

Grief In the Workplace

Presented by:

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Grief Recovery Method Specialist

Certified by The Grief Recovery Institute

Disclaimer and Transparency

We are not grief counselors, therapists or licensed clinicians. We are certified Grief Recovery Specialists.



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The **Grief Recovery Method** is an action plan



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The Grief Recovery Method and The Grief Recovery Institute

- 40+ years
- Worldwide including Guam and CNMI
- The Grief Recovery Handbook translated in over 20 languages
- Pioneered on Guam in 2016



What We Will Cover

- Current practices and how they are ineffective
- Hidden Costs of Grief
- Grief-what it is and what it isn't
- Effective practices moving forward



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We offer 3 days of bereavement leave. I take it that will be plenty of time to resolve your grief?



It's a lie



Time does not heal
all wounds



Myths of Grief

1. Don't Feel Bad
2. Grieve Alone
3. Be Strong
4. Time Heals
5. Replace the Loss
6. Keep Busy



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**“When your heart is
broken, your head
doesn’t work right.”**

~Russell Friedman



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Over \$100 billion



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GRIEF

is more than just the
death of a loved one



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Hidden Costs of Grief

- Absenteeism
- Employee turnover
- Diminished productivity
- Poor decision making
- Reduced ability to concentrate
- Poor interactions with co-workers



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DISRUPT

SHAKE UP

CHALLENGE

EVOLVE

Healthy Return to Work



PLAN

The image shows the word "PLAN" in large, bold, dark letters. Silhouettes of four construction workers are positioned around the letters, appearing to be in the process of building or moving them. The worker on the far left is using a shovel. The worker next to the 'P' is using a long pole or lever. The worker next to the 'A' is pushing or pulling. The worker on the far right is also pushing or pulling. The background is a bright sunset or sunrise with a glowing sun and colorful clouds.


Compassion in the Workplace

- Don't judge
- Don't compare
- Don't feel you need to give advice
- Don't tell someone how to feel
- Don't rush healing
- Do acknowledge feelings
- Do be emotionally honest
- Do ask for help
- Do allow time
- Do remember Grief changes you



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 The Grief Recovery Method[®]



2 Day Personal Workshop

 The Grief Recovery Method[®]



Grief Support Online

 The Grief Recovery Method[®]



Grief Support Group

 The Grief Recovery Method[®]



Grief Support 1 on 1

 The Grief Recovery Method[®]



Helping Children with Loss

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Corporate Package

- Grief in the Workplace Overview for ALL employees
- Develop Return to Work Program
- Build a Peer Support Program
- Facilitate Leader Workshops

**Investing in the Corporate package also includes a corporate discount for any employee in your organization that would like to take any of the Grief Recovery Method Programs that we offer.

Contact Darlene Garcia for more information



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FORGET ABOUT
BEING STRONG.
BE HUMAN.



The Grief Recovery Method®