



Wellness at Work Course Brochure

1 Day Practical Workshop



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The Right Fit.....For You

Workplace wellness interventions have become essential to successfully address the needs of the workplace in Ireland. Issues such as lost man hours, lost productivity due to sick leave and absenteeism can place a tremendous burden on a business.

Our one day **Wellness at Work** course aims to search for, and implement, solutions to these issues and to **successfully address the needs of the workplace in Ireland.**

It is **time for a paradigm shift:** for too long we've been **focusing our attention on the problem** (i.e. managing disease). **This course focuses on the solution:** health promotion, optimal health and wellness through awareness, education and new ways of thinking.

Visionary companies acknowledge that **employee health has a financial impact on business.** These are preferred employers who empower employees by providing health and wellness promotion.

This is a highly practical course and scenario based exercises and group discussions will be used throughout to allow learners to gain a **better understanding of how wellness in the workplace** affects all aspects of business.

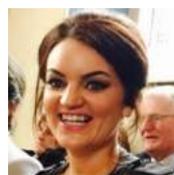
"I speak for all in saying that it was an excellent course. I found the course very interesting and beneficial both for my work and future career."

Marcin Cesarz, Lead Business Analyst, AIB



"We are all very happy with the training carried out last week & will definitely be in contact in the future"

Aoife O'Rourke, Key Account Manager, Tool & Plastic



"Great exercises, very relaxed and great models to explain, learning process and delivery of the information."

Jonathan Latimer, Fleet Training Instructor, City Jet





Why Choose Our Wellness at Work Course

DCM Learning's Wellness at Work course aims to successfully address the wellness needs of the workplace in Ireland. This course focuses on solutions: health promotion, optimal health and wellness through awareness, education and new ways of thinking.

Specific reasons to choose this course:



Experienced: We have trained over 253 individuals successfully in Wellness at Work over the last two years.



Support: 15 full-time training consultants plus support staff (21 in total). We are large enough to be well resourced but small enough to care.



Experienced Training Team: Our trainers are Training Practitioners with years of industry experience as well as vast training experience.



Quality Assured Training: Make sure you Safeguard Your Training Investment. DCM offer courses accredited by national and international certification bodies, including QQI, PMI, IASSC, and Scrum.org.

You're in Good Company

We have delivered our Wellness at Work programme to the biggest brands in Ireland including Google, Intel, Central Bank of Ireland, ESB, Football Association of Ireland and Abbott so you can have confidence in our ability to deliver the results you want to achieve.





Wellness at Work Course Outline

COURSE OVERVIEW

The cost to the economy resulting from death and disability as a result of illnesses such as heart disease and stroke is in excess of €8 billion a year. This exerts a tremendous burden on the workplace: lost man hours, lost productivity due to sick leave and absenteeism.

This one day Wellness at Work course aims to search for, and implement, solutions to these issues and to successfully address the needs of the workplace in Ireland.

This is a highly practical course and scenario based exercises and group discussions will be used throughout to allow learners to gain a better understanding of how wellness in the workplace affects all aspects of business.

LEARNING OUTCOMES

By the end of the course each learner will be able to understand:

- Have assessed your personal stress levels
- Have identified the common causes of stress in the workplace
- Recognise and utilise coping strategies when dealing with negative situations
- Identify and avoid their own personal time stealers
- Understand the importance of creating time to plan
- Develop long-term strategies to reduce your susceptibility to feelings of anger/frustration
- Understand what resilience is
- Understand the impact of the language we use
- Use tools to help manage your emotional state, stay positive and deal with uncertainty

Below you will find a proposed course outline detailing all the topics covered on the training programme.

A black and white photograph of three women sitting at a table in a meeting. The woman on the left is wearing glasses and looking at a document. The woman in the middle is looking down. The woman on the right is seen from the back, looking towards the others. A red horizontal bar is overlaid on the bottom of the image.

Course Content

TOPIC 1: MANAGING STRESS

- What contributes to workplace pressures?
- The impact of stress on personal performance
- Moving from reactive to proactive
- Working to priorities when everything is urgent
- Managing conflicting demands from more than one person
- Choosing the appropriate approach for each situation

TOPIC 2: TIME MANAGEMENT

- How to prioritise your workload to reduce the feeling of being overwhelmed
- Managing yourself to get more done – avoiding procrastination
- Improved planning and prioritisation - Useful tools for prioritising tasks
- Dealing with distractions and interruptions - Learning to say no; Scheduling available and unavailable time
- Taking control of your inbox - Rules for checking, reading & organising emails

TOPIC 3: WORKPLACE RESILIENCE

- The power and impact of the language we use
- Your existing resilience and resourcefulness
- Practical tools for increasing your resilience
- Finding your optimum level of 'pressure'
- Being positive: Thinking and planning framework



Damian McCourt

Training Associate

Damian is a business professional with more than twenty-five years' experience in the financial and IT service sectors and is a highly experienced coach and consultant. His aim on all the workshops he delivers is to inspire and show clients how to use more of their infinite potential.

Damian has helped develop and deliver training to many successful businesses and organisations, helping people and organisations of all sizes and sectors achieve their goals.

Damian brings his passion for training to every course he delivers. His resulting style is interactive and inclusive, which empowers learners to develop their skills and achieve great results from training.

Some of the areas Damian specialises in are: Brain Training, Mindfulness, Action planning, Performance Management and Change Management.

Some of Damian's qualifications and affiliations include:

- Degree in Humanities, psychology major - Dublin City University
- Diploma in Mindfulness and Wellbeing, Psychology- City Colleges Dublin
- HDip Computer Sciences, Information Technology- Trinity College, Dublin

"The training went really well, Damian was great. Materials will be very useful. Couldn't fault it!"

Aoibheann McCann, Galway Rural Development





Inhouse Training, One Size Doesn't Fit All.

Does your team need Wellness at Work training? DCM Learning has a full range of training courses and qualifications available for your team and company, in-house or off-site.

Based on your requirements, we will develop a custom-made training programme and deliver it specifically for your employees in a chosen location - giving them the exact skills and knowledge they need whilst saving on venue hire, travel, time and associated expenses.

Each daily session will be delivered onsite at a location of your choosing over a 7-hour period. We are flexible on group size, but for group sessions we would recommend a maximum of 15 people to allow for the more interactive elements of the course.

Below is an overview of our Inhouse Training Delivery and Costs:

Details	1 Day Training	2 to 5 Days Training	6+ Days Training
Cost	€1,095 per day	€995 per day	€895 per day
Materials	Included	Included	Included
Travel Expenses	Included	Included	Included
Areas Covered	All Counties	All Counties	All Counties
Customisation	Course Customised	Course Customised	Course Customised
Survey	Pre & Post Course Survey	Pre & Post Course Survey	Pre & Post Course Survey
Account Management		Dedicated Account Manager	Dedicated Account Manager
Free Public Course		1 Free Place	3 Free Places
Public Course Discount		15%	25%



Who We Work With

We train organisations of all shapes and sizes, from small businesses up to global enterprises. But we never forget that every individual matters, and we make sure that every learner gets what they need to reach their potential.





**Set your career on the
right course**

DUBLIN

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