



QUICK GUIDE:

Taking Inventory of Grief in the Workplace

Grief is more than death or divorce. There are many other sources when you consider that **grief is when something familiar ends or changes**. There is also a cumulative effect of many changes or “smaller” losses—**which can impact workplace productivity, engagement, and on-the-job errors**.

WHICH OF THESE EXAMPLES IS IMPACTING YOUR WORKPLACE?

PERSONAL LOSSES

- | | |
|---|--|
| <input type="checkbox"/> Death of a Loved One | <input type="checkbox"/> Empty Nest |
| <input type="checkbox"/> Death of a Pet | <input type="checkbox"/> End of a Relationship |
| <input type="checkbox"/> Injury or Illness | <input type="checkbox"/> Family Dispute |
| <input type="checkbox"/> Moving House | <input type="checkbox"/> Robbery |

WORKPLACE GRIEF

- | | |
|---|---|
| <input type="checkbox"/> Missed Promotion | <input type="checkbox"/> Toxic Environment |
| <input type="checkbox"/> Promotion | <input type="checkbox"/> Death of a Colleague |
| <input type="checkbox"/> Ergonomic Injury | <input type="checkbox"/> Company Reorganization |
| <input type="checkbox"/> Layoffs | <input type="checkbox"/> New Management |

COMMUNITY/WORLD EVENTS

- | | |
|---|--|
| <input type="checkbox"/> Pandemic | <input type="checkbox"/> Racial Violence |
| <input type="checkbox"/> Natural Disaster | <input type="checkbox"/> Shooting Schedule |
| <input type="checkbox"/> Local Tragedy | <input type="checkbox"/> Divisive Election |
| <input type="checkbox"/> National Tragedy | <input type="checkbox"/> War in Home Country |

Review a list of courses at yahdavanlon.com to learn more about grief in the workplace and tools for navigating the effects to you or your team.