

Gill Taha (Mind Northamptonshire) leads this session.

Audience: The session is suitable for School-based staff - teaching and non-teaching, including leadership (primary and secondary phase colleagues).

Grief is a deeply personal experience, yet we often face pressure—from ourselves or others—to "move on" within a set timeframe. This session shifts the focus away from "getting over" pain and instead explores loss as a **continuous journey**.

While the loss itself remains a part of our lives, our relationship to it evolves. We will discuss how to navigate this individual path at your own pace, helping you understand that while the journey is different for everyone, it can become easier to carry over time.

The session will explore:

- **Understanding Loss:** Explore several types of loss and how to support an individual through it.
- **Confidence in Conversation:** Develop the skills to initiate sensitive discussions about death and loss, and gain confidence in managing highly emotional situations.
- **Cultural & Spiritual Perspectives:** Briefly explore how diverse beliefs shape the grieving process.
- **Holistic Support:** Learn how to balance emotional empathy with practical, hands-on support.
- **Practitioner Wellbeing:** Understand the vital importance of self-care and maintaining your own boundaries while supporting others experiencing grief or loss.

Cost: Secondary SLA members 2 free places. Primary SLA members 1 free place. Non-members £20 per delegate

Book your place <https://www.sponne.org.uk/ts/professional-development/calendar>

To find out more email: trainingschool@sponne.org.uk Telephone: 01327 350284 ext. 7251