



# Creative Catalyst Workshop Series

## The Power of Gratitude

Kathy Ellwand

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Studies show that practicing gratitude elevates our moods and super charges our immune systems. It is a powerful tool to align our minds towards positive mental health and to strengthen our relationships. Join UK-based facilitator Kathy Ellwand to learn a series of arts-based gratitude practices that you can use personally, with family and friends and youth and adults groups you may lead. We will gather with people from around the world and use the power of gratitude to connect and feel great!

### RESOURCES

- The workshop outline and list of songs - [SLIDES](#)
- [Our community poem | Gratitude is . . .](#)
- Kathy's contact info: [kathy.ellwand@yahoo.com](mailto:kathy.ellwand@yahoo.com); join Kathy online at the [Songbird Singing Group for Mums](#) for mothers and grandmothers