



# Supporting Employees Who Have Experienced Trauma and Grief

## Overview

This course provides in-depth guidance on supporting employees navigating the challenges of trauma and grief, focusing on grief work therapy principles, recognizing emotional responses, and facilitating healing and resilience within the workplace environment.



## How This Course Will Benefit You

Engaging with this course will equip you with the knowledge to create a supportive work environment for employees dealing with trauma and grief. You'll learn how to approach sensitive topics with empathy, understand the psychological impacts of loss, and implement strategies that foster emotional healing. By incorporating grief work therapy principles and recognizing the signs of trauma, you'll help employees navigate their grief process healthily, contributing to a compassionate workplace culture. This course is invaluable for leaders seeking to support their teams through difficult times, ensuring emotional well-being alongside professional productivity.

## Course Objectives

Learn to support employees through trauma and grief with empathy and effectiveness.

- Understand grief work therapy and its application in helping employees process loss.
- Recognize the diverse emotional responses to trauma and grief, including shock, anger, and sadness.
- Employ techniques to honor loss while encouraging gradual movement towards healing and productivity.

## 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