

The Power of Presence: Supporting Colleagues Through Loss

Navigating grief in the workplace requires sensitivity, empathy, and a supportive environment. This session equips participants with the tools to understand the impact of loss on colleagues and the workplace as a whole. Learn to recognize and respect individual experiences of grief, fostering an environment of compassion and care.

Explore strategies for navigating conversations around loss with empathy and tact, while understanding the role of workplace culture in supporting emotional well-being. By cultivating a compassionate approach, participants will help create a workplace where colleagues feel seen, supported, and empowered to heal.

Learning Objectives

- Understand the impact of grief and recognize how loss affects employees emotionally and professionally.
- Apply practical communication skills to offer meaningful support and recognise key principles of compassionate support.
- Foster an empathetic and compassionate workplace culture by normalising difficult conversations.

Content Outline

The Human Experience of Grief

- Understanding grief: What colleagues may go through
- Understanding grief in the workplace: Why it matters
- The impact of loss on employees well-being and productivity

The Role of Presence: Offering Meaningful Support

- 5 Ways to Support Colleagues Through Loss
 - Be present
 - Offer practical help
 - Listen more than you talk
 - Respect their process and boundaries
 - Encourage professional help

Fostering an Empathetic and Compassionate Workplace

- 3 Application Tips to Create an Empathetic Environment at Work
 - Encourage Genuine Perspective Taking
 - Practice Everyday Empathy
 - Reinforce a Culture of Care