GUEST SPEAKER

Patricia Pollack

Guide · Creator of The Pause Is the Answer™



THE TALK

The Pause Is the Answer

Staying Steady When Life Doesn't Let Up

> *"When the thing you've been avoiding finally gets done, your energy comes back."*

ABOUT THE TALK

Every business, family and community leader has one decision that just won't move. You know what needs to happen. It still hasn't happened. Patricia calls it the Pen Moment: the step is right in front of you, and your body pulls back. She guides the room through a simple pause to stay steady and take the step.

WHO IT'S FOR

Business owners, professionals, caregivers, and anyone carrying a big decision at work or at home.

YOUR MEMBERS WILL LEAVE WITH

1. The Pen Moment: why capable people stall, and why it isn't procrastination
2. A simple four step method: Pause. Regulate. Do. Repeat.
3. A two minute pause they practice together and can use the same day

FORMAT

15 to 30 minutes, with time for questions. In person or online. Travel by arrangement.

ABOUT PATRICIA

Patricia Pollack is a Guide and the creator of The Pause Is the Answer™. She holds a safe, unhurried place for people to feel what comes up, regulate, take one microstep they choose, then regulate again. For 27 years she has been mother and advocate to her daughter Alicia, who lives with profound disabilities, and she has learned to make life changing decisions under pressure that never lets up. Earlier in her career she worked in New York City as a project leader for the National Basketball Association. She is a Certified Neuro-Identity Evolution Practitioner®, certified in hypnotherapy, a published author, and has been featured in Authority Magazine and Rainmakers Magazine.

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