

COURSE OVERVIEW

Bereavement

TIBG-103



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It can be hard to know what to say or do when a colleague experiences bereavement. The loss of a loved one often triggers emotional upheaval, making every day work routines and social interactions challenging.

This course examines the nature of the grieving process and provides practical guidance on how to support individuals who have recently experienced bereavement with empathy, sensitivity, and respect.

Module 1: Introduction

Bereavement is the loss of someone important, and grieving is the emotional process people go through as they adjust and heal.

- What is the bereavement
- The process of grieving

Suitable for:

All Team members, HR professionals and policy makers.

Skills achieved:

- People Skills (Basic)

Related Resources:

- Bereavement Meeting Assessment
- Work Related Stress Assessment
- Bereavement Returning to Work Audit
- Bereavement Managers Checklist
- Stress at Work Checklist

Benefits:

The Delegate will receive a Total Quality Assured (TQA) certificate of achievement upon successful completion.

Estimated Time:

25 Minutes

Related Courses:

- Stress Awareness
- Stress Management
- Grief in the workplace
- Essentials or employee protection