

# Difficult Transitions

## Webinars | Coaching | Resources

Sometimes events happen in life that challenge us and change who we are. As well as the massive personal effect, these changes can test our performance and engagement at work, so it is vital that managers and teams support individuals through their difficult life transitions. These challenging life events could be anything from fertility struggles, miscarriage and loss of a child to bereavement, divorce or illness. Going through these changes forces us to let go of familiarity and face a feeling of vulnerability as well as a wide range of emotions that can be consuming and distracting.



**Supporting colleagues through difficult transitions creates an environment that is safe and nurturing through any vulnerable time, achieving this is vital to creating an inclusive culture through psychological safety.**

## Content

**Webinar:** Educational colleague webinar on supporting others through Difficult Transitions

### Resources

#### Videos:

- Supporting Colleagues through Difficult Transitions
- Managing through Difficult Transitions

#### Employee Guides:

- Identifying when a team member needs support
- Supporting a team member through the Difficult Transitions

Including any telephone/online support

## Format

The workshops, webinars and coaching are facilitated by experts from our EDI team and can be delivered virtually or face to face.

The webinars and resources can be tailored to your organisation based business specific requirements and company culture and any EDI diagnostics already carried out.

At Emerge we provide a variety of different supportive coaches, however we also have expert therapists we can refer to.