

- 2-hour session
- Teaches ways to provide grief support
- Appropriate for managers and employees

**The Grief in the Workplace Educational Session** is a customized, two-hour session that focuses on recognizing grief in the workplace and the challenges grieving employees face.

The ability to **guide employees and co-workers** during times of grief is a leadership skill that can significantly impact productivity, morale and organizational culture. A culture that advocates mutual respect, cooperation and support creates an environment for increased employee commitment and loyalty.

This session provides managers, human resource professionals and employees with the tools needed to effectively manage grief from a leadership perspective. It teaches participants how to **create and manage a supportive work environment** and provide comfort surrounding the death of a co-worker or family member.

The Educational Session is presented by skilled, professional facilitators who will guide participants to:

- Recognize the symptoms and implications of grief.
- Understand the physical, emotional and behavioral effects of grief that can affect job performance.
- Utilize best practices for communicating with individuals who are dealing with grief.
- Learn about the important bereavement support resources available from the Good Grief Center at no cost to employees.

The Educational Session is usually limited to **20 participants** to provide an opportunity for discussion. Organizations may choose to incorporate this session with leadership skills development, crisis planning and management training or health and wellness seminars.

