



Building a Workplace Wellbeing Strategy

Details

Duration: 1 Day

Delivery:
Online/Classroom/Blended

Dates:
January 22, 2021
April 16, 2021
July 2, 2021
September 3, 2021
December 3, 2021

Time:
9.30 am– 17.00 pm

Cost:
Ibec member: €385
Non-member rate: €425

Contact:
For further information,
please contact
training@ibec.ie or call 01 605
1667

Programme Overview:

This programme provides participants with the necessary skills and knowledge to develop a workplace wellbeing strategy. It specifically focuses on the tools needed to develop a sustainable health and wellbeing programme in the workplace

Programme Outcomes:

On completion of the programme, participants will:

- Understand the background and evolution of Workplace Wellbeing
- Identify different models of Workplace Wellbeing programmes
- Recognise the benefits of a Workplace Wellbeing programme
- Develop key steps and metrics for measuring success of a Workplace Wellbeing programme
- Understand the role of Occupational Health in workplace wellbeing

Approach:

This is a one-day programme. It is highly practicable and interactive in its approach. The workshop provides the tools required to create employee wellbeing programmes and the opportunity to draft a wellbeing plan.

This programme is for:

Those with responsibility for managing wellbeing at work and come from a number of disciplines including, Health and Safety, Human Resources and existing Health and Wellbeing Teams.

Programme Schedule:

| The Business Case for Wellbeing in the Workplace | The Business Case for Wellbeing in the Workplace | The Business Case for Wellbeing in the Workplace |
|---|--|--|
| The background and evolution of Workplace Wellbeing | Benefits of a Workplace Wellbeing | The role of Occupational Health in Workplace Wellbeing |
| Models of Workplace Wellbeing | Metrics for measuring success of a Workplace Wellbeing | |