



Unleashing the Power of Gratitude

What impact does this emotion have on our mental and physical health?



MARY CECCANESE

Gratitude can improve relationships, help us cope with everyday stress, and increase our ability to feel more loving and forgiving. Research shows that this amazing virtue can also bring happiness, reduce anxiety and depression, and help us to sleep better. In this interactive presentation you will hear about what gratitude can do for you, including specific and detailed steps to incorporate more gratitude in your life.

Mary Ceccanese (pronounced Check-a-NAY-zee) is the owner and principal consultant of Dynamic Connections LLC. Celebrating almost 15 years of presenting interactive seminars to all levels of staff in for-profit and non-profit organizations. She engages attendees with research-based practices for work-life scenarios. She has a BA in Human Resource Administration and recently retired from working at the University of Michigan for more than 30 years. In 2021, Mary published her first book for staff titled, *YOU Can Create Positive Change at Work*, and in 2020 released her first “*High-Quality Connection Cards*.” In 2019 she was presented with a University of Michigan Staff Impact Award and was also named one of the 2019 national “Top Ten Business Women” of the American Business Women’s Association (ABWA). She is currently the District V Vice President in ABWA.

WEDNESDAY, APRIL 12, 2023

6:00 DINNER / NETWORKING IN PERSON | 6:30 P.M. MEETING / ZOOM / PROGRAM

PLEASE REGISTER AT WWW.NOVI-ABWA.ORG/EVENTS

\$20 TO ATTEND IN PERSON (INCLUDES DINNER) | \$5 TO ATTEND VIA ZOOM

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THE AMERICAN BUSINESS WOMEN’S ASSOCIATION WELCOMES ALL WOMEN AND MEN AS MEMBERS. WWW.ABWA.ORG.
QUESTIONS? E-MAIL PROGRAM CHAIR MARCIA GREEN AT NOVIOAKSABWA@GMAIL.COM



Novi Oaks Charter Chapter