

# Gratitude as a Leadership Style

## VIRTUAL TRAINING

### WHEN

November 11, 2026  
12:00 PM – 1:00 PM

### PROGRAM FEE

**FREE** for MHEI Members

### REGISTER

To register, please visit [MHEI.org](https://mhei.org). After you register, you will receive the virtual training log-in instructions including meeting ID and password information.

Questions? Contact Kelly Yost, Manager of Programs & Membership: 410.796.6239  
[kyost@mhei.org](mailto:kyost@mhei.org)

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## Program Overview

Healthcare leaders operate in emotionally demanding environments where stress, fatigue, and burnout can dominate the workplace experience. Neuroscience research demonstrates that gratitude is not simply a “feel-good” concept — it is a powerful leadership and resilience practice that impacts the brain, emotional regulation, team dynamics, and workplace culture.

This session explores how gratitude influences brain function, stress response, emotional contagion, psychological safety, and team engagement — while providing leaders with practical ways to incorporate gratitude into healthcare leadership practices.

## Program Objectives

1. Explain the neuroscience behind gratitude and stress regulation
2. Describe how gratitude impacts the brain, emotional wellbeing, and leadership effectiveness
3. Recognize the connection between gratitude, resilience, and psychological safety

## About the Speaker

**KATRINA COLEMAN, BSN, MSN**

**Leadership and Engagement Strategist**

Over the past 25+ years, Katrina has consulted and coached hundreds of managers in developing and implementing key skills to create focus on achieving goals and easing their busy schedules. Katrina is a master’s prepared nurse and an ATD-Certified Coach.

## Target Audience

Healthcare Leaders at all levels and disciplines