

Second Thoughts – Article Series

Make Peace – Not War – With Time

© Patricia Katz, MCE CHRP
Productivity and Balance Strategist



Patricia Katz of Optimus Consulting beams a spotlight at the roots of our love-hate relationship with the clock. She offers strategies for building a more satisfying relationship with time – so that you can continue to do well and be well, too

You'll appreciate the hurry up and slow down message at the core of this series.

These twelve thought provoking articles make superb inserts in employee or client newsletters. As a regular series, they add great value to company or industry magazines.

The Second Thoughts series is available in both print and electronic formats.

- **The Race is On**
Not every life experience is a competitive event.
- **Who's Got the Button?**
Access to tools and a sense of choice make a huge difference in performance and satisfaction.
- **Time Matters – or Does It?**
Pick and choose those moments in life where time really is a factor.
- **Save or Savour?**
Speeding through the things you love is counter productive.
- **Twenty Four/Seven or Bust**
Are you really so indispensable you must always be accessible?
- **Kairos or Chronos?**
Some moments are more important than others – no matter what the clock may say.
- **Monochronic or Polychronic?**
'One thing at a time' people in an 'everything at once' world.
- **At Your Leisure**
You have more free time. Who would have thought it possible?
- **Beneath the Busyness**
A preference for flap and frenzy cuts out thoughtful reflection.
- **Techno Choices**
Technology is neither good nor evil. Your choices determine the impact.
- **Loose Ends**
Rarely 'done' and never caught up? There's value in progress as well as completion.
- **Roses? What Roses?**
Speed keeps you from paying attention and tuning in. What are you missing?

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Other Article Series

Be sure to ask about other series of articles available from Optimus Consulting.

Work Wise Series: Success & Survival Strategies For The Non-Stop Workplace

A series of 12 articles that offers fresh insights on productivity challenges in the non-stop workplace. From time use to technology choices to workplace learning, you will be challenged to rethink your habits and fine-tune your practice.

PauseWise Series: Restoring The Rhythm of Renewal To Life & Work

A series of 12 articles that offer options for coping with life's overload and overwhelm. You will be encouraged to balance the pressure to perform with well-paced pauses for renewal – enhancing performance, productivity and satisfaction in work and life.

By reducing the impact of overload and overwhelm in the workplace, Patricia Katz helps organizations and their leaders generate stronger results while creating a more satisfying work and life experience for all.

*To learn more about Pat's programs and publications or subscribe to her free weekly e-zine, *Pause*, visit www.patkatz.com.*

To bring Pat's expertise to your organization, call (306-934-1807) or write pat@patkatz.com.

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