Creating a Culture of Gratitude Through Leading by Example

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Introduction & Objectives

Define gratitude.

Explore the connection between gratitude and burnout.

Examples of how to implement practices of gratitude into everyday interactions.
Gratitude
3-2-1 Reflection

• 3 People you work
• 2 things about your work
• 1 thing about yourself that makes you good at your work
Connection between burnout & gratitude
How do we make a shift?
Re-Frame, Re-Set, Re-Focus
References


• https://www.happify.com/hd/cultivate-an-attitude-of-gratitude/


• https://gratefulness.org/resource/what-is-gratitude/

• https://positivepsychology.com/benefits-of-gratitude/
Thank you