

# The Power of Presence: Supporting Colleagues Through Loss

## Key Takeaways

1

Dealing with loss is a **deeply personal journey**, and there is no **“right”** way to experience it. How long it takes can **differ from person to person**.



2

### 5 Ways to Support Colleagues Through Loss

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|---|---|---|--|---|
| <p><b>1</b></p> <p><b>Be Present</b></p> <p>Your presence can provide comfort even if you don't know what to say.</p> | <p><b>2</b></p> <p><b>Offer Practical Help</b></p> <p>Suggest specific ways you can support them.</p> | <p><b>3</b></p> <p><b>Listen &gt; Talk</b></p> <p>Offer your presence as a supportive listener rather than trying to fix or minimise their grief.</p> | <p><b>4</b></p> <p><b>Respect Their Process &amp; Boundaries</b></p> <p>Acknowledge their loss and respect their privacy and boundaries.</p> | <p><b>5</b></p> <p><b>Encourage Professional Help</b></p> <p>If needed, gently remind them that seeking support from professionals (eg. EAP) can be beneficial.</p> |
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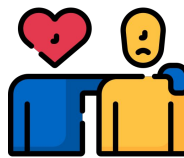
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Foster an empathetic and compassionate workplace by:



### Encourage genuine perspective taking

Consider the personal experience and perspective of the other person



### Practice Everyday Empathy

Empathy starts with self and sets the tone for a compassionate workplace.



### Reinforce a Culture of Care

A culture of care enhances psychological safety, increasing trust and team cohesion.

## Need a bit more help?

Speak with your coach for personalised guidance on how to be present and supportive when a colleague is coping with loss.



Take charge of your mental health today!

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