



Dealing with Grief, Loss, and Transition Difficulties

Overview

This course offers a comprehensive approach to understanding and managing grief, loss, and transition in the workplace. Participants will learn resilience training, recognize signs of distress, and explore effective coping strategies.



How This Course Will Benefit You

By participating in this course, you'll gain valuable insights into the challenges of grief and transition, enabling you to offer meaningful support to colleagues in need. You'll learn how to spot the signs of someone struggling and apply resilience-building techniques to help them navigate their difficulties. This knowledge will not only enhance workplace empathy and understanding but also foster a more supportive and productive environment. Empowering yourself and others to deal with grief and transition can significantly improve team dynamics and overall workplace health.

Course Objectives

Equip participants with the tools to support colleagues facing grief, loss, and transitions.

- Understand the dynamics of grief and loss and their impact on individuals.
- Identify symptoms of grief and transition difficulties in the workplace.
- Implement solutions and strategies to support affected colleagues effectively.

Course Structure

Experience a custom-fit learning journey, scheduled and structured to suit your organization's needs:

- When - A full/half-day/lunch-and-learn that can be adjusted according to your availability.
- Where - Virtual or on-site options to suit your preference
- Modules - Customized content on wellness fundamentals
- Support Sessions - Regularly timed virtual discussions for ongoing support
- Expert Access - Wellness professionals available as per your schedule
- Evaluations - Continuous progress tracking to meet your goals