



ABOUT  
**STEVE FORAN**  
P.ENG, MBA

"Our work is about people and you helped us rediscover an effective and genuine way to deal with people... in essence, to be better leaders."

My dream is **one billion** happier people.

While not the typical career path of an Electrical Engineer, I began exploring the relationship between gratitude and philanthropic giving during my MBA—receiving the Gold Medal for highest academic standing. Since then, I've been writing and conducting practice-based gratitude research and teaching the habits of gratefulness—more than fifteen years now. What has emerged is our science-based program, Gratitude At Work. It's a simple, yet innovative approach to thriving leadership and business growth.

I founded Gratitude at Work in 2006 and started hosting conversations in my community which have since grown into work with leaders around the world, shifting cultures, helping leaders and their teams be happier at work by bringing more gratitude to work each day.

My 2019 book, *Surviving to Thriving - The 10 Laws of Grateful Leadership*, was named 1 of 8 recommended reads by **Greater Good Science Center at University of California Berkeley** and 1 of 5 positive psychology books for a happier 2019 in **inc**. Also in 2019, I was an inaugural winner of **Canada's CEO Trusted Advisor Awards** Program and in 2017, I was awarded the highest earned designation in professional speaking, CSP™.

I'm a son, brother, husband, father and relatively newly minted grandfather. My kids poke fun at my gratitude work (air quotes) as we are heading to **one billion** with an on-line community that gives everyone easy access to the secrets of gratitude and grateful leadership. I'm a lifelong resident of Halifax, Nova Scotia and trying to do my part to make my community a better place to live.

