

THE IMPACT OF Gratitude

95%

of employees agree that a grateful boss is more likely to be successful.

Employees who experience more gratitude at work report fewer depressive symptoms and stress.

Lack of gratitude is a major factor in driving job dissatisfaction, turnover, absenteeism, and burnout.

53%

of employees would stay at their company longer if they felt more appreciation from their boss.

70%

of employees would feel better about themselves if their boss were more grateful of their accomplishments.



Gratitude reduces toxic aggression, frustration, and regret even after receiving negative feedback.