

GRIEF IN THE WORKPLACE TRAINING



HOLISTIC LIFE COACHING

WITH LISA MARIE

**Workplace Wellness:
Strategies & tools for creating a
compassionate work environment**



lisa@holisticlifecoaching.org.uk



www.holisticlifecoaching.org.uk

BESPOKE TRAINING

Every organisation is different. Different culture, different ethos, different mission and values. My goal is to learn about who YOU are as an organisation and cater to your team to ensure every attendee leaves this training feeling equipped, educated and empowered.



Topic and discussion points include;

- What is grief and why do individuals process loss differently?
- How does grief “show up” in an individual?
- What impact might this loss have on the employee and their work?
- How might this impact other staff members and the management team?
- Do's & Don'ts when dealing with grief in the workplace
- Grounding techniques for your management team
- Q&As

Guide Prices:

90-minute training

Online via Zoom £350

In-person £550

Contact us for more information.

lisa@holisticlifecoaching.org.uk

Why is Grief Training Important?

Loss of any kind can be devastating for your employee. Having the right support is crucial for their well-being and yours. Grief will impact their entire life, including their work

- **Supports Employee Well-being:** Helps employees cope with grief, enabling them to navigate loss while maintaining mental and emotional health. A supported employee is more resilient and focused.
- **Boosts Productivity:** Grief can cause distraction, fatigue, and emotional stress. By providing support, employees can manage their grief more effectively, returning to peak performance faster.
- **Reduces Absenteeism:** Grief training prepares managers to understand and address the needs of grieving employees, reducing unplanned absences and encouraging timely returns to work.
- **Enhances Employee Engagement and Loyalty:** Employees who feel supported during difficult times are more likely to remain loyal to the company, reducing turnover and retaining valuable talent.
- **Promotes a Compassionate Work Culture:** Cultivating a workplace that recognises and supports grief fosters trust, respect, and a positive work environment, which can improve teamwork and collaboration.
- **Helps with Legal Compliance and Employee Rights:** Training managers on grief-related accommodations can help ensure the company remains compliant with employment laws and supports employees appropriately.
- **Increases Company Reputation and Attracts Talent:** Organisations that prioritise employee well-being and mental health are seen as progressive, which can improve the company's reputation and attract top-tier candidates.
- **Improves Overall Business Results:** Companies that support their employees through personal challenges see better performance, higher job satisfaction, and ultimately, improved company profitability.