

GRACE: GRatitude, Compassion, Empathy

What is it?

Gobel's groundbreaking program GRACE teaches GRatitude, Compassion, and Empathy to healthcare professionals. It was created on evidence-based research to help clinical and administrative staff strengthen patient interaction, build greater compassion and empathy, and recognize how patients and families express gratitude.

The program has been developed between Gobel Group and world-leading academicians David Victorson, Ph.D. and Robert Emmons, Ph.D.

Dr. Victorson is a licensed psychologist and Associate Professor of Medical Social Sciences in the Feinberg School of Medicine at Northwestern University where he directs the Consciousness in Health Research Lab. He is also the Director of Integrative Oncology at the Robert H. Lurie Comprehensive Cancer Center's Survivorship Institute.

Dr. Emmons is the world's leading scientific expert on gratitude. For nearly two decades, Dr. Emmons has been studying the effects of gratitude on physical health, psychological well-being, and on our relationships with others.

Why is it important?

The Benefits of GRACE

- **Increases** Happiness, Life Satisfaction, and other Positive Emotions
- Helps Us "Bounce Back" from Adversity
- **Strengthens** Relationships
- **Promotes** Altruism & Giving Behaviors

- **Strengthens** Immune System Functioning
- **Improves** Positive Health Behaviors
- **Improves** Sleep Quality
- **Decreases** Depression and Anxiety
- **Lowers** Blood Pressure
- **Reduces** Pain

How does it work?



Gobel Group is the leading consulting firm working exclusively in healthcare philanthropy.

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