



GRIEF MANAGEMENT: HOW TO CREATE A SAFE SPACE FOR MENTAL HEALTH DISCUSSIONS IN THE WORKPLACE & KEEP TALENT

Although the World Health Organization has recognized burnout as a medical diagnosis and approximately two-thirds of workers experience burnout, mental health is still a taboo topic in the workplace. Tecora shares three strategies that can be used to create a safe space in the workplace, provide quality support, and keep talent.

Participants will learn:

- A simple process that's non-discriminatory and shame-free to assess the mental health challenges of their teams
- How to embrace the new normal as mental health days are viewed as an extension of personal & vacation days
- Two ways to support their teams with grief management as the world grieves

PERSEVERANCE AFTER A PANDEMIC: 4 MENTAL HEALTH MANAGEMENT STRATEGIES FOR EMPLOYERS AND EMPLOYEES

According to research, 7 in 10 employees are at risk for developing mental health conditions. Within that study conducted by Einvitals, 80% of at-risk employees had no history of mental health treatment. Tecora presents the latest information about the mental health crisis in the workplace. This workshop teaches easy-to-apply processes to alleviate the mental health crisis in the workplace and connect with employees who may fear being fired or furloughed because of sharing their mental health challenges.

Participants will learn:

- How to educate their teams about common mental health challenges
- A simple process to evaluate policies around grief, loss, and trauma
- A two-step approach to improving employee connections
- Two ways to improve the emotional hygiene of their teams and embrace the new normal

BUILDING EMOTIONAL RESILIENCE: MANAGING GRIEF

Experts say that there are at least nine newly bereaved individuals for each person who dies of COVID-19. As people all over continue to grapple with grief and loss, there is an even greater need for assistance and steps to move forward. Tecora shares three effective strategies for grief management that will assist those looking to build emotional resilience.

Participants will learn:

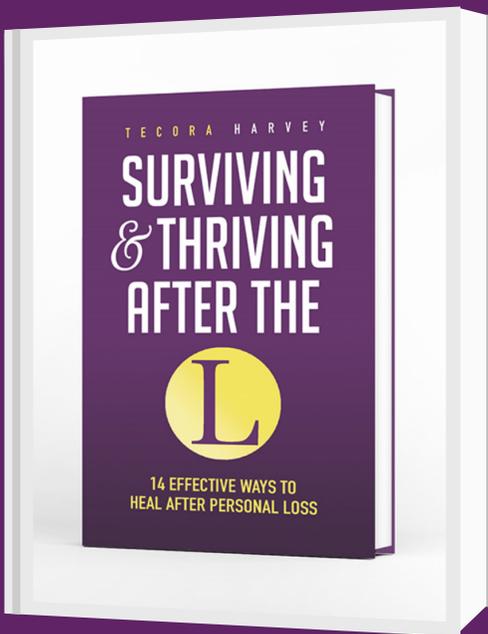
1. Two ways to set healthier boundaries to grieve after personal loss
2. Two steps to embrace the new normal without losing precious traditions
3. How to pass down memories without grief

ABOUT *Tecora*

One client told Tecora, "Your presentation blessed me. Your honesty and candidness have inspired me to take action steps towards my own growth and development." Keynote speaker and personal loss expert Tecora Harvey is no stranger to personal trauma. She masterfully intertwines professional strategies with deeply personal stories. Tecora has extensively researched the impact of loss, focusing primarily on prolonged grief disorder, which currently impacts most of the world. Today, Tecora serves as a mental health advocate for diverse groups, specializing in grief management among women of color.



As a speaker and trainer, Tecora not only provides professional women with the necessary resources and guidelines to manage their grief, but she helps them thrive by redefining and recreating their lives after personal loss.



PUBLISHED *Work*

Surviving & Thriving After the L: 14 Effective Ways to Heal After Personal Loss offers strategies you can start using on a daily basis to operate from a place of presence to thrive. Even when facing challenges and life happens, you can heal from trauma and obtain happiness. Discover how to overcome L's and be a source of inspiration to those around you.

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