and
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Rekindling The Spark

Navigating Mid Life Malaise

Did you know...

- that only one third of employees feel fully engaged?
- that productivity losses due to presenteeism are estimated to be seven times greater than losses from absenteeism?
- that many more Canadians are working later in life - well into their sixties?

What if ... people found ways to stay curious and open to new possibilities, to be as engaged as possible for as long as possible?

This is entirely possible, if we become more skilled at rekindling our sparks in the face of malaise.

Malaise is that experience of rusting out – feeling uninspired, apathetic, disinterested - coasting on autopilot or just plain stuck. Something's 'off', and it's not clear why. Malaise negatively impacts individual satisfaction and engagement as well as organizational climate and productivity.

People most often experience malaise in mid-life, often during their forties and fifties, and even in their thirties. Given the current life expectancy of 80 and beyond, mid life includes all those years from thirty through sixty.

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.

Press Pause



Think Again

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

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

Sparkling 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 three 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 is an inductee of the Canadian Speaking Hall of Fame.

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