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Grief in the Workplace: Responding to Mourning and Helping with Transforming



Dr. Jane A. Simington, PhD.

Within our workplace settings we are sometimes called upon to be present to another as they attempt to reorder their lives following a tragic event. While this can be a challenging task, when we convey caring and offer support in a knowledgeable way, we make a significant and positive difference. Effects of grief are experienced physically, mentally, emotionally and spiritually and have an impact on behavior and relationships.

Grief in the Workplace: Respond to Mourning and Help with Transforming is about being with a colleague who is grieving and having the knowledge and skill to offer interventions that make a positive difference to the healing process.

During our time together you will:

- 1) Increase your knowledge of the physical, mental, emotional, spiritual and social responses to developmental and traumatic grief.**
- 2) Recognize how grief can impact both personal and work relationships.**
- 3) Advance your skills to interact effectively with a grieving team member.**
- 5) Gain therapeutic strategies that make immediate and positive differences for a grieving worker.**
- 6) Examine ways to help a grieving worker reinvest in life.**
- 7) Acknowledge how the grief of another can open up your unresolved grief and identify ways to continue your own healing.**