



**Patricia Katz, MCE CHRP**  
Productivity and  
Balance Strategist

## Introduction – Patricia Katz

Just like you ... today's presenter, Patricia Katz, is all too familiar with the pressures of life in the 21<sup>st</sup> century.

Described as the 'voice of sanity in a speed-crazed world', Pat works with leaders and organizations to reduce the impact of overload in their lives and workplaces.

She's a best selling author with a Masters degree, a record of business success that spans two decades, and many professional leadership roles to her credit. On the personal side, she's a gardener, a traveler, a painter, a mom, and a wife of 35 years.

Pat is here today to encourage and inspire us to accomplish what matters most in ways that bring more peace of mind.

Please join me in a warm welcome for ...  
Patricia Katz!

Press Pause



Think Again

### **Optimus Consulting**

315 O'Brien Place  
Saskatoon, SK  
S7K 6S9

P (306) 934-1807  
F (306) 242-0795  
TF (877) 728-5289  
E [pat@patkatz.com](mailto:pat@patkatz.com)  
W [www.patkatz.com](http://www.patkatz.com)