

- 1-hour session
- Introduces proactive approach to coping with grief
- Informational workshop for all employees

The Grief in the Workplace Lunch and Learn Session is a one-hour informational session that provides foundational information about grief.

More than half of all **employees turn to co-workers** when experiencing grief. “There is always grief somewhere in the room. Companies have to deal with it.”
(NFO Research, Inc. and the University of Michigan.)

The ability to recognize and discuss grief with a co-worker has a significant impact on the morale and productivity of all employees. This session focuses on a proactive approach to coping with grief. It **provides practical, direct guidance** that every employee can benefit from when supporting or experiencing grief.

Presented by skilled, professional facilitators, the Lunch and Learn Session:

- Initiates awareness of grief occurring in the workplace.
- Describes symptoms and implications of grief in the workplace including physical, emotional and behavioral effects of grief.
- Educates employees on how to deal with one’s own grief as well as how to support co-workers.
- Explains how support can foster a culture of mutual respect and compassion.
- Introduces the important bereavement support resources available from the Good Grief Center at no cost to employees.

It is recommended that no more than **25 employees** attend the Lunch and Learn Session. Organizations may choose to incorporate this session with new hire orientation or employee development training.

