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Health Care**

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Gratitude in the Workplace Webinar

Session Description

As part of the Wellness Wednesday Webinar Spring Series, join PHC Wellness in partnership with Homewood Health for a 1 hour webinar on Gratitude in the Workplace.

Over the past two decades, the field of positive psychology has expanded rapidly, and one of the most discussed areas has been gratitude. We know that people who practice gratitude lead healthier lives both physically and emotionally. We also know that gratitude has a positive impact on both the workforce and workplace. Expressing and receiving gratitude at work directly and indirectly contributes to a culture of cooperative, motivated, and effective employees who give back and feel supported, appreciated, and recognized. The research on workplace gratitude goes deeper than a simple thank you.

This session will also address the dark side of gratitude and disentangle some of the complexities in order to present a balanced view of the topic. By attending, participants will gain awareness on research-based strategies to improve the well-being of employees and the culture of organizations.

Registration

To register to join live or to receive the link to the recording via email, click [here](#).



August 21, 2024
12 pm - 1 pm

Gratitude in the Workplace

Questions? Email wellness@providencehealth.bc.ca