



Education | Healthcare | Public Services

# Grief & Hope Training Toolkit Overview

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## 1. Mental Health & Well-Being

- Define mental health and its impact on work and life.
- Identify common workplace challenges like stress and burnout.
- Practice evidence-based self-care strategies.
- Develop personal and workplace wellness plans.

## 2. Domestic Violence & Well-Being

- Recognize signs and symptoms of domestic violence.
- Understand power dynamics and psychological impacts.
- Learn safe response strategies and available resources.
- Create workplace policies that support victims and protect staff.

## 3. Self-Care & Team Development

- Define self-care and its role in workplace resilience.
- Connect individual practices to stronger teamwork.
- Practice stress-management and communication skills.
- Develop team-based self-care and organizational strategies.

## 4. Well-Being & Conflict Resolution

- Link communication to workplace well-being.
- Practice active listening and assertive dialogue.

- Apply constructive conflict resolution techniques.
- Develop strategies for open, supportive communication.

## 5. The Power of Thank You

- Identify communication barriers in teams.
- Explain the benefits of gratitude in workplace culture.
- Practice expressing gratitude in professional interactions.
- Develop initiatives that embed gratitude into daily practice.

## 6. Collective Care-Building

- Define collective care and its role in strong communities.
- Recognize benefits of supportive, inclusive cultures.
- Practice strategies that foster team trust and collaboration.
- Develop initiatives that integrate collective care into organizations.

## 7. LGBTQ+ Rights to Love

- Define LGBTQ+ identities, rights, and protections at work.
- Recognize the impacts of discrimination and bias.
- Practice allyship strategies and inclusive language.
- Develop workplace initiatives that celebrate equality and inclusion.

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