dcm THE WELLNESS HUB

Introducing

The Wellness Hub

High quality wellbeing content available any time, wherever your employees are.

Why Wellness Matters?

One in 4 of us has experienced a mental health problem. Stress, anxiety and depression are thought to be responsible for almost half of all working days lost.

Employees spend the majority of their time in your office. An unhappy, unhealthy employee will result in a lousy performance, which directly affects your company's performance. A healthy workforce is a productive workforce.

A fresh approach to workplace wellbeing

The DCM Wellness Hub is designed to help you implement a corporate wellness programme that will provide measurable results and tangible benefits to you and your organisation.

The Wellness Hub at a Glance

High quality wellbeing content available any time, wherever your employees are

We want to empower your people to stay fit and healthy. We continually strive to develop innovative and engaging wellbeing content to support the health and wellbeing of your employees. With over 20 hours of expertly created content, your employees are certain to find the right content at the right time.

With the wellness hub, you support your employees' physical and mental wellbeing, creating a stronger bond with your business.

Access

Give access to a carefully curated and updated collection of content that caters for your employees needs

Support

Receive on-going support from our dedicated team.

Currated Content

Provide your employees with relevant and carefully selected content, whatever their needs are.

77%
of employees found wellness programmes to positively impact the culture at work.

89%
of companies that support wellbeing initiatives recommend their company as a good place to work.

1 in 2
employees are now less bothered by office-based perks and are more keen wellbeing benefits

The Wellness Hub

Help your teams be happier and healthier.

Emphasising your company's focus on wellbeing will boost your ability to attract and retain top talent as well as increase productivity and reduce absenteeism.

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters. Wellness matters because everything we do and every emotion we feel relates to our well-being.

In turn, our well-being directly affects our actions and emotions. It's an ongoing circle. Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.

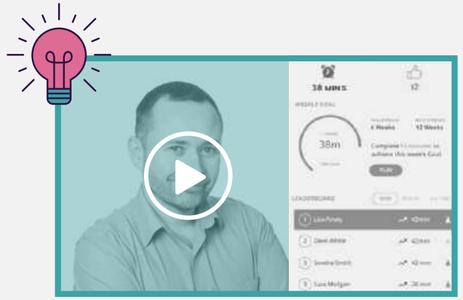
This is a new working world, where employee needs and wants have changed, as have business challenges. More than ever before, employee wellbeing must be a priority.

Your business needs to emphasise wellbeing as a key part of your culture. This will boost your ability to attract and retain top talent and increase productivity in the workplace.

Nutrition & Sleep

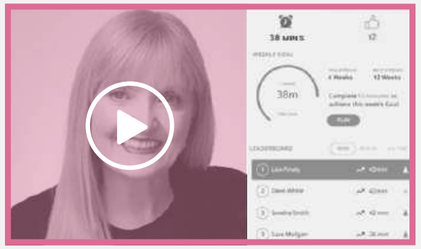
Understanding Your Stress Response

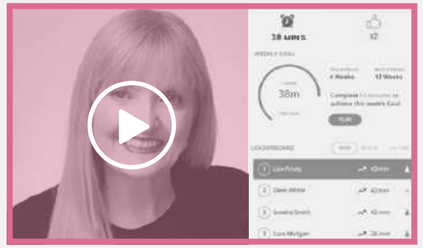
Learn a range of exercises to change how you think and talk to yourself.



Single Tasking for Success

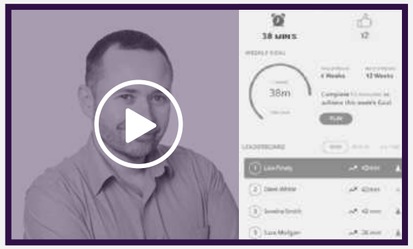
This session will cover the most common culprits that will cause you to multi-task.





Self Criticism & Recognising Your Strengths

Learn a range of exercises to change the way you think and talk to yourself.

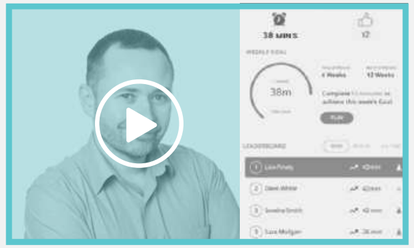


The Importance of Prioritising Sleep

Learn how to feel more productive and emotionally balanced through a sleep method that works for you.

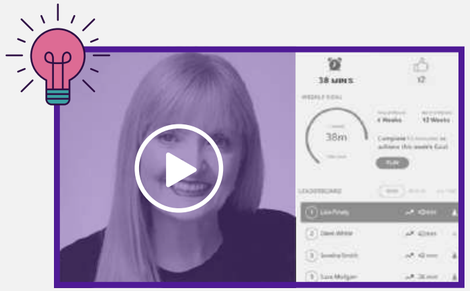
Talking About Mental Health

Openly discussing mental health in society helps break down mental illness stigma.

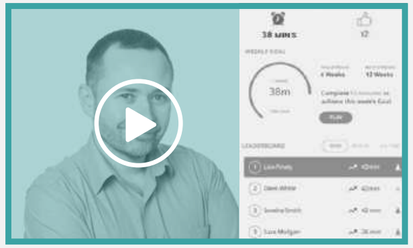


Recognising & Avoiding Negative Thinking Traps

Learn how we can control how we respond to changes.

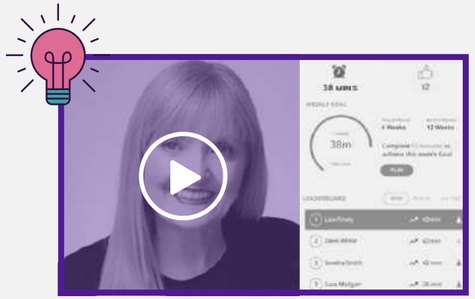


Management & Goals



Understanding Common Mental Health Issues

Learn how to identify your symptoms but others too so you can support a person who is struggling.

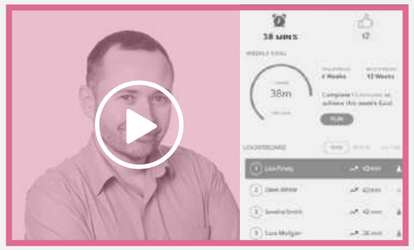


Parenting While Working Remotely

This course will provide you with helpful tips for staying productive while working from home.

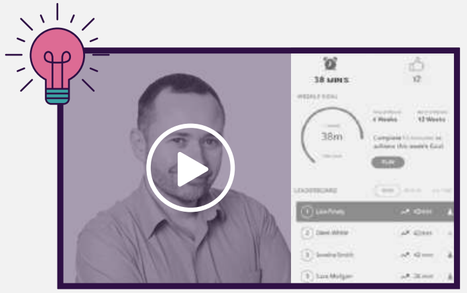
Staying Calm in Stressful Situations

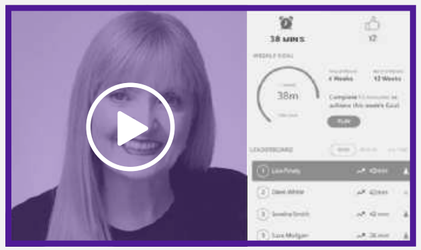
Learn the tools to practice strategies to help you feel calm and deal with any situation.



Saying “No” Won’t Get You Into Trouble

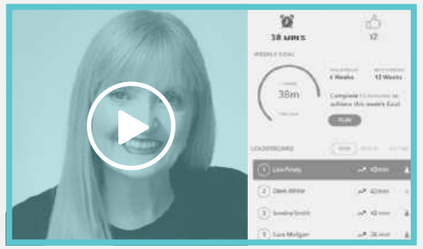
You will learn the parameters to help you when you're put on the spot and need to say 'No'.





Workload Management

Efficiently distributing and managing tasks across your week maximises your performance and helps to melt away chaos.



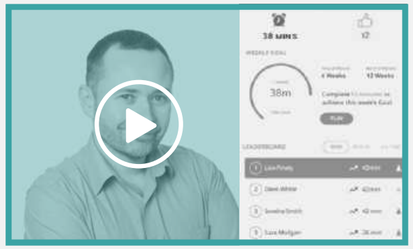
Identifying & Achieving Goals

Learn how to identify and set goals, and you give yourself the direction to improve your performance.

Mindfullness & Stress

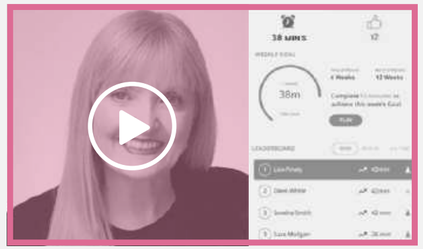
The Benefits of Positive Thinking

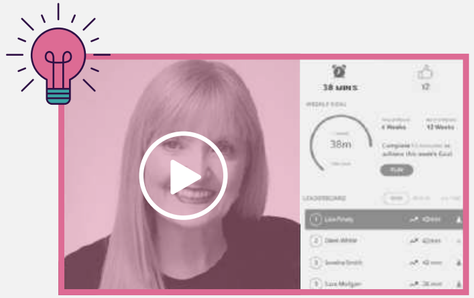
Explore how the benefits of positive thinking and having a positive attitude will increase your sense of wellbeing.



The PERMA Model

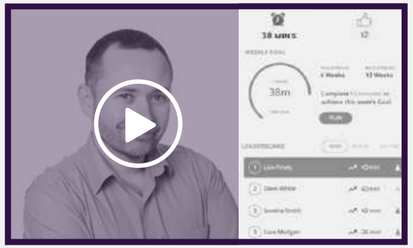
Discover Martin Seligman's PERMA model of well-being and the importance of maintaining a positive attitude.





Leading a Healthy Lifestyle

Discover what a healthy lifestyle looks like and why it is vital for your mental health and wellbeing.

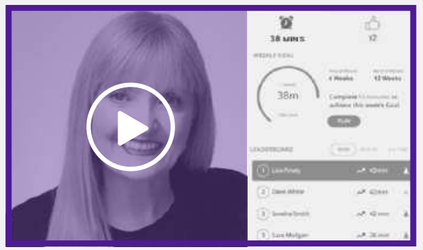


Nutrition and Healthy Eating

Learn the importance of nutrition and having healthy eating habits, alongside the impact this can have on your overall well-being.

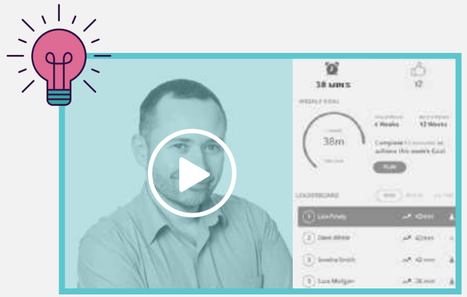
Exercise for Everyone

Learn the necessary preparations to consider before returning to work and what measures can be put in place for a comfortable and easy transition.

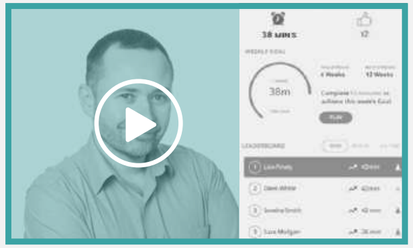


Sleep Hygiene

Explore the consequences of sleep deprivation and give you some recommendations on developing better sleeping habits.

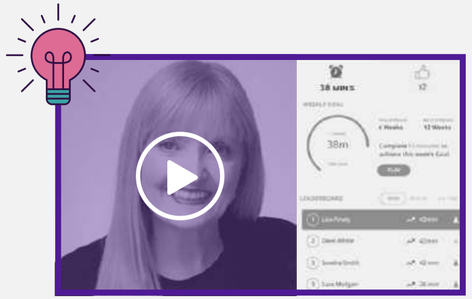


Thoughts & Emotion



The HSE Building Block Model of Resilience

Learn about the HSE building blocks of resilience and the importance of knowing and using your strengths.

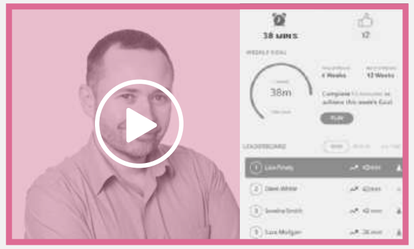


Thinking Traps

Learn more about some of the critical thinking traps you are most prone to and discover ways to overcome and manage them.

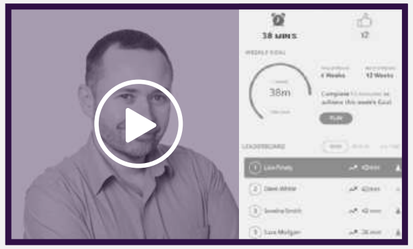
Mindfulness for Beginners

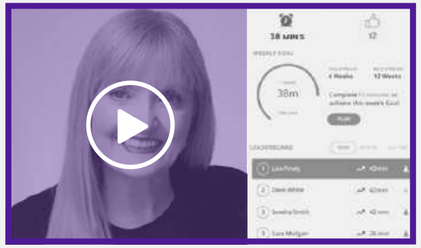
Discover the origins of mindfulness and what it means in today's world.



The Power of Positive Emotions

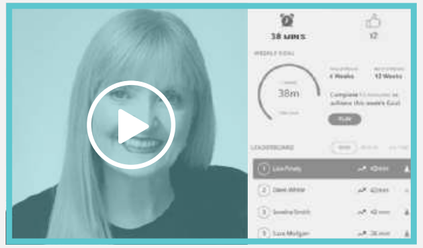
Discuss how powerful our positive emotions can be and how important it is to be emotionally aware.





Understanding Our Thoughts

Explore your thought patterns and techniques to change negative thinking to positive.

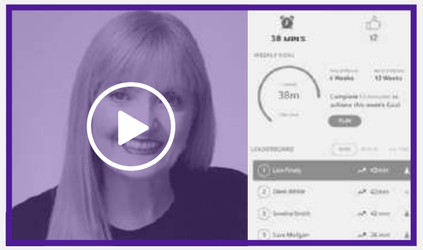


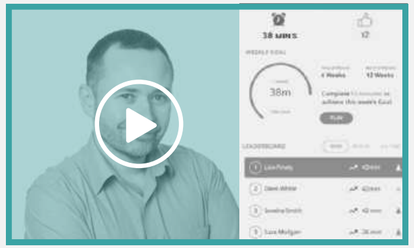
Exploring Your Emotions

Understand and rationalise your emotions; the stronger you will feel about managing and controlling how you think.

Identifying and Using Personal Strengths to Support Resilience

Discover your character values and strengths and why they are so important.





How Can You Improve Your Resilience?

Learn the 4 S's of Resilience, CIA, and Mindfulness as resilience boosting techniques to improve your well-being.

Hot Topics recommended by Lynda and Damian.

Access

Access the Wellness Hub 24/7

Unlimited

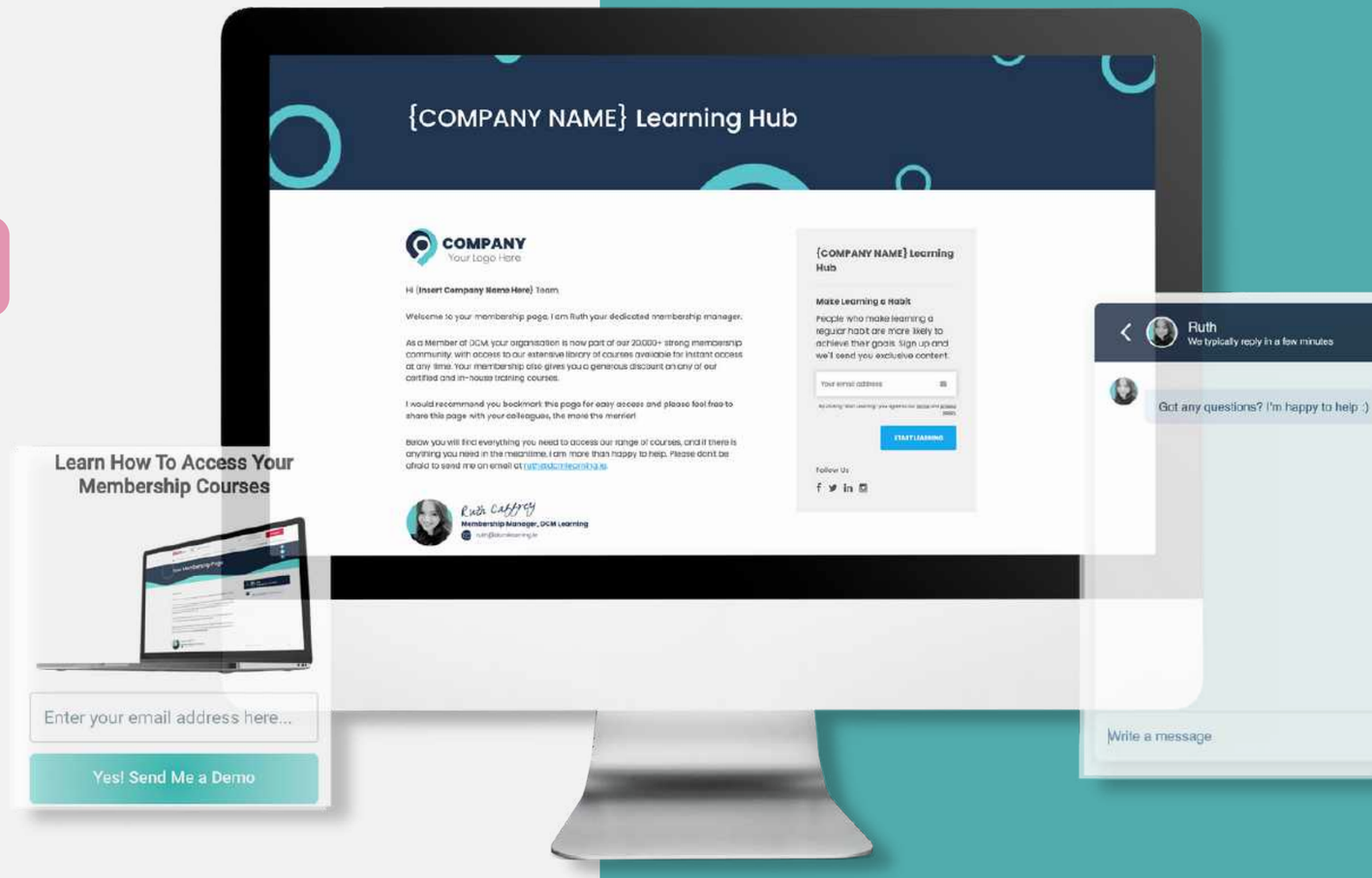
No user restrictions for unlimited users

Share

The hub can be shared with your family, friends, and colleagues.

The Wellness Hub Exclusively for Members

- Custom learning hub built on a private URL
- Reports available to track employee engagement
- Access to 100's of on-demand courses
- **Access to the DCM Wellness Hub**
- Access to the ED&I Programme
- Tailored Learning Paths



DCM, Your Learning Partner

Experts in People, Experts in Learning

For over a decade, DCM Learning has been improving individual and business performance in Ireland and the UK. At our core, we believe people learn best by doing. We design fun, powerful experiences that have a profound and lasting impact on people and their careers, inspiring new ways of thinking, building critical capabilities and unleashing business success.

Passionate About Learning & Development

We work with the biggest brands in Ireland, including UCD, Pfizer & Google, so you can have confidence in our ability to deliver excellent training programmes for your team or your business.

dcm THE WELLNESS HUB

admin@dcmlearning.ie
01 524 1338