

## Cultivating Joy with The Practice of Gratitude

We live in a culture of increasing scarcity. This fuels the belief that there is never enough. Not enough certainty, safety, money, sleep, time, food, exercise, fulfillment, etc. The solution is to live in a mindset of sufficiency and to develop a strong practice of gratitude. This practice is a key part of a journey to wholehearted living and more joy.

### Discover transformational insights about:

- What scarcity is and how it could be impacting your life
- How to increase your joy with the proven practice of gratitude
- Practical tips and strategies to develop your own personal gratitude practice.

### This powerful workshop consists of:

- Short video of Dr. Brené Brown
- Facilitation by Cheryl Molenaar, CPCC and Certified Daring Way™ Facilitator.
- Group coaching and and interactive exercises
- Take-away coaching notes and follow up tools

### About Cheryl Molenaar

Cheryl Molenaar is an inspiring, intuitive coach who has a contagious passion to see people and organizations move forward and achieve personal and professional goals. She is skilled at helping leadership and teams increase cohesion, productivity and results, through 1:1 coaching, team sessions and staff retreats. She also coaches individuals and offers transformational community workshops.

She is an expert at helping others discover their unique strengths, identify obstacles and discover strategies to achieve goals that matter. She is passionate about seeing people and teams reach their hidden potential. She has 25+ years of experience as a leader in the non-profit sector.

### About Brené Brown

[Dr. Brené Brown](#) is a research professor at the University of Houston Graduate College of Social Work. She has spent the last 13 years studying vulnerability, courage, worthiness, and shame.

Brené is the author of the #1 New York Times bestsellers: **Rising Strong: The Reckoning, The Rumble, The Revolution, Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead** and **The Gifts of Imperfection** and her new best-selling book called: **Braving the Wilderness: The Quest for True Belonging and The Courage to Stand Alone.**

Brené's [2010 TEDx Houston talk "The Power of Vulnerability"](#) is one of the top ten most viewed TED talks in the world, with over 30 million viewers.