

POSTGRADUATE CERTIFICATE IN

# WORKPLACE WELLNESS

LEVEL 9 | PART-TIME | SPRINGBOARD+

## PROGRAMME OVERVIEW

On this practical Postgraduate Certificate (Level 9) in Workplace Wellness, participants will learn everything that they need to develop and coordinate effective programmes that align an organisation's values to employee wellness, ensuring engagement and buy in from senior management and staff alike.

This course offers the opportunity to up-skill in the area of workplace wellbeing and take up a variety of roles related to employee wellness. It may also be an excellent addition to a primary degree in HR or Business for those wishing to reorient their careers or re-enter the workforce.

## WHY TANGENT?

At Tangent, Trinity's Ideas Workspace, you will have access to leading academics in a new purpose built vibrant workspace at Trinity College Dublin. You will also have access to a world class creative and cultural community at the university, which features regular industry-leading guest talks, masterclasses, and events.



Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin



SPRINGBOARD+  
[www.springboardcourses.ie](http://www.springboardcourses.ie)

**Tangent** Trinity's Ideas  
Workspace

# ADMISSION REQUIREMENTS

The postgraduate certificate will be open to those with:

- Level 8 honours degree (180 ECTS)
- A demonstrated aspiration to pursue a role in Workplace Wellness
- CV
- 1-page letter of motivation
- Two references
- Eligibility for springboard+ funding

## COURSE CONTENT

The part-time course is comprised of three modules, totalling 30 ECTS and delivered over a 6-month period commencing in January 2020.

**Module 1: Fundamentals of Workplace Wellness**

**Module 2: Organisational Culture**

**Module 3: Project and Policy Implementation**

## APPLY TODAY

If you are seeking development, growth and rewarding challenges, this practise-based postgraduate certificate will help you graduate with the confidence, skills and professional network needed to succeed.

Visit [www.springboardcourses.ie](http://www.springboardcourses.ie) to apply today. Please note, places are limited, so early applications are advised.

## CONTACT US

Tangent, Trinity Ideas Workspace,  
First Floor, Trinity Business School,  
182 Pearse Street, Dublin 2

**Phone:** (01) 896 4811

**Email:** [Springboard@tcd.ie](mailto:Springboard@tcd.ie)

**Web:** <https://springboardcourses.ie/details/7240>