



Leadership Through Practical Gratitude Workshop

Are you ready to become a leader who not only inspires innovation, fosters team engagement, and is less stressed but also thrives in the face of change and uncertainty? In a rapidly changing world where effective leadership is vital, embracing gratitude can be your game-changer. Grateful leaders are not only more innovative but also inspire engaged teams.

In this dynamic workshop, you'll discover how gratitude can transform your leadership style, equipping you to navigate challenging VUCA (volatility, uncertainty, complexity, and ambiguity) environments with empathy and resilience.

Gratitude isn't just an inherent trait; it's a skill you can nurture and fortify. No matter where you stand on the gratitude spectrum, our workshop will introduce you to fresh, science-supported techniques and tips for enhancing your gratitude skills.

We start with a personalized gratitude assessment, ensuring you receive tailored guidance. Best of all, The Practical Gratitude Workshop is designed to seamlessly integrate with your company's unique work culture, drawing from methodologies and tools from fields such as science, project management, facilitation, and coaching.

Don't miss this opportunity to become the kind of leader who delivers results and cultivates a positive, gratitude-based culture within your organization. Join us and unlock the full potential of your leadership abilities today.

When participants complete this workshop, they will:

- **Understand Gratitude's Impact:** Gain a comprehensive understanding of the profound impact of gratitude on leadership effectiveness, innovation, team engagement, and stress reduction.
- **Know their Gratitude Levels:** Conduct a personal gratitude assessment to evaluate current gratitude practices and identify areas for improvement.
- **Strengthen their Gratitude Skills:** Discover and practice new ways to build and strengthen gratitude skills tailored to individual preferences and leadership styles.
- **Have Created an Action Plan:** Develop a concrete action plan for incorporating gratitude-based leadership practices into your daily routine and professional interactions.
- **Learn How They Can Focus on Results-Oriented Leadership:** Understand how gratitude can be leveraged to create positive, gratitude-based cultures that deliver tangible results in terms of team performance and organizational success.

Leadership Through Practical Gratitude Workshop Outline

Introductions, Definitions, Assessment, Challenges

- Definitions, Challenges, Assessment
- Exercise: Stuck, Abuse, Education

Challenges

- Stuck, Stalled – 10 Easy Tips
- Communication: Grateful and Authentically

Gratitude Abuse

- Toxic Positivity, Negativity,
- Exercise: Interrupting and Shifting

Education, Growth Mindset

- One Size Does Not fit all.
- Making Gratitude Stick
- Exercise: If Only

Your Gratitude Project

- You the Leader: PADA
- Team/culture: GLAD
- Exercise: Planning for Gratitude