



7:47 Virtual Gratitude Experience

Over the course of their career, 7:47 has sparked more than 400,000 relationships with the dinner table as their platform. Over plates of pasta, their signature approach to forging deep and robust connections between people have made them one of the most sought-after dinner hosts in the world. When the coronavirus pandemic unfolded, 7:47 quickly pivoted to virtual events and have since produced 120+ experiences. 7:47 is capitalizing on the existing infrastructure to help you bring gratitude to the masses in times where it is needed most. These things have always been easier to do online but now they are needed online. 7:47 is filling a large chunk of social connectedness that has been missing from people's lives.

How It Works

Utilizing Zoom video conferencing, these virtual gratitude experiences foster a depth of connectivity far greater than superficial networking while providing attendees with the social interaction we've all been missing with the world locked down. Through probing questions around gratitude and meaningful conversation, attendees often enter as strangers and leave with a level of understanding that typically only comes from years of friendship.

Think of the experience as a three-act play. The first, being a pause to connect into the present. The second, being a dive into the past using gratitude, and the third being a look-ahead to the future using shared values.

How It Starts

The 7:47 Virtual Gratitude Experience starts with a glimpse inside our own lives, as attendees share how they are feeling in the moment. You might hear attendees communicate feeling tired, overwhelmed, curious, anxious, etc. Those stories make up the initial part of the experience. This will be followed by a greeting from the 7:47 Facilitator to establish the tone, the agenda and the purpose of the experience.

Two Break-Out Sessions

Once attendees identify their current emotions, a five minute breakout session begins where groups of two will get a chance to share the previously-mentioned emotional check-in. These are stressful times, and just getting a chance to unload anxieties and foster positivity can be a tremendous avenue for growing connections. For many, this is a rare chance to have these kinds of conversations with another human being outside of their immediate family.

After a check-in, the 7:47 Facilitator will bring all guests back into the main Zoom room to debrief people's breakouts and facilitate a 10 minute conversation letting attendees share their thoughts with the wider group.

Signature Gratitude Question

Moving into Act Two of the experience, the 7:47 Facilitator asks the signature question, "If you could give credit or thanks to one person in your life who you don't give enough credit or thanks to, who would that be?" The 7:47 Facilitator will split attendees into break-out groups of three for 15 minutes to share an answer. These smaller groups give attendees a safe, more intimate space to open their minds, ask guiding questions and allow a sense of gratitude to flourish while they answer. Immersive and experiential, this crucial part of the evening allows each attendee to cultivate initial connections as well as their own feelings on those who have shaped their lives.

With that sense of gratitude established, the doors open wide for true group connection. Back in the main Zoom room, the 7:47 Facilitator will promote a discussion around their gratitude conversations, and what attendees can learn from others' in their lives. Attendees will open up about mothers, fathers, siblings, strangers and everything in between.

Writing Exercise

After this part, the 7:47 Facilitator will ask them to spend one minute writing down the values the person stood for that they gave credit and thanks to. It's important to capture values, so that one can start to address how others' values show up in the attendees' lives every day.

Throughout the dinner, attendees will follow the steps that define 7:47's central philosophy on connections. Gratitude leads us to define our values. Our values shape our stories. Sharing our stories teaches us empathy. And with empathy comes greater, more fulfilling connections. Even after the meal is over, the connections forged at this experience will only deepen and grow.

Evidence-Based Impact Of The Experience

Gratitude is the acknowledgment that we have received something of value from others. It's something that arises from a posture of openness to others, where we are able to gladly recognize their benevolence. Through the 7:47 Virtual Gratitude Experience, attendees experience change on an individual level and on a group level. Individually, some of the benefits of expressing gratitude are increased happiness, positive affect, and resiliency, greater life satisfaction, reduced burnout, enhanced physical health through better sleep, muscle recovery, and reduced inflammation. On a group level, expressing gratitude strengthens relationships and increases pro-social behavior, job satisfaction, and productivity. Gratitude helps to shift individuals away from negative thoughts and behaviors to more positive ones by broadening and building social and mental resources. Using over 10,000 unique points of data over the past virtual experiences, 7:47 has been able to scientifically prove the positive impact of the 7:47 Virtual Gratitude Experience. In sum, 7:47 dinners create positive upward spirals for the attendees.

Closing

Tailor-made for large groups, these special events take the dinner table success and impact that have been 7:47's calling card and delivers them to your company online, at any time of day. Though they are physically separated, attendees will truly grow closer as a community and as individuals and will share much deeper, more fulfilling life-long connections. And ultimately, connection is what each of us looks for in business and in life.