

It's OKAY to GRIEVE



Harry Levinson, a psychologist from the 1950s remarked, "All change is loss, and loss must be mourned." Given the quantum of change we have experienced since March 2020, is it surprising that we are straining to comprehend the enormity of the demands on us every single day?

Each one of us has experienced loss in one way or another and research shows that unresolved grief is a quietly destructive force that wrecks individuals and disrupts organizations. Loss and grief are both inevitable but they need not remain unaddressed.

It's OKAY to GRIEVE teaches us just how to cope.

- Introduction to the theme
- An Awareness of loss
- Accepting the pain
- Taking action to heal
- Q & A

Format: Online

Participants: Not more than 50

Duration: 90 minutes

Requirements: Participants should have

- Videos On
- Audio on Mute

Cost: Rs. 25,000/- +18% G.S.T

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