



# BUILD STRONGER TEAMS AND SAFER WORKPLACES THROUGH EMPLOYEE FOCUSED GRATITUDE

Dave Linn

## OVERVIEW

Gratitude in the workplace has been proven to increase engagement, employee satisfaction, focus and retention while decreasing workplace accidents, stress, injury and absenteeism. This one day, two-part workshop trains leadership to understand the critical role of gratitude in safety and financial success. Punctuated by serious neurological, psychological, biochemical and economic studies, leaders come to understand their role as the genesis for transformational cultures, and learn the skills needed to create culture change that sticks. With the leadership aligned and motivated, we then provide employees with an understanding of the personal and professional benefits of gratitude, and the tools necessary to create and maintain gratitude practices that are lasting and impactful. The day culminates in the launch of a customized EFG, Employee Focused Gratitude program which lasts between 6-10 weeks.

## OBJECTIVES

### PART 1: Leading with Gratitude

Designed for upper level management and C-Suite members. Part 1 focuses on the personal and professional benefits of gratitude and the basics for creating a culture of gratitude that increases employee satisfaction and retention as well as productivity and safety.

- > **Defining Gratitude**
- > **Assessing Gratitude**
- > **Scientific and Economic Studies of the impact of Gratitude**
- > **Understanding the health, mental health, social and professional benefits of gratitude**
- > **Learning How and When Leaders show Gratitude**
- > **Creating a business culture of Gratitude**
- > **Developing an Employee Focused Gratitude (EFG) Initiative**
- > **Measuring EFG Initiatives**



## **PART 2: Employee Gratitude Works(hop)**

A hands-on Gratitude Workshop designed to energize employees by focusing them on personal and professional gratitude.

- > **Defining Gratitude**
- > **Personal Gratitude Assessment**
- > **Understanding the health, mental health, social and professional benefits of gratitude**
- > **How to become a contributor to a corporate culture of gratitude**
- > **Understanding and creating gratitude habits**
- > **Launch of EFG**



### **ABOUT DAVE**



As a business owner, consultant, and college and graduate school professor, Dave Linn knows that gratitude creates safer and more productive workplaces, and he's got the science to prove it. Known as The Gratitude Dude, Dave weaves humor and cold, hard facts with the concrete actions that create happier employees, higher retention rates and better safety records. Dave

holds professional certificates from UC Berkeley in The Science of Happiness and The Foundations of Happiness at Work and is the Chief Curriculum Officer for Congruense Business Conferences.

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