

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

REGISTER NOW

By attending *Gratitude as a Leadership Style* offered by The Maryland Healthcare Education Institute, participants may earn up to 1.0 ACHE Qualifying Education Hours toward initial certification or recertification of the Fellow of the American College of Healthcare Executives (FACHE) designation.



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

This program has been approved for 1.0 Category I RCEC hour, by the MD/DC Society for Respiratory Care.

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