

Gratitude in the Workplace

IDEO Challenge Brainstorm – Wednesday, October 11th, 2017

- Welcome and Icebreaker - 10 minutes
- Challenge, Research & Goals – 10 minutes
- Team Sessions – 15 minutes
- Group share – 15 minutes
- Next steps – 5 minutes

What's Your Hidden Talent?

**Would you prefer to visit earth in
2100 or travel back to 1900?**

How might we inspire experiences and expressions of gratitude in the workplace?

- Is an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we've received. We recognize that the sources of this goodness are outside of ourselves.
- Is not just a pleasant, passive emotion but rather an activating, energizing force that may lead us to pursue our goals and become better, more socially engaged people.
- Enables people to feel motivated.
- Encourages people to make progress towards their goals.
- Is a motivating emotion that spurs an individual to action and ultimately have power to make us happy.
- Motivates us to improve our own lives and the people around us.

How might we inspire experiences and expressions of gratitude in the workplace?

Savina + Rea

David + Ben

Anna + Mila

- What immediate next steps will we take if we receive an implementation grant?
- What catchy title should we give our idea?
- How the idea will inspire the experience and expression of gratitude within an organization?

