

PauseWise – Article Series

Restoring The Rhythm Of Renewal To Life & Work

© Patricia Katz, MCE CHRP
Productivity and Balance Strategist



This series of articles, authored by Patricia Katz of Optimus Consulting, offers positive alternatives to the crash and burn model of coping with life on the run.

PauseWise – The Series will shift your understanding of performance and renewal.

You will be challenged to rethink your beliefs and adjust your habits to assure a healthy sustainable approach.

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 Pause Wise series is available in both print and electronic formats.

Stop, Drop & Roll! *The Paus-able Cure For A World On Fire*

A memorable, doable three part strategy for sidestepping burnout.

Nine Great Reasons to Jump Off The Treadmill! *Give Yourself Permission to Pause™*

From perspective and productivity to health and energy – nine compelling reasons to pause.

Restoring the Rhythm of Renewal

Press Pause ... Press On

Burned by overload? Bored by underload? Sidestep the extremes. Balance your press for performance with a pause for perspective.

Strategic Signals: *Ten Key Cues That Call For a Pause*

Ten triggers to prompt you to build more pauses into the everyday flow of life and work.

Living in the Moment: *10 Ways to Pause When You've No Time To Spare*

Ten ideas for going about your everyday business in ways that are more present to the moment and less frenzied about the future.

Are You Fluent In The Language of Haste? *Calm Your Words ... Calm Your Life*

From 'hustle and hurry' to 'ease and grace'. Shift your language...shift your experience.

Can't Stop ... Gotta Run! *Overcoming Resistance To Pause*

Common beliefs that will keep you on the run, and challenging views to help you shift gears.

More Than A Black Hole: *Pausing Defined*

How a renewing pause is so much more than a simple absence of thought and action.

Beware The Message In Your Model: *Is It Helping Or Harming?*

As a leader or a CEO, you set the tone for all who work with you. What are the consequences of the work-life balance messages you are telegraphing today?

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Paused On Purpose Or Stuck On Hold?

There Is A Difference

Pausing as a strategy for getting unstuck and shaking free from a holding pattern.

There's No Better Time To Be Here Now!

The Trials Of An Im-Paus-able Day

Pausing for reflection and redirection is the first step in getting a grip on a frenzied day.

The Pause Starved Month From Hell!

A Case In Point...

Lessons learned in living through high pressure, high stress times.

Other Article Series

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

Second Thoughts Series: *Make Peace – Not War – With Time*

A series of 12 articles that offer strategies for building a more satisfying relationship with time – so that you can continue to do well and be well, too.

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.

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.