

MANAGING PROFESSIONAL GRIEF



Finding Balance During This Tough Time

the CHALLENGE:

Many of us are dealing with all types of grief and loss—loss of personal space, human connection, normal routines, loved ones, and being able to travel or be with others. Loss can include sadness, despair, hopelessness, fear, depression or anxiety. This grief can impact productivity, well-being, focus, and energy.

the GOOD NEWS:

You can give your team a boost of focus and ease. The current pandemic and world conditions require us to be resourceful and innovative. This virtual workshop offers tools and focus areas that can assist individuals to move through their grief as well as gain clarity on what they can do about it.

Managing Professional Grief is designed to assist you and your team to:

- understand where you're at in the grief cycle
- acknowledge the value of the grief stage you're in
- establish 2 tools that accelerate you through the grief process
- find your balance in facing these difficulties
- start embracing the new; especially the new you
- clarify your personal next steps
- increase the compassion for yourself
- learn 3 ways to expand and sustain your energy
- establish a daily focus for balanced productivity

AVAILABLE FORMATS:

Let's design the right virtual workshop for your organization:

1 ½ – 3 hour sessions.

Grief is a process that requires compassion, and that process can be accelerated with focus and awareness.

Call me to talk about this workshop or others, including Team Building, Leadership Development, and Presentation Skills.