

Register for this half day workshop!

PERSPECTIVES ON BEREAVEMENT AND GRIEF

In Life and in the Workplace

Workshop Description:

No one is exempt from loss. Grief can disrupt your life and the lives of others around you. When grief is left unresolved, it may steal pieces of you, emotionally, mentally, physically and spiritually. Grief affects each individual in a unique way.

This evening workshop offers perspectives on grief in everyday life and in the workplace. You will gain insight into the grief process and learn about the healing journey. Tools will be introduced to assist you in your personal path of recovery.

Presenter: Gen McRae
Genesis Bereavement Facilitator,
Funeral Director Assistant,
Funeral Celebrant

Delivery schedule to be determined.

TOPICS TO BE COVERED

- Differences between bereavement and grief.
- The nature of loss.
- Who is affected by grief?
- Characteristics of grief.
- Grief is a process ... a journey.
- Truth about grief.
- Grief in the workplace.
- Illness of a family member or co-worker.
- How grief affects employees.
- What can employees / employers do to help?
- What are the costs of unaddressed grief?
- Understanding your loss history.
- Grief healing tools.
- **QUESTIONS / DISCUSSION**

To arrange for a workshop phone (705) 471-8484