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## **Grief in the Workplace: Respond to Mourning and Help 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.

**Articles written by Dr. Jane Simington on this topic include:**

### **The Not-So-Happy Father's Day**

<http://drjanesimington.com/grief/the-not-so-happy-fathers-day/>