

Life at Nuance, Professional development

An Attitude of Gratitude

[Life at Nuance](#)

November 21, 2022



Taking a moment to reflect on what brings us joy and what we appreciate most helps us focus on the positive and realize how lucky we are. Read why a few Nuance employees are grateful this National Gratitude Month!

Scientists studying positive psychology found that **a one-time act of thoughtful gratitude produced an immediate 10% increase in happiness and 35% reduction in depressive symptoms**, [according to this article](#). To lift your positive spirit this National Gratitude Month, I asked a few Nuance employees what they are grateful for right now. I discovered that they went on amazing adventures, developed meaningful friendships, reached incredible milestones, and more! When you're done reading this blog, take a moment to reflect on what **you** are grateful for. Feel better?



I am grateful to be part of Nuanze in a role that allows me to be creative and to collaborate with colleagues all around the world. I absolutely love what I do. I'm so very thankful for the support of my family, friends, co-workers, and managers, my feisty, but sweet, mini

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impossible to top that experience, but I will keep trying. So grateful and thankful."
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Vallie (Florida), Program Manager for Clinical and CSO Operations Enablement Team in the Healthcare Customer Success Organization

Apart from being grateful for being healthy, and living in a peaceful and safe country where social justice matters, I'm grateful to work with so many great colleagues from all around the world. Not only are they really good at their job, but they also help me broaden



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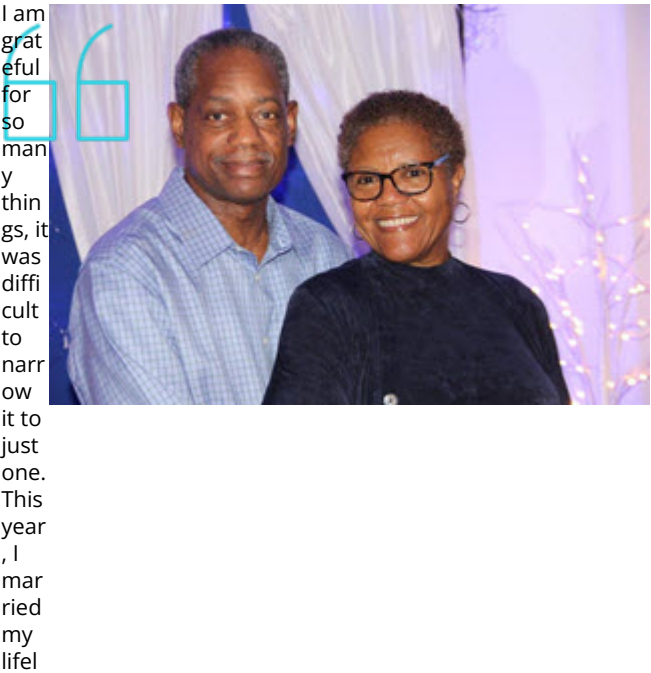
great product for our customers. This year was great, but I believe next year will be even better!"
- Marc (Montreal), Senior Manager Software Development, Enterprise R&D



I am so incredibly grateful for my extremely talented Core Tech (Mix) team, pict

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I am grateful to be part of Nua nce – it's been an enriching professional experience working with and being a part of my team. I am also thankful for



around Maui. I am extremely grateful for everything this year brought." – **Anna (Massachusetts), People & Places team**

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