



Developing a Workplace Wellness Programme that Lasts

Self-Paced Online Training Programme

Overview

This programme is designed for anyone that has interest in, or is responsible for, developing a wellness programme at their workplace. The programme focuses on how to build a sustainable culture of health within the organisation over time, rather than providing solely once-off initiatives.

Programme Objectives

- Understanding of a defined framework for creating, implementing and improving a sustainable wellness programme for workplaces based on academic research and practical case study examples
- Reflect upon, discuss and critically evaluate the best approach for your own work context

How will you benefit?

- Practical step-by-step introduction to implementing a wellness programme
- Overview of the evidence on what makes wellness programmes work successfully
- Focus on the challenges and opportunities at your own workplace
- Review examples from real world organisations
- Opportunity to join a growing community of workplace wellness professionals in Ireland and abroad
- Opportunity to act as a future mentor in the Workplace Wellbeing Ireland community and for future training courses

Who will benefit?

- HR professionals and senior leaders
- Occupational health professionals
- Office, Facilities and Health & Safety managers
- Anyone that is interested in developing a wellness programme at their workplace (now, or in the future)

Modules

- Introductions and overview of workplace wellness practice and research in the national and international context
- Committed Leadership
- Creating a Team of Wellness Champions
- Gathering Meaningful Data
- Developing an Operating Plan
- Choosing the Interventions
- Strategic Communication
- Cultivating a Supportive Environment
- Evaluating, Celebrating and Iterating
- Conclusion and next steps

What's included?

- 10 Modules (Introduction, 8 Step-Framework and Conclusion)
- All programme materials
- Case study examples
- Private Facebook group for students
- Dedicated email support
- Workplace Wellbeing Ireland course completion certificate

Pre-Requisites

- The programme is hosted online so you will need an up to date computer and a good quality internet connection.
- A Facebook account so you can access the private group.
- A positive attitude 😊

Programme Price:

~~In Person Price = €1,200.00~~ Online Price = €397.00

About the Programme Director

Brian Crooke

[Brian](#) is a wellbeing educator, speaker and adviser supporting Irish organisations to promote and sustain wellbeing within their workplaces.

He is the founder of the [Workplace Wellbeing Ireland](#) community and is responsible for the design and delivery of the Postgraduate Certificate in Workplace Wellness at Tangent, Trinity College Dublin.

In his spare time Brian is bringing free resistance training to every county and community in Ireland through his [parkHIIT project](#).



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