



**November 2021**

The Thanksgiving holiday reminds us to be grateful, but the proven benefits of gratitude are too important to be celebrated on just one day.

Expressing gratitude makes us more vulnerable and authentic. At the same time, the process of acknowledging others helps build trust and enhances our personal and professional relationships.

In this month's Digest, you'll find insights on how the habit of gratitude can be an important ingredient in both our business success and overall well-being.

 **THINGS WE LIKE**

### **The Business Impact of Gratitude**

While many of us tend to view and express gratitude in relation to our personal lives, gratitude in the workplace is especially critical because it satisfies the higher psychological need to feel a sense of belonging to something greater than ourselves – to feel a sense of meaning at work. [Read the full article](#)

### **Giving Thanks Can Make You Happier**

Each holiday season comes with high expectations for a warm and festive gathering. But what about those who feel lost, overwhelmed or down at this time of year? Research suggests that one aspect of the Thanksgiving season can actually lift the spirits, and it's built right into the holiday – being grateful. [Read the full article](#)

### **How to Practice Gratitude as a Business Skill**

Personal creative gestures and heartfelt gratitude go a long way in building the kind of business relationships that last. Here are six keys to practicing gratitude and appreciation as a business skill. [Read the full article](#)



## THE NEXT FRONTIER PODCAST

### **Erik Strid: Helping Clients Navigate the “Exploring” Phase of Life**

With the dramatic increase in life expectancies, many people near the traditional retirement age of 65 could potentially live another 30 years. In this episode, we explore how advisors can help clients entering this important life transition craft their next chapter. [Listen to the episode](#)

### **Dr. Tim Bono: Can Money Buy Happiness?**

The answer to the age-old question, “Can money buy happiness?” may surprise you. In this two-part episode, we explore the key drivers of happiness and discuss practical solutions that can improve our everyday lives. [Listen to part 1](#) [Listen to part 2](#)

### **Vaughan Scott: Enhancing Your Value through Empathy and Emotional Intelligence**

The business of advice has changed. And clients today are concerned about much more than their money. In this episode, we explore how advisors can use empathy and emotional intelligence to deliver advice centered on helping clients achieve what matters most to them. [Listen to the episode](#)



## WEBCAST

### **Bringing the Generations Together: Fighting Social Isolation and Loneliness**

What are the most promising intergenerational solutions to the epidemic of loneliness and social isolation? This webcast highlights three innovative programs that bring older and younger people together to talk, create and connect. [View the webcast](#)

### **First Clearing Speaker Series**

We invited three thought leaders to join us for a series of virtual presentations all around the topic of performance in September and October. If you are interested in accessing their recorded sessions and materials, we have that posted on [FirstClearing.com](#) for you. [Link to more information on each session.](#)



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