

Be Thankful.... Be Well !!!!



"In my younger and more vulnerable years my father gave me some advice that I've been turning over in my mind ever since. Whenever you feel like criticizing any one," he told me, " just remember that all the people in this world haven't had the advantages that you've had."

F. Scott Fitzgerald, The Great Gatsby

These opening lines from my first ever viewing of *The Great Gatsby* stuck with me throughout the day this past weekend as I drove around my neighborhood, taking in the gorgeous fall leaf colors. I began to think about the advantages I've had in my life and I found myself being humbled.

How many times have I complained about something...or someone....forgetting about all the wonderful gifts that life has presented me along the way?

Yes, I've had more than others. But I've also had less than others too.

The reality is, this is the life I've been given and for which I continue to have opportunities to help further shape and create it.

I am thankful for what I have.

And we all know the benefits that proven research has shown us about being grateful.

Is there any better opportunity to do so than at this season of Thanksgiving?

We invite you to join us and share what you're grateful for this year at our [monthly virtual networking session](#) on Thursday, November 16th at 12:00 noon. No agenda, pure networking! Always lots of great conversation!

Click here to [register!](#)

We hope to see you there!

**Complimentary Virtual Facilitated Networking Events
Third Thursday Every Month 12:00 Noon (Eastern)**

Connect with other change practitioners, coaches, human resource
business leaders and other experts!
No agenda...just pure networking. Come join us!
Really look forward to seeing you!

Thursday, November 16th, 2023 12:00 Noon

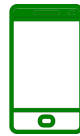
Click here to [register!](#)

Are You Ready to Create Your Wonderful Legacy?

Whether you are looking to successfully move through a significant transition,
implement a large scale change, build your leadership skills, strengthen team
relationships or become a great change leader,
Transformation Strategies is here to help!



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