



**CherylMCoach**  
Inspire • Move • Achieve

## Increasing Happiness at Work with the Practice of Gratitude

A decade of research proves that happiness raises nearly every business and educational outcome: raising productivity by 31%, and accuracy on tasks by 19%, increased employee engagement, as well as a myriad of health and quality of life improvements. \*

We live and work 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.

### **Discover transformational insights about:**

- What scarcity is and how it could be impacting your life and work
- How gratitude changes everything
- How practicing gratitude increases joy and overall performance at work
- Practical tips and strategies to develop a personal gratitude practice.

### **This powerful workshop consists of:**

- Short video of Shaun Achor; author of *The Happiness Advantage*
- Key insights based on the research of Dr. Brené Brown
- Facilitation by Cheryl Molenaar, CPCC and Certified Daring Way™ Facilitator.
- Interactive exercises and group coaching
- Take-away coaching notes and follow up tools

### **Quotes from \*Shaun Achor – The Happiness Advantage**

#### **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.

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