Mark Greenawald, MD, explores the habit of gratitude

On Dec. 16 and 17, 2020, the AMA held two webinars in the Emerging Topics in Professional Satisfaction and Practice Sustainability series: "The Habit of Gratitude: Being Positively Contagious" (Dec. 16) and "The Habit of Gratitude: Being Positively Contagious—Evening Session" (Dec. 17).
Research has shown that having a grateful outlook can enhance an individual’s psychological as well as physical well-being. Additionally, this positive outlook can precipitate the phenomenon of “positive contagion” within an organization, and therefore gratitude becomes a health care leadership imperative, particularly in our presently challenging times.

This presentation, designed to be both reflective as well as interactive, will help participants consider how to integrate the habit of gratitude more into their own lives as well as bring that same habit to their organizational cultures.

**Dec. 17 webinar recording**

**Dec. 16 webinar recording**

**Webinar slides**

Download the webinar presentation slides.

**Speaker**

**Mark Greenawald, MD**

Professor and vice chair, Department of Family and Community Medicine, Carilion Clinic and the Virginia Tech Carilion School of Medicine

**Speaker bio**
Dr. Greenawald is professor and vice chair of family medicine and community medicine at the Virginia Tech Carilion School of Medicine (VTC) and presently serves as the vice chair for academic affairs and professional development and as residency program faculty for the Carilion Clinic Department of Family and Community Medicine.

He serves as the medical director for the Carilion Clinic Institute for Leadership Effectiveness (ILE) and is a leader of well-being initiatives for his clinical department. In February 2020 Dr. Greenawald rolled out the PeerRx Med program, a peer support and professional growth program that has already impacted the personal and professional well-being of clinicians and health care teams around the world.