



gratitude & appreciation *Summit*

October 1 - Program

- 9:30 am (PDT) Grab your coffee, tea, or beverage of choice
Have the workbook ready to go so you can take notes
- 9:45 am Log onto Zoom
- 9:55 am 5 Minute countdown – get comfortable and be ready to be wowed!
- 10:00 am Indigenous Blessing - Karen Moraes
Building Relationships in the Workplace - Kathy Fester
The W 5's of Gratitude on Social Media - Jeanette Y. Martin
- 10:40 am Grace is Fueled by Gratitude - Dave Sanderson
- 11:25 am Authentic Self & Mindset - Jaris Tucker
- 12:10 pm Lunch Break & Heart Wall Activity
- 1:00 pm Gratitude Journalling w/ the Captain - Bruce Kirk
- 1:50 pm Human Centered Business - Kalina Donald
- 2:40 pm The Power of Kindness - Randy McNeely
- 3:25 pm Profit of Kindness - Jill Lublin
- 4:10pm Q&A, prize draws



Note: Check out the photo booth and take a picture of yourself and post with #GASUMMIT2021 – let's share some heart together. Link will be posted during the event.

Make Gratitude & Appreciation a Habit



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October 2 - Program

- 9:30 am (PDT) Grab your coffee, tea, or beverage of choice
Have the workbook ready to go so you can take notes
- 9:45 am Log onto Zoom
- 9:55 am 5 Minute countdown – get comfortable and be ready to be wowed!
- 10:00 am Indigenous Blessing - Karen Moraes
Promptings to Live By - Kathy Fester
Modalities of Gratefulness - Jeanette Y. Martin
- 10:40 am Healing Through Gratitude & Appreciation - Dawna Campbell
- 11:20 am How to Practice Being a Teenager in Today's World - Panel Discussion with Teens
- 11:45 am How to Practice Gratitude Beyond Thanks Giving - Julie Boyer
- 12:30pm. Lunch
- 1:00 pm Gratitude & Health (Indigenous Content)- Karen Moraes
- 1:15 pm Human Connecting - Open Discussion
- 1:30 pm Raising Children in Today's World - Panel Discussion with Parents
- 2:00pm Finding Happiness Through Adversity - Michael Ray
- 2:45pm Q&A, prize draws and thank you message



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