

Gratitude: A Skill for Happier Living

Overview/Description

Gratitude is a skill anyone can learn as an alternative to regret and fear. We can focus on the positive elements of our lives with a few simple practices. Providing sincere compliments can help us build relationships and be grateful for others. Rather than being grateful because we “ought to,” we can choose gratitude as a way of looking forward to each day.

Target Audience

This workshop is for those who would like to feel better about themselves, their situation and the people in their lives.

Expected Duration

45-60 minutes

Workshop Objectives

At the end of this workshop, you will be able to:

Understand the benefits of gratitude for:

- Building personal resilience
- Improving relationships
- Feeling more in control

Use gratitude to:

- Discover “how far I’ve come”
- Consider the positive side of negative situations
- Reduce stress

Use sincere compliments to:

- Encourage positive behavior
- Build relationships
- Create a personal culture of gratitude