

Skylight Webinar: Grief in the Workplace

Date: Wednesday, 22 May 2019

Time: 11:00am – 12:00pm (1 hour)

Cost: \$20.00

Grief and loss can have a powerful impact on any workplace. We spend most of our time at work, yet our workplaces are not often equipped with the tools to manage grief. This webinar is designed to help you navigate difficult situations arising from grief and loss in your workplace.

This webinar will cover:

- Common grief reactions and how grief affects people
- How to talk to coworkers who are grieving: helpful versus unhelpful support
- Steps to recovery: practical tips and guidelines to promote resilience in the workplace

Facilitator: Kiersten Kneisel

(M.A. Psychology, M.A. Counselling & Psychotherapy, PhD candidate)

Kiersten Kneisel has studied counselling and psychotherapy in the U.S., Australia, and New Zealand. She has training in marriage and family therapy, individual counselling, mathematics, and physics and has spent the past several years engaged in lecturing and research. For her doctoral thesis, she has developed a therapeutic program utilising the neuroscientific properties of humour and laughter in order to help clients change limiting beliefs. Kiersten endeavours to integrate her broad knowledge base to break new ground and ultimately increase counselling efficacy.



This is an introductory webinar for managers, team leaders, human resources professionals and others who need to address grief in professional environments. Employees at any level from any profession are also welcome.

Registration is essential. Please visit:

www.skylight.org.nz/workshop-and-training/webinars