

Patricia Katz

Keynotes • Seminars • Retreats

Bringing Balance & Perspective To Work & Life

What are Overload and Overwhelm Costing You and Your Organization?

In a recent survey of almost 900 employees in business, health care, education and public service, **88% of respondents peg overload and overwhelm as a serious problem** in their workplaces.

Workplace **O & O** create a **poisonous environment** that **triggers disengagement, diminishes capacity,** and **reduces productivity** – for a combined triple attack on corporate effectiveness and the bottom line.

Research shows that **individuals who experience role overload** and high levels of work-life conflict **are more stressed, more likely to be absent, less satisfied** with their work, **less committed** to the organization, and much more **likely to leave**.

In the short term overload may be unavoidable; however, in the medium to long-term, **overload is simply unsustainable**.

Well-intentioned **capable leaders continue to struggle** with overload because our culture is wired to believe that busy-ness equals productivity; efficiency trumps load; and capacity knows no limits.

Press Pause Think Again

Through her speaking, seminar and consulting services, Patricia Katz will help you **reduce the impact of overload** in your workplace. She will challenge you to **rewire the collective mindset**, to integrate healthy, sustainable pauses that **produce more thoughtful, strategic choices**.

You can **generate stronger corporate results** and **create a more satisfying work and life experience** for all. Pat's clients report an average 54% increase in effectiveness of coping skills after being introduced to her load balancing, time optimizing, pressure relieving strategies.

As a **four time author** and **fifteen year columnist**, Pat's ideas have been **widely featured in the media** from Report on Business television and CBC radio to the Globe and Mail and National Post. Over 5,000 subscribers eagerly await her weekly e-zine promoting **sanity in a speed crazed world**.

You'll welcome Pat's **relevant and valuable insights** on life and work. You'll appreciate her **entertaining style and impactful message**. You'll value the **positive, productive changes** she sparks. **Call on Pat to make a real and lasting difference** in your organization.

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Patricia Katz, MCE CHRP • Productivity & Balance Strategist

Productivity

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Balance

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Wellness

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Perspective



Best Selling Author

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Life Balance Strategist

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Productivity Consultant

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Encourager

Clients Served

Agriculture

Agrium
Cargill
CNH (Case New Holland)
Farm Credit Canada
PFRA (Prairie Farm
Rehabilitation Admin)
United Farmers of Alberta

Business & Finance

Ag West Bio
Cameco
Certified General Accountants
– MB & SK
Credit Union Central
Harvard Developments
Investors Group
McDougall Gauley Law
Myers Norris & Penny
Royal Bank of Canada
Saskatchewan Trade &
Export Partnership
Women Entrepreneurs of
Saskatchewan
Yanke

Education & Healthcare

Calgary, Regina & Saskatoon
Public Schools
Canadian School Boards
Association
Capital Care Grandview
Health, Work & Wellness
National Conference
Medavie Blue Cross
PA Parkland & Regina
Qu'Appelle Health Regions
Saskatchewan Association of
Healthcare Executives
Saskatchewan Institute
of Applied Science
& Technology
Universities of Calgary,
Regina & Saskatchewan

Program Previews

Pat delivers keynotes, breakout sessions, half, full and multi day programs. She skillfully customizes her content and approach to meet your objectives and fit your time frames. Presentations keep participants focused and engaged with a mix of memorable stories, applicable research, take-away learning, and lively interaction.

Press Pause... Press On

🌀 Take A Break & Get A Grip – Rebalancing Life's Overload

Super-sized demands and a supersonic pace exact a huge toll on individuals, families, and organizations. Ongoing overload impacts physical, mental and emotional health.

And, to make matters worse, overloaded individuals often abandon the very self care practices that would bring relief and help them cope. This situation is unhealthy, unprofitable, unsustainable, and ... unnecessary. Life and work do not have to be this way!

This session will help you and your colleagues:

- **Embrace a more sustainable response** to the nonstop pressures of a 24/7 world.
- **Enhance productivity and renew energy** by giving yourselves and each other permission to offset the pressure to perform with well-paced pauses for renewal.
- **Adopt practical, workable strategies** to help you carry the load, define the load, control the load, and celebrate the load.
- **Reinforce your progress** through accountability and reminders.

Let Pat show you how to take a break and get a grip – for ongoing sanity and success.

Pause On Purpose

🌀 Life Balance Leadership – Ease The Load & Lead The Way

Overload and overwhelm in the workplace create a poisonous work environment that triggers disengagement, diminishes capacity, and reduces productivity. O & O destroy life balance and career satisfaction, reducing corporate effectiveness and the bottom line. Over the long term, O & O are simply unsustainable.

The solution? Rewire the collective mindset to integrate healthy, sustainable pauses. Those who regularly step away from the frenzy make more thoughtful, strategic choices. They are better at balancing short-term, expedient actions (those seemingly urgent tasks) against long-term, high value objectives (what really matters most).

When you reduce the impact of overload and overwhelm in the workplace, you generate stronger corporate results while creating a more satisfying work and life experience for all. Learn more about these balance building, overload reducing, leadership tools and strategies:

- The **business case** for building balance & tackling overload
- The **key drivers** of imbalance & overload
- **Three points of leverage** in load balancing initiatives
- **A four pronged strategy** for reducing the impact of overload
- Work team strategies and **practices that support balance**
- Capitalizing on the **power of your personal leadership example**

Clients Served

Associations

Alberta Homebuilders Association

Canada, Manitoba & Saskatchewan 4-H Councils

Canadian Association of Financial Planners

Ducks Unlimited Canada

Manitoba Association of Home Economists

Project Management Institute of Saskatchewan

Saskatchewan Architects' Association

Saskatchewan Sport & Recreation Association

Saskatchewan Land Surveyor's Association

Saskatchewan Weekly Newspaper Association

Textile Rentals Industry Association

Western Retail Lumberman's Association

Government

Alberta Agriculture & Rural Development

Canada Customs Revenue Agency

Canadian Government Departments (Human Resource, Health, Corrections, Northern & Indian Affairs, Service Canada)

Cities of Grande Prairie, Regina, Saskatoon & Thunder Bay

Crown Corporations (SaskEnergy, SaskTel, SaskPower, Sask Gov Insur)

Saskatchewan Government Departments (Agriculture, Education, Health, Highways, & Social Services)

Pause for Applause

Encourage The Heart - Growing People & Organizations Through Appreciation

Recognition and celebration are more than just the icing on the cake. They are vital in strengthening relationships, sustaining organizations, and maintaining the loyalty of employees, clients, and volunteers.

When encouragement flows freely, relationships flourish. Appreciation is the fuel that grows people and organizations in value and worth.

Learn more about:

- The **lifelong impact of encouragement** and **why appreciation matters** so much to so many
- **Developing a more appreciative mindset**
- **Recognizing cues** that signal an opportunity for encouragement
- Avoiding **pitfalls and hazards** in recognition
- **Impactful strategies** for expressing appreciation to others and celebrating your own success

Let Pat help you strengthen your people and your organization through active appreciation.

Pause for Perspective

Hidden Value - Mining The Meaning In Everyday Life

There's a hunger of the heart that is only eased when people feel valued, appreciated, and filled with a sense of purpose and wonder.

Unless you climbed Mount Everest as a youngster with a million dollar book deal in your backpack, you might feel that your own day-to-day contributions don't amount to a hill of beans. Not so. Your contributions matter – to your organization, your community and your family.

Despite our culture's obsession with celebrity, youth, wealth & daredevil extremes ... significance and meaning are not always tied to 'larger than life' events with worldwide media coverage. Value also lives and breathes in the uncelebrated, un-televised moments of everyday life.

You make a difference. Your commitment, spirit, productivity, and peace of mind depend on knowing that is so.

- There is **value in what you do.**
- There is **value in who you are.**
- There is **value in every moment.**

See it! Feel it! Live It!

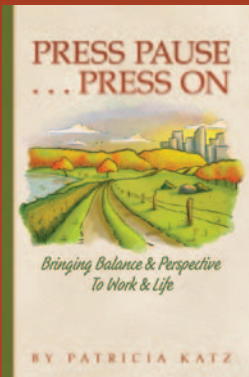
Looking for more than keynotes and concurrents?

Engage Pat to build satisfaction and boost productivity in your work force through **skill-building seminars** on: time, organization, life balance, stress, meetings, & recognition.

Call on Pat to design and lead **customized retreat programs** to help your teams strengthen connections while realigning short term actions and long term objectives.

Quick Pic Bio

Speaker, trainer and consultant
since 1986



Author of these 4 books:

Press Pause...Press On
Work Tips
Home Tips
Getting It Together

Newspaper / online columnist
for 15 years

Guest expert on 24 episodes
of nationally syndicated TV
program

Masters of Continuing Education
– Workplace Learning

CHRP – Certified Human
Resource Professional

Past National President of
CAPS (Canadian Association of
Professional Speakers)

Two Time Nominee for RBC
Canadian Woman Entrepreneur
Award – Trailblazing Category

Nominee YWCA Women
of Distinction Award for
Entrepreneurship

Nominee HRD Canada Human
Resource Practitioner of the Year

Wife & mother

Committed gardener,
enthusiastic traveler,
dabbling artist

Solid values, deep roots and
plenty of heart

Client Quotes

“Your work/life balance and productivity strategies made a positive difference for our sales staff. We are making good on our plans 85% of the time, and still getting home in time for supper with our families.”

– Sales Manager, Cargill

“You gave practical steps to get out of ruts and bad habits, plus fresh ideas for improving our work relationships and productivity. The day I got back to the office, I planned and made a sales call on a large prospect. I had been putting it off for some time. The results were gratifying, and whether or not I land this business, I will always remember what motivated me.”

– Senior Relationship Manager, Bank of Montreal

“Your research into FCC and our culture, as well as the focus on the needs of our division was clear. Your professional, entertaining presentation style captivated and engaged us the entire time. You were masterful at capturing the essence of value and applying it to our needs. Truly inspiring.”

– HR Business Partner, Farm Credit Canada

“Patricia Katz delivered an outstanding session for our municipal leadership program. She combines solid research, customized content and humor in a very professional package. Pat was a pleasure to work with. Our leadership students rated her as the best facilitator in their year-long program.”

– Staff Development Specialist, City of Thunder Bay

“Thank you again for an insightful and introspective message. You ended our successful meeting with passion, enthusiasm, warmth and care, and left us with some serious thinking to do about what really matters in life.”

– Director, Investors Group

“It was such a pleasure having you share your expertise and yourself with us. I especially liked how you moved amongst us, spoke to everyone, and made each person feel special.”

– Centre Educator, Capital Care Grandview

“Your reminder to pause to appreciate life’s moments was much needed and much appreciated. Conference attendees rated the quality of your presentation the highest of any speaker over our three-day conference.”

– Coordinator, Sask Pork Symposium

“Pat’s session, *Press For Performance...Pause For Renewal*, set the tone for our campaign, helping our Loaned Reps become more aware of their own needs and more confident in helping others. Building on this foundation, they went on to form an amazingly successful team and generate record-breaking results.”

– Campaign Coordinator, United Way

“ Pausing is an investment in
being able to continue,
not a reward for being done. ”

– Patricia Katz

