

# Bereavement in the workplace

## 3.5-hour in person workshop

### Overview

This training is an opportunity to build the confidence, knowledge and skills required to create a supportive workplace for those who have experienced pregnancy or baby loss. The workshop is a skills-based training session with a variety of opportunities for a staff team to learn through scenarios and group work.

The session is facilitated live by a specialist Sands trainer who will provide insights and information in a way that enables participants to safely explore the sensitive subject matter.

The webinar is an opportunity for staff teams to:

- Develop an understanding of grief and bereavement and how these may impact the workplace
- Gain insight into the different experiences of pregnancy and baby loss and how different perspectives may manifest at work
- Build the confidence to navigate potentially emotional conversations
- Learn about compassionate communication and the communication skills required to support a colleague
- Consider practicalities of your workplace and how you might create a supportive environment
- Learn about support, tools, and guidance available for workplaces

Following the training all participants will receive a links to relevant training resources and workplace guidance.