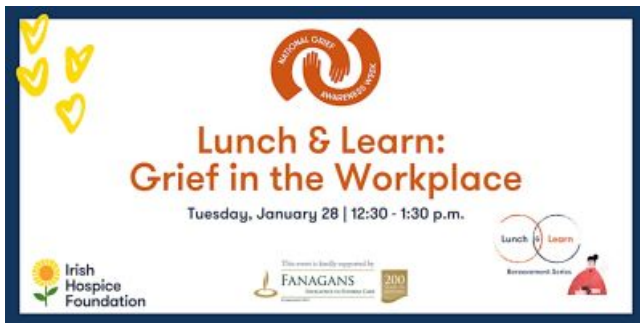


Irish Hospice Foundation: Lunch & Learn: - Grief in the Workplace (An Overview) (<https://www.activelink.ie/node/112671>)



About this event

Sadly, grief is something most of us will go through in life. It is a normal reaction to a very difficult experience but that doesn't make it any easier. Many people will be working at the time they experience a bereavement or a significant life loss and require a compassionate and caring response. Having an understanding of grief will help employees understand their own grieving experience but also be more aware of how to support others when grieving.

Learning Outcomes

On completion participants will:

- Be familiar with the ways in which grief can impact employees
- Have an overview of the grieving experience
- Understand ways to support ourselves and others when grieving

Speaker: Amy Gibney

As the Irish Hospice Foundation's National Coordinator for Grief in the Workplace and Grief Awareness, Amy uses her previous professional experience in mental health promotion and community work to support people in the settings of their everyday lives to stay well and cope with grief through education, social support but perhaps more importantly, through the creation of supportive environments. As a qualified Health Promotion professional and having completed a QQI Level 6 in Training, Delivery & Evaluation, Amy uses her education and experience to develop holistic education programmes designed to look at all aspects of the workplace that are relevant to good health and better grieving. Amy uses up-to-date evidence, theoretical frameworks and the human experience to ensure the content is not only supported by evidence but also reflects the experiences of a diverse population.

This month's lunch and learn webinar is linked to National Grief Awareness Week.

This is a **free** webinar but booking is required.

Date and time: Tue, 28 Jan 2025 12:30 - 13:30

Location: Online

Any queries please email bereavementdevelopment@hospicefoundation.ie
(<mailto:bereavementdevelopment@hospicefoundation.ie>)

Register for this event (<https://www.eventbrite.ie/e/lunch-learn-grief-in-the-workplace-an-overview-tickets-1106947914009?aff=oddtcreator>)

This event is kindly supported by Fanagans.
www.fanagans.ie (<http://www.fanagans.ie>)

Region

Online

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Date Entered/Updated

16th Dec, 2024

Expiry Date

28th Jan, 2025

Source URL: <https://www.activelink.ie/community-exchange/events/112671-irish-hospice-foundation-lunch-learn-grief-in-the-workplace-an-overview>