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Capacity Canada
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The Unexpected Power of Pausing: How Slowing Down Leads to Clarity, Creativity, and Resilience

Abstract:

The Unexpected Power of Pausing” explores how slowing down and taking breaks can lead to increased clarity, creativity, and resilience. By intentionally incorporating pauses into our lives, we can reset our minds, foster creativity, and improve our overall well-being. These pauses allow us to reconnect with our priorities, reduce stress, and enhance our ability to make thoughtful decisions.

Biography

Charles Achampong, is a best-selling author and award-winning keynote speaker who teaches ambitious professionals how to build powerful pauses into their lives—so they can stop running on empty and start living fully. With over 20 years of leadership experience across the public, private, philanthropic, and nonprofit sectors, Charles has led transformative initiatives with organizations such as the Vancouver 2010 Winter Olympics Committee, Scotiabank, the Ontario Trillium Foundation, and Mitacs. His debut book, *Around the World in Family Days*, became a best-seller thanks to its heartwarming storytelling and deeply relatable insights. Inspired by a life-changing sabbatical with his wife and daughters, the book chronicles a journey of personal transformation—one shaped by curiosity, reflection, and meaningful connection.