



ODONATA
Coaching & Consulting
PERSONAL, PROFESSIONAL,
AND PHILANTHROPY COACHING

Working Gratitude Group

Recent studies from UC Berkley and other research show that gratitude in the workplace can contribute to greater employee satisfaction and retention and can improve results based processes. Successful self-employed business owners are finding that focusing on what they are grateful for at work is attracting clients and building values based businesses. Being grateful at work is about more than writing a thank-you note (or e-mail) like personal philanthropy as an expression of gratefulness is about more than writing checks.

A commitment to a facilitated Working Gratitude Group creates a practice among business colleagues that stimulates dialogue for success and looks at four basic questions that can cultivate additional dialogue about the usefulness of gratitude in the workplace.

1. What are you grateful for at work today?
2. What challenges at work:
 - a. are you grateful for now that you have worked through them?
 - b. can your colleagues help you examine with their perspective of gratitude?
3. What tools and resources are you using to use and perpetuate the usefulness of gratitude in the workplace? (i.e. books, courses, coaching, speakers, journals, apps, etc.)
4. How can a business professional (or company) look at their successes with gratitude in a way that overflows into the community via involvement and investment – true personal philanthropy?

In their book, *“Be the Change”* Ed and Deb Shapiro document how companies like Google, Yahoo!, Morgan Stanley, and Pricewaterhouse Coopers have begun to explore meditation and yoga as ways to help employees thrive and reduce stress.

Gratitude has an equally exponential effect on bringing bottom line shift and transformation to an organization. A regular conversation and practice around gratitude helps to unlock other higher-level skills and emotions that inspire, empower and motivate employees in all levels of an organization.

After a successful career in sales, fundraising, non-profit leadership and now via coaching and consulting work in business and philanthropy, Darin Hollingsworth has created tools and best practices for empowering people to thrive while making a living and making a difference. Working Gratitude works!

**To launch your Working Gratitude Group contact Darin Hollingsworth:
e-mail Darin@OdonataCoaching.com Cell: 702-301-8132 OdonataCoaching.com**