



THE CENTER FOR  
Clarity, Compassion & Contentment

*find your center*

The Four Quadrants  
of Wellbeing

## Good Grief: *Let's Talk About All Kinds of Loss*

1. What have you lost? What have you grieved? (personally or professionally)  
Make a list.
2. The stages of grief are denial, bargaining, anger, depression, acceptance, and meaning. In what ways, have you felt these stages in the last 2 years?
3. What are your symptoms of grief? Exhaustion, sadness, loss of focus are all common.
4. There is no timeline for grief. It is an unique experience. How can you have compassion for yourself during the process?
5. What are the challenges of grief in the workplace?

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6. How can we help ourselves grieve?
7. How can we help others grieve?
8. What are the gifts of suffering? (not saying it is “all okay” now, just acknowledging the situation is what it is, and seeking acceptance in time)
9. How can you appreciate losses your staff have experienced?
10. What does a compassionate organization look like to you?
11. How can your organizational culture include patience and acceptance for loss?



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