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This abstract explores the transformative potential of gratitude psychology in empowering individuals, with a focus on personal experiences overcoming trauma, anxiety, and depression. It aims to provide insights into the role of positive self-talk and affirmations in enhancing self-esteem and well-being, drawing from both research findings, and lived experiences.

Introduction: Empowerment encompasses a journey of self-discovery and resilience, particularly in the face of adversity. Gratitude psychology offers a pathway to empowerment by cultivating a mindset of appreciation and self-affirmation. This study aims to examine the impact of gratitude practices on personal growth and empowerment, weaving together research insights and personal narratives of overcoming trauma, anxiety, and depression.

Materials and Methods: The methodology combines empirical research and personal storytelling. Research findings on gratitude psychology, positive self-talk, and affirmations will be presented through PowerPoint slides, synthesizing key concepts and empirical evidence. Additionally, personal experiences of navigating trauma, anxiety, and depression will be shared to provide a firsthand perspective on the transformative power of gratitude practices.

Results: Research findings elucidate the benefits of gratitude practices in enhancing self-esteem, resilience, and overall well-being. These insights are complemented by personal narratives, which highlight the role of positive self-talk and affirmations in overcoming adversity and fostering personal growth. Together, they offer a comprehensive understanding of the transformative potential of gratitude psychology in empowering individuals to thrive amidst life's challenges.

Conclusion: The synthesis of research findings and personal experiences underscores the profound impact of gratitude psychology on personal empowerment. By embracing gratitude

JOURNEY TO EMPOWERMENT: INSIGHTS ON GRATITUDE PSYCHOLOGY

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practices and cultivating a positive mindset, individuals can transcend adversity, reclaim their sense of agency, and embark on self-discovery and resilience.

Keywords: Gratitude psychology, Personal Empowerment, Positive self-talk, Affirmations, Trauma Recovery, Anxiety, Depression

Biography

Cindy Ota is a dedicated life coach passionate about guiding individuals, including expatriates and multicultural leaders, towards discovering their inner strength and reaching their highest potential. Through her coaching, Cindy empowers clients to navigate life transitions and cultural adjustments while fostering profound self-discovery. With a holistic approach, she supports clients in overcoming language barriers, embracing new environments, and managing significant life changes effectively. Her personalized guidance enables clients to cultivate meaningful relationships, address challenges confidently, and craft fulfilling life narratives rooted in empowerment and authenticity. Her coaching journey encourages clients to tap into their inner resources, enhance emotional resilience, and embark on a path toward self-actualization and fulfillment. Through her transformative coaching process, she empowers clients to embody their true selves and thrive as resilient, empowered individuals on their journey toward personal and professional success.