

The Grateful Leader

Acting on opportunities to express
gratitude

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What is Gratitude?

Gratitude - noun
the feeling of being thankful; readiness to show appreciation for and to return kindness



Why Gratitude in The Workplace?

Benefits of Gratitude

- Improves sleep
- Improves immune system
- Increases your energy
- Helps us relax
- Makes you friendlier
- Helps your marriage, friendships
- Makes you a more effective manager
- Makes you more productive

Zig Ziglar

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

How to Improve Workplace Gratitude

Create a Culture of Trust

Manager to Employee

Employee to Employee



How to Improve Workplace Gratitude

Provide Feedback

Recognition vs. Appreciation

Genuine Appreciation

- Increases Employee Engagement
- Increases Productivity
- Decreases Turnover
- Decreases Absenteeism

Tony Robbins

“Trade your
expectation for
appreciation and
the world
changes
instantly.”

How to Improve Workplace Gratitude

The 5 Languages of Appreciation in the Workplace

1. Words of Affirmation
2. Quality Time
3. Acts of Service
4. Tangible Gifts
5. Physical Touch

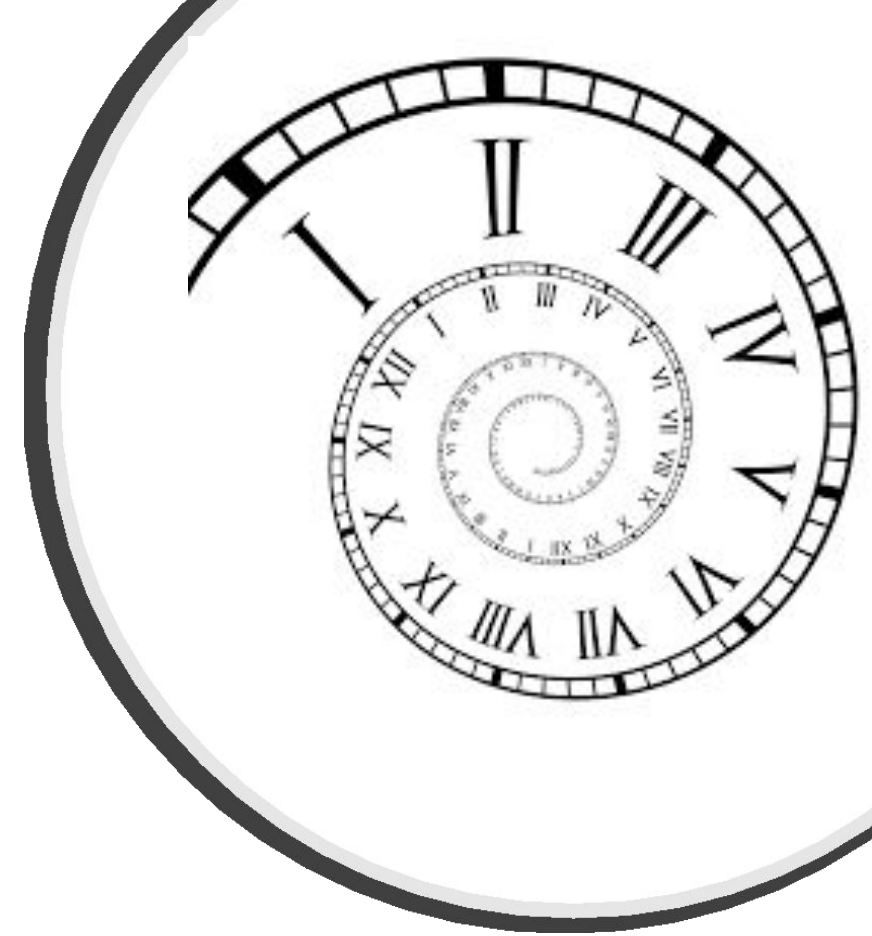
Appreciation Language #1

Words of Affirmation



Appreciation Language #2

Quality Time



Appreciation Language #3

Acts of Service



Appreciation Language #4

Tangible Gifts



Robert Holden

“The real gift of gratitude is that the more grateful you are, the more present you become.”

Appreciation Language #5

Physical Touch



How to Improve Workplace Gratitude

Provide Feedback

Suggestion Programs

Thank You Notes



How to Improve Workplace Gratitude

Communicate Opportunities for Growth

Performance Conversations

Succession Planning

How to Improve Workplace Gratitude

Recognize & Celebrate Success



Why Gratitude in The Workplace?

Grateful Leaders Make the BEST Leaders

Your overall gratitude impacts your overall attitude

A grateful leader sees opportunities others miss

Gratitude fuels generosity

Teams gravitate towards gratitude

Gratitude neutralizes your anger and jealousy

Robert Braathe

“Gratitude and
attitude are not
challenges;
they are
choices.”

Recommend Resources

“The 5 Languages of Appreciation In The Workplace” by Gary Chapman & Paul White

Watch Simon Sinek’s Ted Talk, “First Why and Then Trust”

STRENGTHEN your leadership. ELEVATE your results. Apply now for a remote Learning & Coaching Program. Enrolling now for New Leader Boot Camp and The GREATNESS Course. Visit www.capstoneleadership.net for more information.

QUESTIONS?

CALL US!



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JUST START

