

HOW TO NAVIGATE GRIEF IN THE WORKPLACE



Grief is a complex, non-linear process that affects individuals differently, impacting their focus, productivity, and mental health.



Providing flexible working hours and extended bereavement leave helps employees manage their grief while balancing work responsibilities.

Encouraging open and empathetic dialogue allows grieving employees to express their needs without fear of judgement.



Signposting to counselling and support groups may help employees process their grief.

Balancing support with respect for privacy ensures employees feel comfortable without pressure to share more than they wish.



Simple gestures like sympathy cards or flowers show care and support.

Grief has no set timeline and employers should allow individuals to heal at their own pace.

