

Compassionate Workplaces Awareness Training

St Helena's Compassionate Workplaces Awareness Training provides the practical tools and resources needed to help support your workforce during life's most difficult moments.

This is a practical 2 ½ hour session, designed for line managers and HR teams, that will help build staff confidence and competencies, while supporting better long-term outcomes for businesses.

How compassionate is your workplace?

The case for compassion in the workplace and throughout society as a whole has grown significantly in recent times. The coronavirus pandemic has demanded we display greater kindness and empathy towards colleagues, whether on the frontline or working from home.

A compassionate approach is vital to remain connected, mentally healthy, and productive while we battle through the challenges we face at work and beyond. (Ref 1)

Compassionate Workplaces aims to:

- Provide a framework of understanding loss and grief
- Develop empathetic conversations in a compassionate workplace culture
- Explore compassionate culture, leadership, policies and practices
- Share helpful resources and practical tools
- Celebrate organisations that are working towards Compassionate Workplaces status

Research highlights the importance of compassion in the workplace:

- 77% of people aged 18-34 say that they would consider leaving their job if they didn't get proper support when bereaved at work (Ref 2)
- Only 17% of managers say they feel very confident supporting an employee if they had experienced a bereavement (Ref 2)

Feedback received from Compassionate Workplaces Awareness Training:

- 100% of participants agree their understanding of a compassionate approach in the workplace has increased
- 100% of participants recommend attending this training

For more information and costs, please contact Greg Cooper on 01206 646275 or email gcooper@sthelena.org.uk