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Productivity and
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Inspiring Insight

Live And Learn

Everyday experiences are steeped in wisdom – but only if you pay close attention. A ‘Been There...Done That’ mindset slams doors in the face of learning. A ‘Beginner’s Mind’ opens doors to fresh perspectives.

Fresh perspectives spark creativity and innovation. Fresh insights grow skills and deepen understanding. And, fresh viewpoints spark changes in behavior leading to new habits for ongoing success.

Learning engages and motivates employees. The fresh energy and new ideas that learning yields helps organizations stay competitive and relevant in changing times.

Using her novice experiences in watercolor as a learning lab, Pat reveals what painting taught her about life while she was learning about art.

The images are original. The stories are unique. The lessons are timeless. But what’s even more significant is how this message will inspire you and your colleagues to mine YOUR everyday experiences.

Don’t let life’s lessons pass you by. Master the mindset and skills of pausing, noticing and questioning. Dive deep to surface those nuggets of wisdom to enrich your life and advance your work.

Key Concepts

- **Cultivating Beginner’s Mind** – what it is and why it matters
- **Lessons Gleaned From Adventures In Art** – living examples of how exploring new territory sparks deeper learning
- **Mining Your Experiences** – a three step process for drawing fresh insights from everyday experiences

Press Pause


Think Again

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Available Formats

This material 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

Live & Learn
The Art of Insight
Paintbox Wisdom
Life Lessons From A Brush With Art

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 spark learning, trigger creativity and tap into wisdom.

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.

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