

Saskatchewan Institute of Agrologists Professional Development Workshop

Saskatoon – February 23, 2010

Easing The Load

*Tools & Strategies For Addressing
Life's Time And Balance Challenges*

Super-sized demands and a supersonic pace can and do exact a huge toll on individuals, their families, and the organizations in which they work. Ongoing overload negatively impacts physical, mental and emotional health.

When time gets scarce and pressures grow, overloaded individuals often abandon the very self care practices and strategies 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:

- **Reset your mindsets** to 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 ultimately, celebrate the load.

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. By reducing the impact of overload and overwhelm in the workplace, Pat helps organizations and their leaders generate stronger results while creating a more satisfying work and life experience for all.

Pat is bestselling author of four 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 balance, stress, time, and organization.

Pat holds a Masters degree in Continuing Education and a CHRP designation as a Certified Human Resource Professional. She has served in many executive leadership roles in regional, provincial and national professional associations.

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