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## Leading with Gratitude

In this one-day workshop delivered by *Star Dargin*, participants will discover how successful leaders' practice and benefit from gratitude, and how appreciation and recognition are code words for gratitude in business. Gratitude helps leaders handle difficult and challenging situations. When gratitude is present, innovation blooms and engagement soars.

Learn why being capable and competent sadly isn't enough for managers. When you strengthen your gratitude muscle, it builds confidence in an authentic way. When people are confident, they take on more risks and handle unknowns and old challenges better.

In this interactive workshop, you will take an assessment, learn about the tools needed to strengthen your gratitude muscle, and how to coach others. Complexity and challenges and gratitude can all exist at the same time. This workshop is loaded with specific tips, stories, and immediate actionable ideas.

### Objectives:

- Learn your authentic leadership brand and how to use it
- Take a gratitude assessment
- Start or upgrade a gratitude practice and have a plan
- Learn and practice the three-step shift to gratitude
- Learn the GLAD tool for coaching others and teams

### Outcomes When the Material is Applied:

- Better ability to handle change, uncertainties, and unknowns
- Ability to handle difficult, complex people and situations better
- Calmer, better attitude, and less stress
- More engaged and stronger relationships
- Better results, more innovative (not same old)
- Things that appeared stuck suddenly open up to new possibilities
- More strategic and future oriented
- More risk taking
- More confident and authentic leadership style

### Results shared by participants:

- Confidence to tell a senior executive bad news
- Innovating to uncover a new insight and action
- Learning how to engage the curmudgeon on the team
- Finding how to bring their quirky authentic self to the workplace
- Experiencing less anxiety when using "the question"
- Uncovering greater potential and landing better jobs