

7:47

VIRTUAL **GRATITUDE** EXPERIENCES

NEW CUSTOMER PRESENTATION



ENJOYED BY:

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DIGITAL DISCONNECTION

FACE-TO-FACELESS: HYBRID LEADING TO LONELINESS.

Even for top employees at thriving companies, back-to-back Zoom meetings and round-the-clock emails have taken a toll on *real human connection*, causing a severe decline in workplace relationships and employee wellbeing.

ONLY

16% of employees say they feel engaged and connected to their employers.

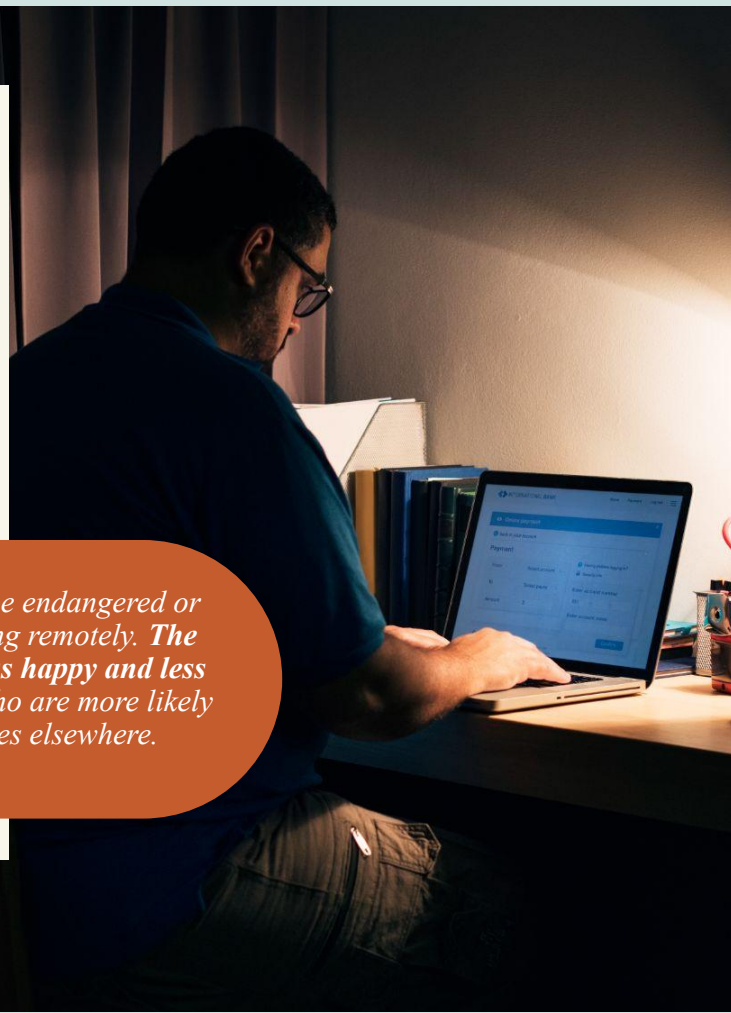
51% of the American workforce reports feeling lonely consistently.

70% of executives report at least one symptom of a mental health condition daily.

“

*Social connections can be endangered or lost entirely when working remotely. **The consequences can be less happy and less committed employees** who are more likely to search for opportunities elsewhere.*

—Harvard Business Review





“

As organizations plan for a hybrid future, leaders should take action to rebuild organic socio-emotional ties to spark collaborative & innovative business outcomes.”

—McKinsey & Company. “Socio-Emotional Ties: A Secret Ingredient to Success”

THE POWER OF CONNECTION

CONNECTED TEAMS ARE **PRODUCTIVE** TEAMS.

Employees who feel genuinely connected are not just happier—they’re also more productive and engaged. By fostering meaningful connections, top organizations are enhancing collaboration, reduce burnout, and creating a positive work environment that drives performance.

10% improvements in employee connection results in an 4.4% increase in profit.

56% increase in performance when employees feel a sense of belonging.



—SOURCE: GALLUP, BETTERUP, HARVARD BUSINESS REVIEW, EMPLOYEE CHANNEL

THAT'S WHY WE CREATED...

7:47

VIRTUAL GRATITUDE EXPERIENCES

“The best 90 minutes we’ve ever spent
at Dell. It got deep and personal quick.”

—ERIK DAY, SVP SMALL BUSINESS @ DELL TECHNOLOGIES



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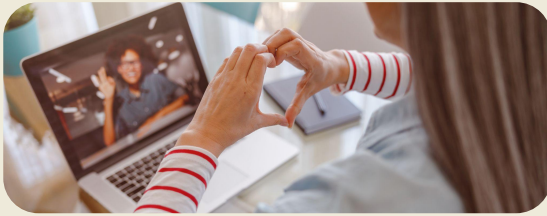
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A TYPICAL ENGAGEMENT*

A ONE-OF-A-KIND VIRTUAL EXPERIENCE, IN **3 ACTS**:

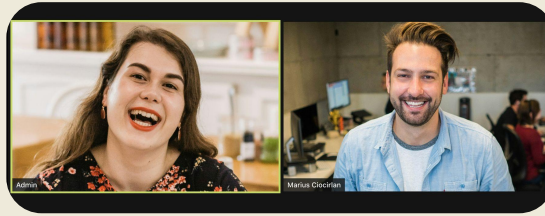
ACT I: THE PRESENT



We welcome attendees with uplifting music and guided mindfulness exercises, helping them **disconnect from the day's distractions to focus on the present moment.**

e.g., "Take three deep breaths. What is one word that honestly describes how you feel right now?"

ACT II: THE PAST



Through our signature gratitude prompts, participants share stories about meaningful past experiences, **fostering deep connections and empathy.**

e.g., "If you could give credit or thanks to one person in your life that you don't give enough credit to, who would that be?"

ACT III: THE FUTURE



Inspired and pensive, **participants set goals & intentions for their personal and professional future**, sharing them with colleagues and building lifelong friendships.

e.g., "What is one future goal that you are excited about? Visualize yourself achieving it, then share it with the group."

A TYPICAL ENGAGEMENT*

EMOTIONAL CHANGE YOU CAN **MEASURE.**

ACT I:
THE PRESENT

ACT II:
THE PAST

ACT III:
THE FUTURE

2.6/5
AVG SCORE



"Nervous"
"Overwhelmed"
"Burnt Out"

"Grateful"
"Inspired"
"Connected"



4.9/5
AVG SCORE

Our proprietary **PassionPulse™** emotion tracker asks attendees how they are feeling before and after the event—the results speak for themselves!

EMOTIONAL WELLBEING +

A TRANSFORMATIONAL EXPERIENCE

EXCELLENCE & HUMAN CONNECTION THROUGH THE POWER OF **GRATITUDE**.



WE EMPOWER TEAMS AT THE WORLD'S LARGEST ORGANIZATIONS TO:



Foster Team Connection

Transform teams into collaborative powerhouses, driving innovation and retention through mentorship and communication.



Ignite Profound Gratitude

Inspire appreciation and positivity, creating a motivated and self-confident workforce.

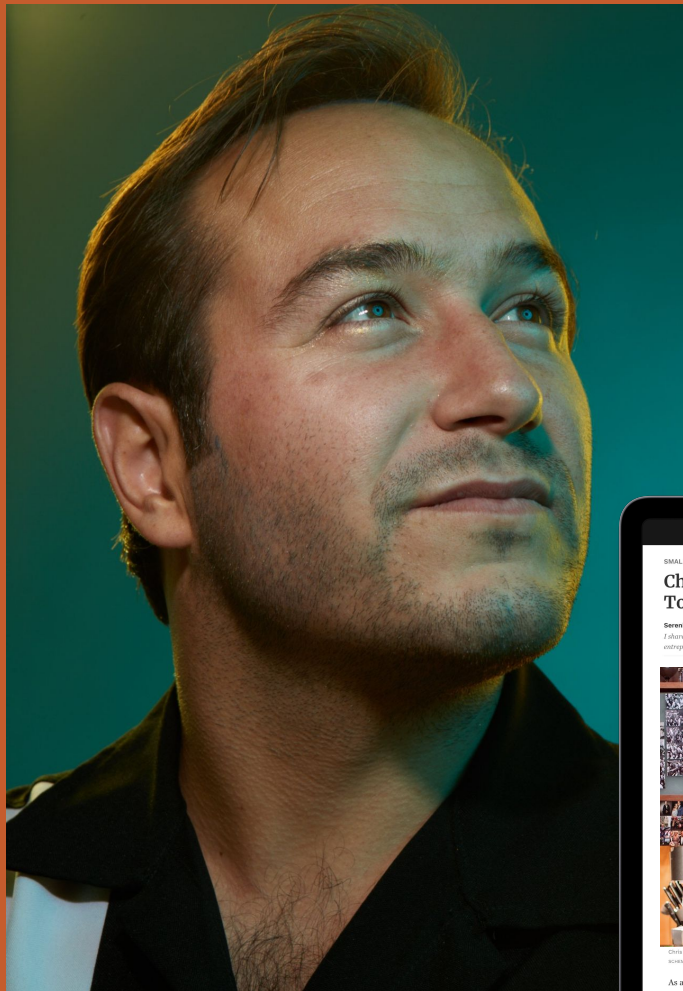


Boost Wellbeing + Productivity

Tackle anxiety and stress, fostering resilience and boosting productivity while reducing costs.

Did you know...?

Every **\$1** companies spend on emotional wellbeing yields **\$2.30** in productivity.



MEET YOUR VIRTUAL HOST

Keynote speaker, founder of 7:47,
and gratitude expert determined
to help teams **CONNECT.**



“I’ve dedicated my life to the question of gratitude, the power of impact, and the meaning of connection—because with that, we’ve helped thousands of people find meaning in their lives, scope out joy in their workplaces, and create lives that feel good to them. —CHRIS SCHEMBRA, FOUNDER & LEAD FACILITATOR

AS FEATURED IN:

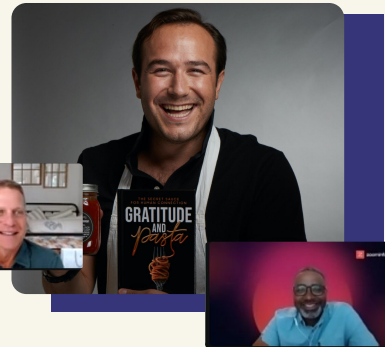
Forbes *The New York Times* **VARIETY Inc.**
Psychology Today **THE WALL STREET JOURNAL.** **readwrite**



WHAT GUESTS ARE SAYING ABOUT

7:47

VIRTUAL **GRATITUDE** EXPERIENCES



“

The virtual gratitude event reminded me of all the good things in life. It made me want to call my dad and tell him how much I appreciate him, and even made me realize how grateful I am for Messi's magic on the field!"

Alejandro C.

“

Expressing gratitude at the virtual event really opened my eyes. When we show appreciation to colleagues, it creates a positive ripple effect. It makes everyone feel valued and builds a stronger team atmosphere."

Joshua M.

“

The event had a beautiful way of making me reflect on the people in my life. I realized how much I take my best friend for granted, and the virtual event inspired me to reach out and express my gratitude."

Virginia R.

“

The virtual event showcased the amazing support we have within our team. Seeing everyone share their appreciation for one another was truly heartwarming. It made me feel like we're all in this together, and I hope this sense of community continues to grow."

Kate L.

“

The virtual gratitude event was a fantastic way to connect with colleagues, spread kindness, and start the day with a positive mindset. It really put me in the right frame of mind for the day ahead."

Janelle P.

CASE STUDY

Virtual Gratitude Lands Citigroup Internship as **Forbes' Top Program**

THE CHALLENGE

In June 2020, Citigroup had a challenge—2,000 summer interns who were supposed to be in major cities for in-person jobs. Due to the pandemic, they were missing out on the benefits and mentorship typically gained during a big-city internship experience.

THE 7:47 EXPERIENCE

- ✓ Six virtual gratitude experiences over three nights during the second week of the internship program.
- ✓ Daily "Gratitude Huddles" to build a culture of appreciation.
- ✓ Inspiring talks on the power of gratitude in the workplace.

THE RESULTS

#1 Ranked internship program in the world, per Forbes

HIGHEST EVER number of interns accepting positions at end of the program.



“

*These past few months have been a little bit tough with the pandemic, but **this gratitude session allowed me to connect with my peers** and learn from their experiences. Now, I feel much more confident!"*

— JUNIE P., CITIGROUP INTERN

7:47

LET'S **CONNECT.**

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“People will forget what you said,
people will forget what you did,
but **people will never forget
how you made them feel.**”

—MAYA ANGELOU