



Sustainable Workplace Wellbeing

Live Workshop (Online or Onsite)

Overview

This workshop is designed to introduce senior leaders and wellbeing champions to an 8 Step Framework for developing, implementing and sustaining a wellbeing programme at their workplace.

Many well-intentioned organisations are trapped in endless cycles of random acts of wellness with no clear strategy, no measurements, no health benefits for colleagues and no tangible benefits for the organisation.

The 8 Step Framework for [Developing a Workplace Wellness Programme that Lasts](#) is based on academic research, on the Wellness Council of America's benchmarks and practical case study examples from Irish organisations.

Implementing wellbeing in the workplace is the right thing to do, it's the legal thing to do and it's the smart thing to do. Organisations that demonstrate they genuinely care about the wellbeing of their people are the ones that will thrive in the future of work.

Workshop Structure

- Introduction: The Landscape of Workplace Wellbeing in Ireland and internationally
- Workplace wellbeing frameworks: WHO, CDC and ISO45003
- 'What is wellbeing' group exercise
- Step 1: Committed and Aligned Leadership
- Step 2: Create a Team of Wellbeing Champions
- Step 3: Gather Meaningful Data
- Step 4: Craft an Operating Plan
- Step 5: Choose the Interventions
- Step 6: Communicate Strategically
- Step 7: Cultivate a Supportive Environment
- Step 8: Evaluate, Celebrate and Iterate
- Reflect upon what we have learned
- Q&A



Who will benefit?

This workshop is targeted at senior leaders, HR professionals, health and safety managers, wellbeing champions and anyone that has a say in the direction of wellbeing at their workplace.

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 real world examples

Online

- 2-hour interactive online workshop (Zoom is preferred)
- Zoom Pro limit is 100 attendees. Client is welcome to host using their own platform
- Price: €1,599 ex VAT which will include any group activity outputs

Onsite

- 2-hour interactive onsite workshop (Dublin). Email for other location options.
- Price: €1,799 ex VAT which will include any group activity outputs

About the Workshop Facilitator

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

He is the founder of *The Work Well Institute* and the [Workplace Wellbeing Ireland](#) community and is Course Director of the Postgraduate Certificate in Workplace Wellness at Tangent, Trinity College Dublin. He is the host of *The Work Well Podcast*.

In his spare time, Brian is bringing free resistance training to every county and community in Ireland through his *parkHIIT* social enterprise.



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