



Gratitude at work

Gratitude at work is like sprinkles on a cupcake - it makes everything better! When employees feel appreciated and valued, it **boosts their morale and motivation, reduces stress, and promotes positivity and teamwork.**

Plus, when employers show gratitude, it's like a big high-five for a job well done!

Gratitude is a powerful tool for promoting positivity and happiness in the hospitality industry. So, let's **sprinkle some gratitude** around the workplace and make it a sweeter, happier place to be!

Here are some fun and light-hearted ways to get started:

- 1 Share a daily dose of gratitude:** start each shift asking your team to share one thing they're grateful for. This can set a positive tone for the rest of the day and remind everyone to appreciate the good things in life.
- 2 Say thank you:** sometimes the simplest gestures can make the biggest impact. Thank your colleagues and staff for their hard work and contributions and encourage others to do the same.
- 3 Spread the love:** create a culture of appreciation by encouraging your team to show gratitude to each other. Whether it's a handwritten note, a sticky note gratitude wall or a verbal thank you, these small acts of kindness can go a long way.
- 4 Celebrate milestones:** Take time to recognise and celebrate milestones, such as work anniversaries, promotions, and successful projects. This not only shows gratitude for individual achievements but also creates a sense of camaraderie and appreciation within the team.
- 5 Give back:** organise team volunteering events or donate a portion of profits to a charitable cause. This can give your team a sense of purpose and gratitude for the opportunity to give back to the community.

Do you want to
create a more
positive and fulfilling
workplace?

**Spread some
gratitude around
- it's contagious!**



SHERRI RING

Hospo Health Lead Coach
Energy Health – Director,
Founder
The Mind Games – Director,
Founder

