



Designing a Gratitude Roadmap

Interactive Workshop for Educators

How gratitude can support your well-being

In this session, participants will learn about the benefits (and science) of a gratitude practice. The workshop will walk you through various practices and how to create a habit of gratitude in your day-to-day life.

At EASE, we care about your health and well-being.

This workshop is free for all employees of EASE member organizations.

Employees must register to attend.

For more information, please contact the EASE office at (562) 922-6683.



Sign Up



Los Angeles County
Office of Education

Employee Assistance
Service for Education

NOVEMBER 8TH, 2023

12:00 PM ONLINE

Session Duration: 45 minute workshop + 10 minute guided meditation

A recording will be made available, for those unable to attend.