

# Cultivate Gratitude and Make Every Day Thanksgiving

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## Session Notes:

### Grateful people:

- Have increased emotional well-being
- Are less likely to burn out
- Are physically healthier
- Sleep better
- Are more resilient to trauma

### ROI to Organizations from Recognition

- 2X more likely to trust in their leadership team
- Have the highest psychological safety rating
- Are significantly more engaged and are more productive
- 2X lower chance of voluntary turnover

### Benefits to Expressing Gratitude

- Increased dopamine and serotonin
- No prescription needed
- No side effects
- No cost
- Double Value--works equally well on giver and receiver

### Do It!

1. Send an email
2. Send a handwritten note
3. Make a phone call
4. Tell them in person
5. Tell their supervisor
6. Make it timely and specific
7. Send Thanksgiving cards
8. Share it with their family

>>>>>>REGISTER NOW...INVITE OTHERS>>>>>>

### C-Suite Partnering with Board Members = Dynamic Success

Dec. 2, 2021 - 9:00 -10:30 a.m. CST

<https://tinyurl.com/t2r8kfk8>

### Looking Back – Looking Forward

Dec. 14, 2021 - 9:00-10:00 a.m. CST

<https://tinyurl.com/2txbjdsz>

### The Leader’s Edge – Preparing for Performance

Jan. 18, 2022 - 9:00-10:00 a.m. CST

<https://tinyurl.com/jnrtp7ha>

### References

- **The Power of Thanks**, Eric Mosely and Derek Irvine, pages 32-33
- **Workhuman Webinar, The Lighthouse Effect**, September 2021
- **Daniel Pink**
- <https://www.danpink.com/pinkcast/pinkcast-3-02-want-to-feel-more-grateful-this-simple-mental-trick-will-help/>
- **George Bailey**, It’s a Wonderful Life
- **Greater Good**, [https://ggia.berkeley.edu/practice/mental\\_subtraction\\_relationships#data-tab-how](https://ggia.berkeley.edu/practice/mental_subtraction_relationships#data-tab-how)
- **Gratitude, The Science of Happiness**
- <https://www.youtube.com/watch?v=oHv6vTKD6lg>

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