



VISIBLE WELLBEING™
Professor Lea Waters AM PhD

Gratitude at Work

Many organisations suffer from Gratitude Deficit Disorder. Researchers at University of California, Berkeley, found that only 10% of employees reported that they regularly express gratitude at work. Curiously, almost all employees reported that gratitude was important and 93% reported that grateful bosses are more likely to succeed. In my own research, I have found that gratitude is a core, but often overlooked, aspect of creating a healthy workplace. In fact, my published research has shown that gratitude accounts for close to 25% of job satisfaction and is linked to higher levels of hope and optimism, better work relationships, and greater commitment to the company's mission and strategic direction.

This presentation weaves together science from organizational psychology, business and positive psychology together with workplace examples to provide the audience with an understanding of gratitude at work, why it is important, how employers can foster gratitude and what benefits they can expect when they do.

Audience members will learn;

- The benefits of gratitude at work
- Why gratitude is suppressed at work
- How to foster more gratitude at work

“Our working environment improved immensely and Lea was the difference. Our Global Chief Investment Officer, on one occasion, remarked that discussing his wider business circumstances with her when he first arrived made his whole trip to Australia worthwhile already.”

Ken Liow, retired Managing Director of Australian Equities

FORMAT OPTIONS

Keynote: 45 to 60-minutes
OR
Half and full-day workshops for corporate or not-for-profits, schools, universities, hospitals, entrepreneurs, start-ups and anyone interested in creating workplace culture that allows people to thrive.

IDEAL AUDIENCE

CEO's, Senior Leaders, Middle Level Management, Team Leaders, Human Resource Managers, Training and Development Experts, Organizational Consultants.

To book your session contact admin@leawaters.com