

The Irish Hospice Foundation

Grief at Work – Talk

Understanding grief: an introduction to loss and the grieving process

This is a general talk for staff (1.5 contact hours; maximum 40 participants).
Cost: €300 (plus travel costs for delivery on site).

Who is it for?

Suitable for all employees and staff who would like to learn about the grieving process and how it can impact on people.

Purpose

The aim is to provide participants with an understanding of loss and the grieving process. It will look at what is involved in providing effective support to people who are grieving, including tips on what to say/not say; do/not do.

Topics to be covered

- What are loss and grief?
- The grieving process
- How to provide effective support to someone who is grieving

Outcome

Participants will gain an understanding of:

- Different types of loss
- The grieving process and how it impacts on people
- What to say/not say to someone who is bereaved.

For further information, contact Breffni McGuinness at the Irish Hospice Foundation, 01-6793188 or email breffni@hospice-foundation.ie