



Introducing

The Wellness Hub

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



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.

Curated Content

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



Wellness Hub Topics



Personal Effectiveness

Preventing Burnout **NEW**
Creating Healthy Boundaries **NEW**
Identifying Strengths to Support Resilience
How Can You Improve Your Resilience?
Resilience for HR **NEW**
Healthy Mental Habits **NEW**
Let's Talk About...Imposter Syndrome **NEW**
Let's Talk About...Negativity Bias **NEW**
Let's Talk About...Supporting a Child's Mental Health **NEW**

Nutrition & Sleep

Understanding Your Stress Response
Single Tasking for Success
Self-criticism & Recognising Your Strengths
The Importance of Prioritising Sleep
Talking About Mental Health
Recognising & Avoiding Thinking Traps

Management & Goals

Understanding Common Mental Health Issues
Parenting While Working Remotely
Staying Calm in Situations
Saying 'No' Won't Get You Into Trouble
Workload Management
Identifying & Achieving Goals

Mindfulness & Stress

The Benefits of Positive Thinking
The PERMA Model
Leading a Healthy Lifestyle
Nutrition & Healthy Eating
Exercise for Everyone
Sleep Hygiene

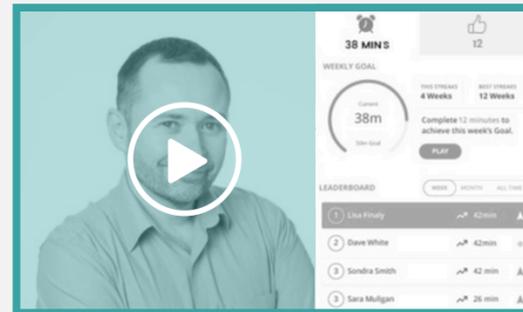
Thoughts & Emotions

The HSE Building Blocks
Thinking Traps
Mindfulness for Beginners
Power of Emotion
Understanding Your Thoughts
Exploring Your Emotions

Seasonal Wellness

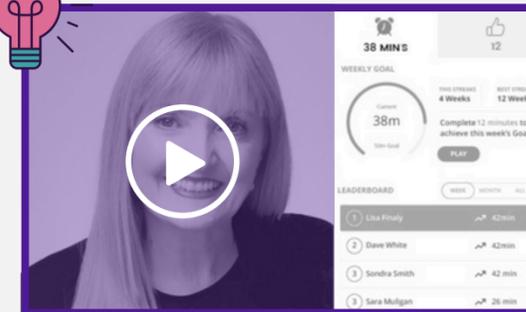
Maintaining Your Wellness at Christmas **NEW**
Coping at Christmas **NEW**
The New Year's Resolution Revolution! **NEW**

Personal Effectiveness



Preventing Burnout

No longer ignore the warning signs and learn the symptoms and signals to watch out for.

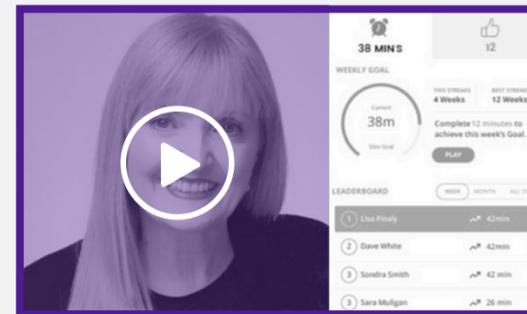


Creating Healthy Boundaries

Learn to turn off, feel comfortable with saying no, and build mutual respect with your colleagues.

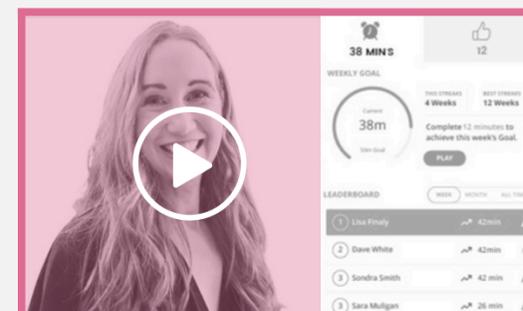
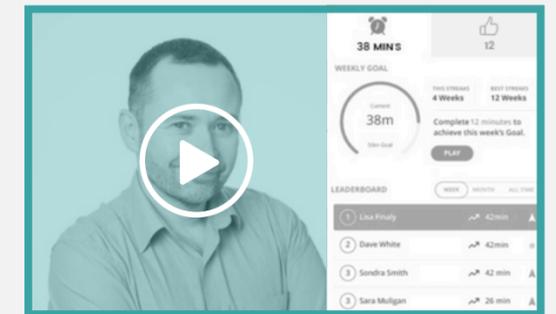
Identifying and Using Personal Strengths to Support Resilience

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



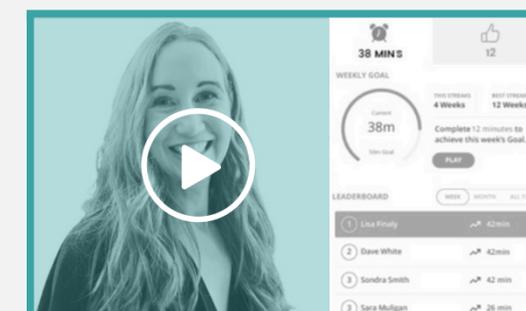
How Can You Improve Your Resilience?

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



Let's Talk About...Imposter Syndrome

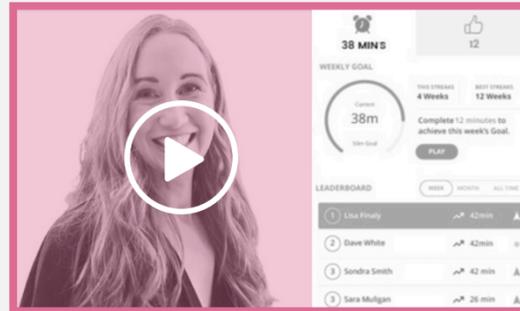
Discover practical techniques to challenge negative thought patterns and self-limiting beliefs.



Let's Talk About...Supporting a Child's Mental Health

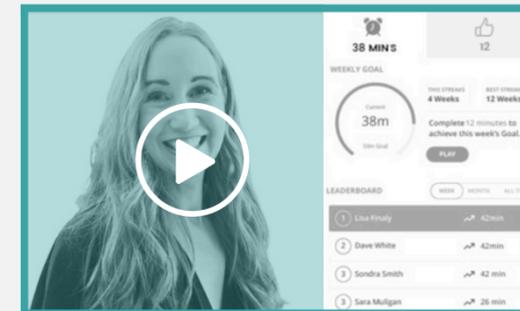
A roadmap to creating a nurturing environment where your child can thrive emotionally and mentally.

Personal Effectiveness



Let's Talk About...Negativity Bias

Gain a profound understanding of the intricate workings of negativity bias and its impact on daily life.

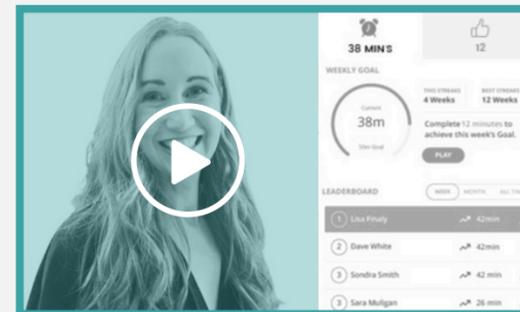


Resilience for HR

Having strong resilience gives you the capacity to cope when faced with difficult situations.

Healthy Mental Habits

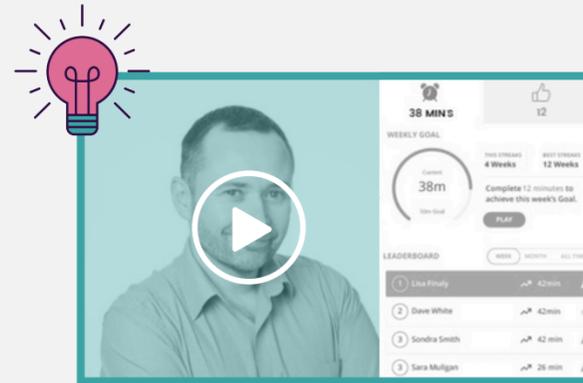
explore new habits and begin incorporating them into your routine. and begin to maintain a gentle and kind attitude toward yourself.



Nutrition & Sleep

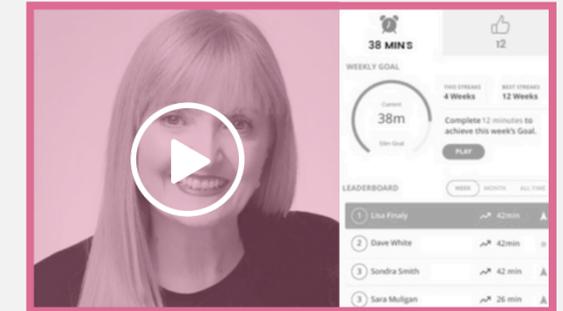
Understanding Your Stress Response

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



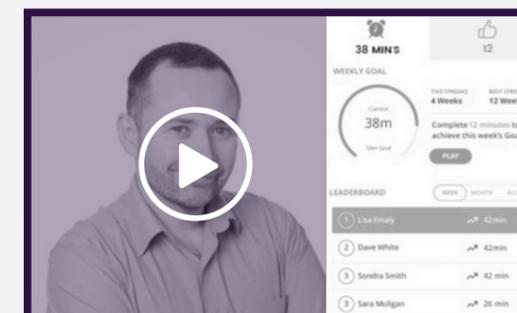
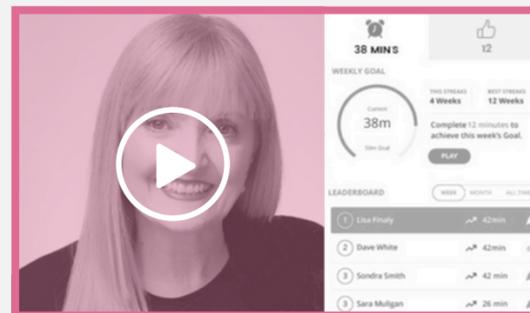
Single Tasking for Success

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.

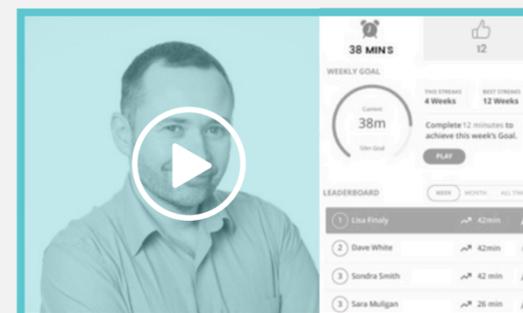


The Importance of Prioritising Sleep

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

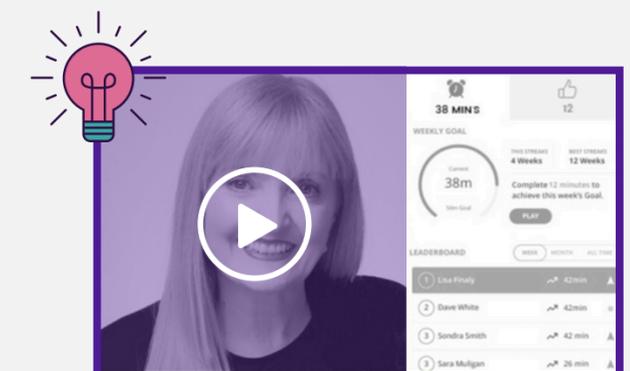
Talking About Mental Health

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

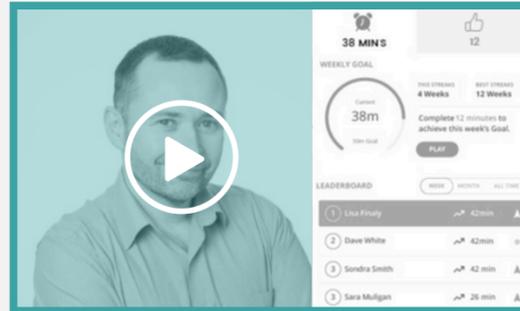


Recognising & Avoiding Negative Thinking Traps

Learn how we can control how we respond to changes.

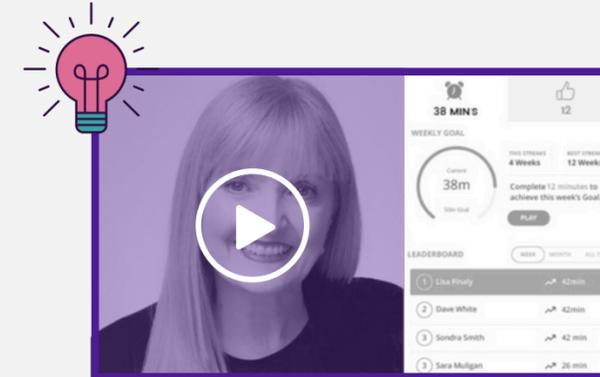


Management & Goals



Understanding Common Mental Health Issues

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

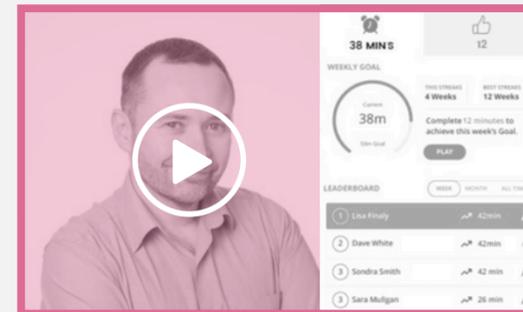


Parenting While Working Remotely

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

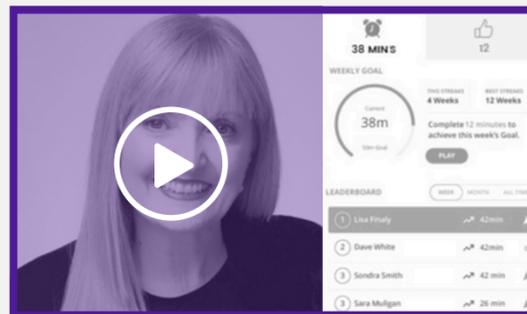
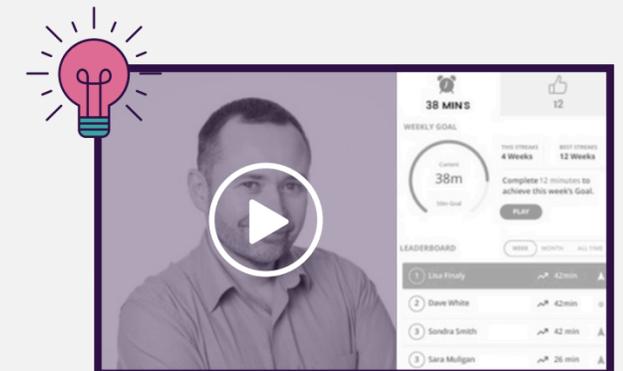
Staying Calm in Stressful Situations

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



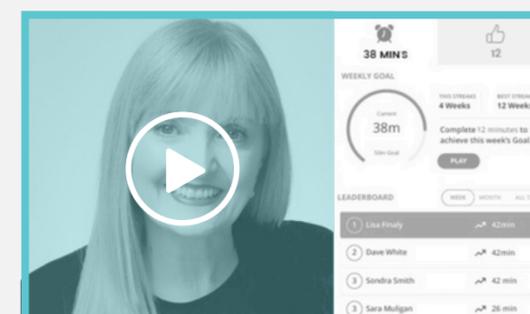
Saying "No" Won't Get You Into Trouble

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.



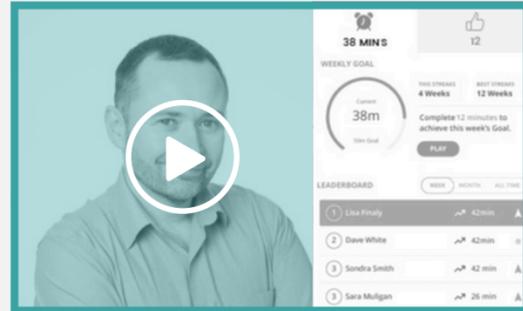
Identifying & Achieving Goals

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



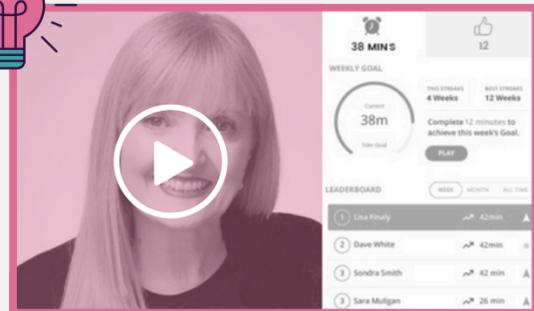
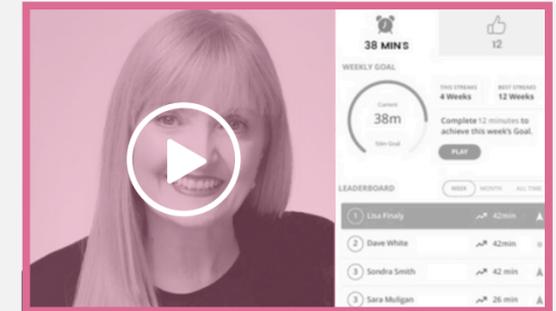
The Benefits of Positive Thinking

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



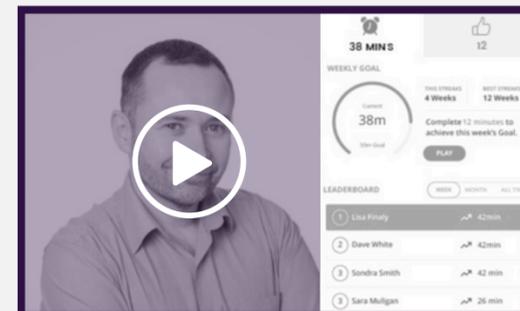
The PERMA Model

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.

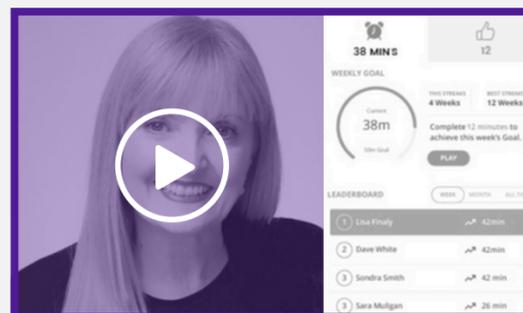


Nutrition and Healthy Eating

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

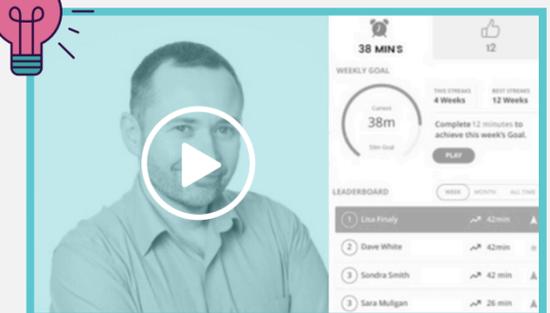
Exercise for Everyone

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

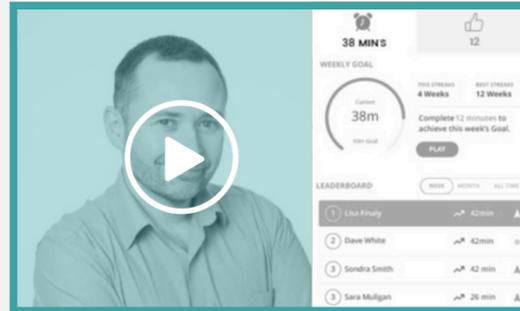


Sleep Hygiene

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

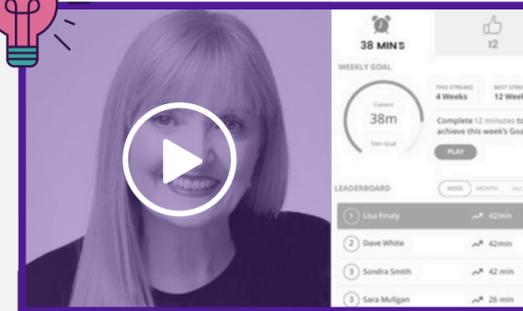


Thoughts & Emotion



The HSE Building Block Model of Resilience

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

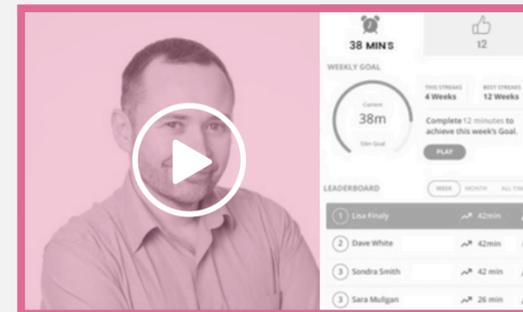


Thinking Traps

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

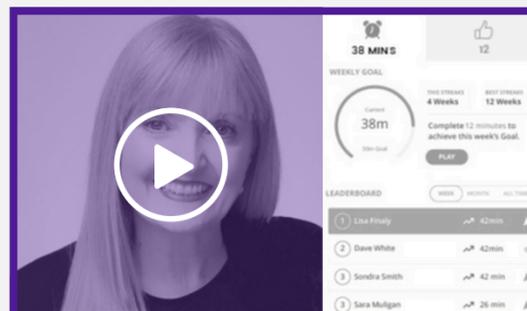
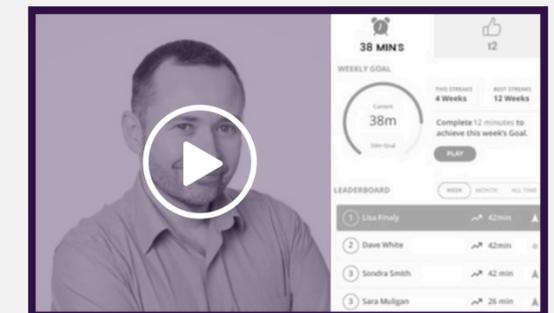
Mindfulness for Beginners

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



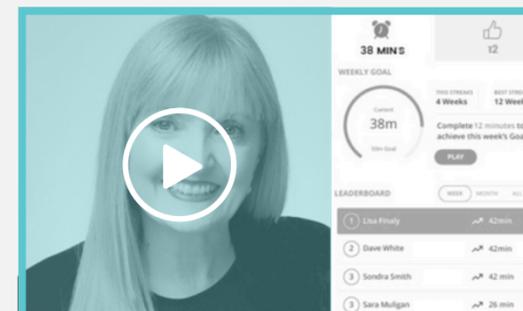
The Power of Positive Emotions

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



Understanding Our Thoughts

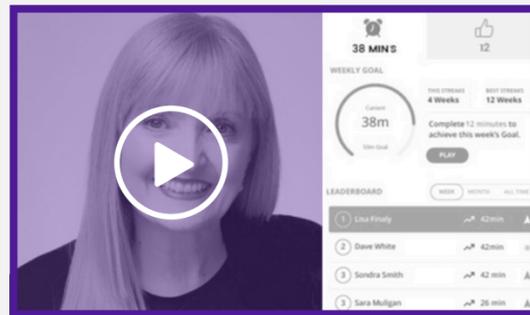
Explore your thought patterns and techniques to change negative thinking to positive.



Exploring Your Emotions

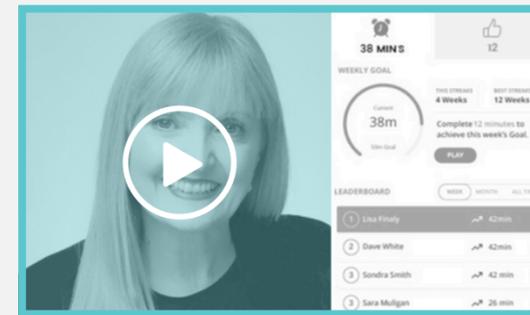
Understand and rationalise your emotions; the stronger you will feel about managing and controlling how you think.

Seasonal Wellness



Maintain Your Wellness This Christmas

Christmas can bring a lot of demands such as financial, social and family but you can help yourself get through it.

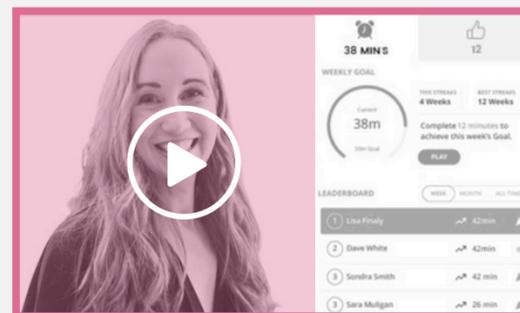


Coping at Christmas

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

The New Year Resolution Revolution

Learn to analyse your values and strengths to craft specific and achievable goals for the new year.



The Wellness Hub Exclusively for Members

✓ Custom learning hub built on a private URL

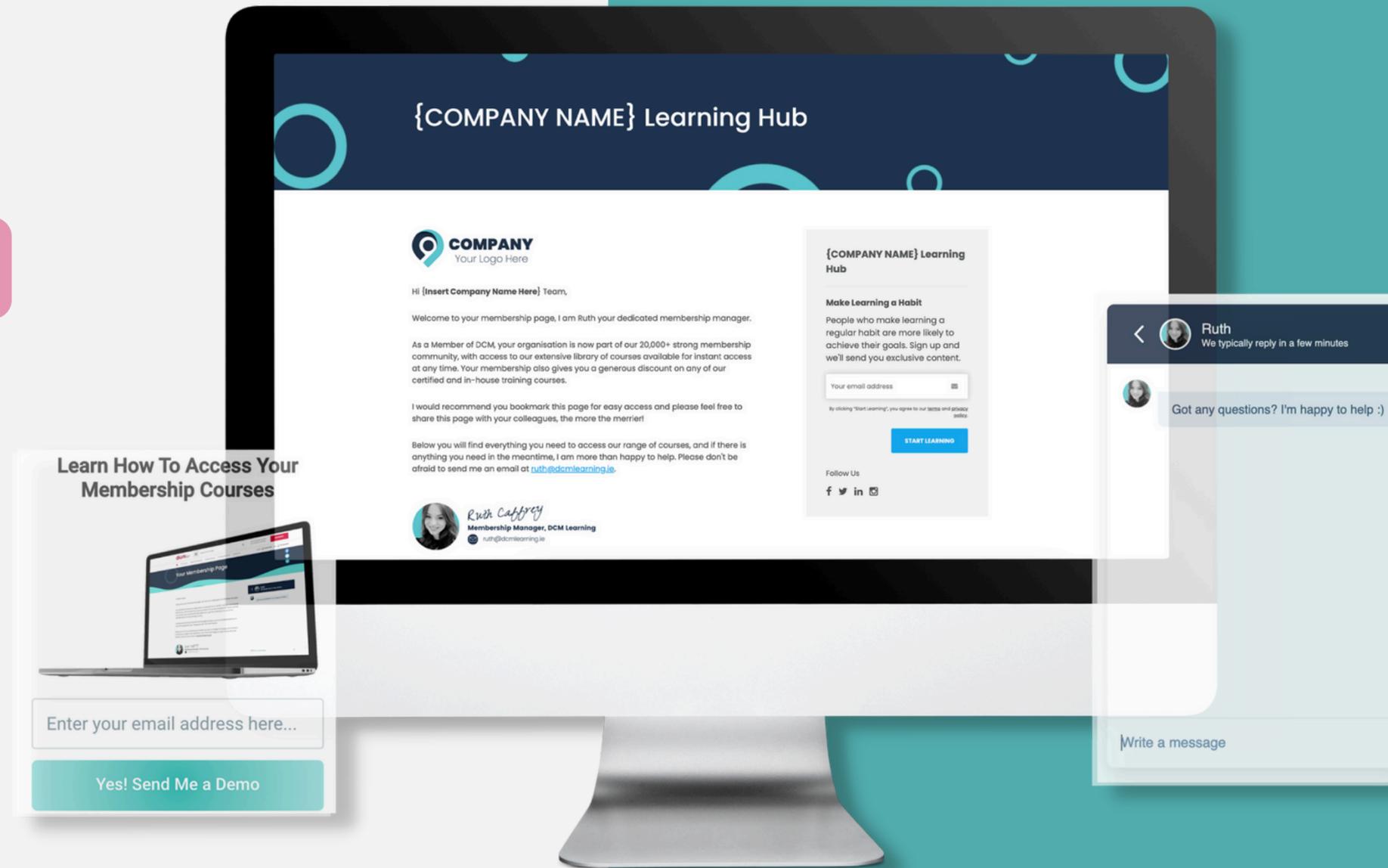
✓ Reports available to track employee engagement

✓ 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.



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