



How to Navigate Life's Inevitable Losses and Transitions

Workshop Duration: 1 Day

Facilitation in English

Workshop Description

Change and loss are ever present companions in life. For something we have been experiencing all our lives, most people have little understanding about dealing with loss and, as a result, tend to handle change and transition with extreme difficulty. Some losses such as the death of a loved one, a divorce, the loss of personal health or the loss of a job, can be life changing. Others losses may be more subtle. But whenever we experience a change, there is loss, and whenever there is loss, there is grief. In this workshop, you will learn what grief is and isn't, positive ways of dealing with life changes and transitions and skills in becoming more "change capable."

Who Should Attend

If you or someone you know has suffered a loss, this workshop will help you develop an understanding of the grief process.

In this session you will learn:

- How to make sense of life's expected and unexpected changes.
- Strategies for coping with the painful and confusing times in your life.
- Techniques in enhancing your personal resilience.
- The natural process of disorientation and self-renewal.

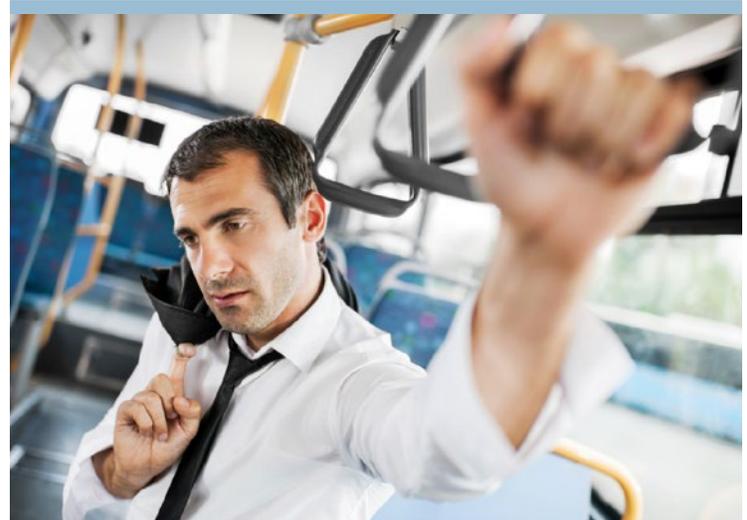
Topics to be addressed:

Managing Personal Change:

- What is your tolerance threshold for change? (questionnaire)
- How change affects you.
- Introduction to the 4 phases of change.
- Why executing change is so challenging.
- Recognizing and moving beyond resistance to change.

Managing Life's Transitions:

- Understanding the differences between change and transition.
- Transitioning through loss: what you need to know.
- Why we go through transitions.
- Understanding the 3 phases of transitions.
- Learning practical strategies in managing personal transitions.



Understanding Grief:

- Dispelling common misconceptions about grief.
- Appropriate expectations for grievers.
- The common questions grievers ask.
- The difference between healthy and unhealthy grief.
- The Mourner's Code: compassion principles.