

# Fisher & Associates Solutions

Organizational Health & Employee Wellness Specialists  
Successfully Addressing Workplace Stress, Burnout & Trauma

Email: [info@fisherandassociates.org](mailto:info@fisherandassociates.org)  
Website: [www.fisherandassociates.org](http://www.fisherandassociates.org)

Build Capacity

Promote Resiliency

Increase Coping Skills

## GRIEF & LOSS IN THE WORKPLACE

A 1-DAY SPECIALIZED PROGRAM PROVIDED BY FISHER & ASSOCIATES SOLUTIONS

Developed by: Dr. Patricia Fisher, R.Psych., & Lynda Monk, M.S.W., R.S.W.. © Fisher & Associates, 2006.

### BACKGROUND

This 1-day specialized workshop addresses the issues related to loss and bereavement in the workplace. When a co-worker or colleague suffers catastrophic illness or injury, is the victim of violence, or dies, the impact can be profound for coworkers, clients, and others in the professional community.

When tragedy befalls someone we know, we all react at many levels and within the context of our own lives and histories. This specialized program provides insights and strategies for the professional and the organization dealing with the loss of a colleague.

### PROGRAM CONTENT & OBJECTIVES

This workshop provides participants with necessary background and theory specific to dealing with a loss. Topics covered include:

- Consideration of the sources and types of loss
- Loss in the context of the workplace
- A framework for dealing with the loss of a coworker
- An overview of primary and secondary trauma
- A review of the risk and resiliency factors related to coworker loss as secondary traumatic stress
- An overview of the effects of loss on the individual and the workplace
- An exploration of self-care and team-care required in response to the loss of a colleague
- A discussion regarding resolution, adjustment and making meaning after tragic loss

Workshop participants will apply the information to their own unique circumstances.

During interactive sessions, participants will:

- Explore issues related to loss of a coworker
- Apply the risk and resiliency factor model to their individual and workplace situation
- Assess the personal impact of the loss
- Consider necessary healing and recovery needs
- Develop effective self-care and team-care strategies to address the effects of trauma and grief

### PROCESS & RESOURCES

This one-day interactive workshop will use a combination of overheads, small and large group discussions, individual reflection exercises, and lecture format to assist participants in meeting the goals stated above. Each participant will have a copy of the workshop resource booklet, including the assessment tools used within the workshop.

- Background information and relevant theory.
- Self-assessment tools to determine current self-care levels in the participants' professional and personal life.
- Tools and strategies to assist with developing an effective self-care plan.
- Workshop exercises.