

November EAP Webinar

Sponsored by: Wayne Corporation EAP

Practicing Gratitude to Boost Your Happiness

Accessible in November 2024

Where: waynecorp.com on Front Page

- Work-Life Portal (upper right corner)
- Log In/Register & click on “webinars” tile - follow prompts

Gratitude is the extremely powerful quality of being thankful that can change your life for the better. If you're looking to bring more happiness into your life, then practicing gratitude is your answer. Gratitude opens your heart and your mind allowing you to feel more present, generous, thankful, empathetic, kind,