



Linda Roszak Burton

Executive Coach | Author | Speaker

Thank you for your interest in our work in gratitude and the related research and evidence-based practices.

About me as a coach. I combine the latest research in positive psychology, gratitude and neuroscience in the delivery of strengths-based executive and team coaching services (coaching program descriptions provided upon request). In addition, **DRW** offers a series of gratitude programs to support the health and well-being of leaders and employees as they continue to cope with heightened levels of stress, uncertainty and ambiguity.

Here are a few of our most requested programs on gratitude:

- The Health and Well-Being Benefits of Gratitude ~ Preventive Care Across a Lifespan
- Discovering the Science of Positive Psychology and Gratitude ~ What It Is and Why It Matters
- The Neuroscience of Gratitude ~ The Positive Impact on Employee Engagement and Leadership Development
- Strengths-Based Leadership ~ An Innovative Approach to Incorporating Evidence-Based Neuroscience, Gratitude and Positive Psychology (Formerly the Foundations of Grateful Leadership)

Programs are adaptable for any job function and all levels in an organization.

About our research.

- A Gratitude Intervention Study in a senior living community resulted in statistically significant improvements in employee engagement($p < 0.001$) and meaningfulness of work($p < 0.001$).
- Currently, I'm conducting research with Central Queensland University in Queensland, Australia and Anglia Ruskin University in Cambridge, England, on gratitude interventions to improve well-being, nurse resilience and stress management in support of graduate nurses transitioning to practice.

I continue to write for the Wharton Healthcare Quarterly feature series on gratitude and the author of *Gratitude Heals®- A Journal for Inspiration and Guidance (Available on Amazon)*. In addition, you can view my 2022 **TEDx Talk Gratitude- The Power to Heal the World**.

Gratitude is fostered, not forced

Watch this short video on gratitude as part of our well-being ecosystem.

