

Gratitude Matters

It Feels Like Magic!

Gratitude is an incredibly powerful practice. It helps us identify what we already have in this world. Research shows that practising gratitude daily improves our physical and mental health. But is it really as easy as being thankful? In this session, we will explore the practice of gratitude. We will look at the research around the impact of this practice. We will explore areas in our lives where we can discover meaning and gratitude. We will talk about the impacts of gratitude in the workplace. Finally, we will also look at the techniques we can start implementing in our daily lives to make gratitude a part of our routine.

Session Outline

- Defining gratitude as an active practice
- Research on gratitude and wellbeing
- The gratitude wheel
- Gratitude in the workplace
- The how of active gratitude
- Energising and motivation exercises
- Useful websites and resources

Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

Speaker: Gwen Jones



Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.