



Gratitude is more than a feel-good emotion – it's a transformative *superpower* that reshapes how we live, lead, and connect. In this energizing and reflective session, participants will explore how gratitude cultivates inner peace during challenges, strengthens relationships, and unlocks a sense of abundance in everyday life.

#### During this webinar, we'll:

- Explore how gratitude transforms stress and scarcity into resilience, peace, and a sense of enoughness
- Hear the inspiring story behind the Token of Appreciation (TOFA) and its ripple effect
- Learn practical ways to make gratitude a daily habit that strengthens relationships and elevates workplace culture

## OUR HOST



**Nicole McFarland, CWP**  
Senior Consultant, Vitality and Wellbeing Solutions, NFP

## OUR PRESENTER



**Jo Englesson**  
Founder of [Gratitude.com](https://www.gratitude.com) + Creator of TOFA

Jo Englesson is a visionary entrepreneur, keynote speaker, and author of Source Movement. Through her transformational Gratitude Training programs, Jo has impacted more than 20,000 people. Her mission is bold yet simple: to awaken gratitude as a global superpower and foster peace on the planet within our lifetime.

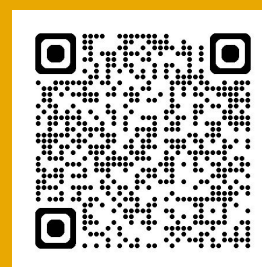
## VIRTUAL WEBINAR GRATITUDE AS A SUPERPOWER: CULTIVATING PEACE, ABUNDANCE, AND CONNECTION

### WHEN

Tuesday, November 4, 2025  
Noon – 1:00 p.m. ET

### HOW TO REGISTER

Visit [go.nfp.com/  
gratitude\\_as\\_a\\_superpower](https://go.nfp.com/gratitude_as_a_superpower)



### WHO CAN ATTEND

This free session is open to all NFP clients and their employees, as well as NFP employees.

### AFTER THE EVENT

The webinar will be recorded and shared with all registrants. In addition, all past Wise & Well Webinar recordings and resources can be found in **NFP's Wise & Well Training Center**.

### QUESTIONS?

Email NFP's Atlantic Region Vitality & Wellbeing Solutions team at [NFPAtlanticwellbeing@nfp.com](mailto:NFPAtlanticwellbeing@nfp.com).