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Encourage The Heart Strengthening Teams & Relationships Through Appreciation

Recognition and celebration are more than just the icing on the cake. They are vital in strengthening relationships and sustaining organizations, while maintaining employee engagement and loyalty. When encouragement flows freely, relationships flourish. Appreciation is the fuel that grows people and organizations in value and worth.

Key Concepts:

- Understand the lifelong impact of encouragement & why appreciation matters so much to so many
- Develop a more appreciative mindset
- Recognize cues that signal an opportunity for encouragement
- Avoid pitfalls & hazards in recognition
- Use recognition in strategic ways to advance goals
- Master strategies for expressing appreciation to others
- Adopt techniques for celebrating your own success

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.

Press Pause


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