



One hour workshop outline

- Choice of in-person or virtual workshop with up to 100 attendees
- Interactive questions, discussion, and more
- Includes takeaway handbook with key learnings and supporting guides/research
- Includes 2 complimentary licences for The Baby Loss Project: self-paced online training - where the below concepts are delved into in deeper detail

Overview

QUARTER ONE <ul style="list-style-type: none">• Emotional safety setup• Why are we here? (I am not a therapist)• Real life stories• Reflecting on your experiences in the workplace – sharing stories	QUARTER TWO <ul style="list-style-type: none">• Hollywood grief v real grief• Emotional first aid & what to say• 3-minute breather
QUARTER THREE <ul style="list-style-type: none">• Facilitating a supportive return to work• Sorry Business	QUARTER FOUR <ul style="list-style-type: none">• Wrap up• Questions and discussion• Takeaway resources (e-book)

Further detail

You will build a greater understanding of the human experience of baby loss - told from the perspective of grieving employees. You will learn how to respond in the first instance when your employee experiences baby loss; the importance of language, helpful things to say, and the value of simplicity through complexity (Emotional First Aid).



You will receive basic grief education that will hold you in good stead to promote the productivity and wellbeing of your employee - particularly across the first twelve months, and best practice in supporting a return to work that is manageable for both parties.

Sorry Business - In Australian Aboriginal and Torres Strait Islander culture, grief resulting from the death of a family member is known as 'Sorry Business'. This is an important thing to know, especially as the risk of stillbirth is often doubled for First Nations Women. (Flenady 2016). You will hear from Joe Williams - Adjunct Associate Professor, School of Psychology, The University of Queensland, Founder of The Enemy Within; Tanya Quinn - Aboriginal Health Worker, Palliative Care & Chronic and Complex Needs, on the importance of cultural considerations when supporting Aboriginal and Torres Strait Islander people whom experience baby loss.

Following the workshop, you will receive an electronic handbook including key learnings and supporting guides; research on grief and baby loss; and a HR Policy guide with recommendations from the Senate Inquiry into Stillbirth 2018, changes to the Fair Work Act, and recent legislation and policy updates for baby loss in the workplace.