



DEVELOPING AN INTEGRATED EMPLOYEE HEALTH & WELLBEING PROGRAMME

A High Value Learning Seminar

Dublin, The Clarion Hotel, Liffey Valley,
Thursday 21st June 2018.

Portlaoise, The Midlands Park Hotel,
Thursday 20th September 2018.

UPDATED FOR 2018

ABOUT THIS SEMINAR

Work Related Health Risks

The Health and Safety Authority announced a new health and safety strategy 2016-2018 which placed an increased focus on work related health risks. Employers have a legal obligation to assess all workplace health risks which may cause illness and comply with health and safety general application regulations.

Health Promotion, Health Surveillance and Health Screening in the Workplace

Under Section 22(1) of the SHWW Act 2005, every employer must ensure that health surveillance appropriate to the risks to safety, health and welfare that may be incurred at the place of work identified by the risk assessment under section 19 is made available to his or her employees.

Government consults on healthy workplace framework

As part of its Healthy Ireland initiative, the Government is currently holding a public consultation on the development of a Healthy Workplace Framework. The consultation was launched in Dublin in March 2017 by the Minister

for Health Promotion, Marcella Corcoran Kennedy, and Minister Pat Breen, the Minister for Employment and Small Business.

Learning Objectives – At the end of this seminar, those attending will have knowledge of:

- Developing a Workplace Health and Wellbeing policy and programme.
- Conducting risk assessments on all workplace physical and behavioural risks.
- Reducing stress and increasing personal resilience.

Continuing Professional Development Awards

Professional Development Hours (P.D.H.'s) will be awarded by the Employee Assistance Certification Commission (EACC) for attendance.

The Institution of Occupational Safety and Health (IOSH) members will be able to allocate CPD points to the course at the rate of 3 points per course day.

PRESENTERS



Maurice Quinlan's interest in Employee Assistance Programmes (EAPs) and Employee Health and Wellbeing developed when he worked with an Irish semi-state company. He founded the EAP Institute to provide EAP services, training and consulting to a variety of companies, public and private, ranging from shipping, retail, hospitality industry, manufacturing, power companies and the aviation sector. He has recently designed a high value learning seminar and reference manual for Employee Health and Well-Being and Resilience.



Dr. Richard Wynne is a Director of the Work Research Centre, an Irish independent research and consultancy organisation specialising in the field of workplace health. An organisational psychologist by training, he has worked for the European Commission as well as a range of Irish agencies. He has developed the European Network for Mental Health Promotion and is a recognised expert on mental health issues in the workplace.

Save €55 Book online at www.eapinstitute.com
Fee: €350.00. €295.00 for online bookings received before 31st December 2017

SEMINAR PROGRAMME

8.30 am **Registration. Tea/Coffee and Danish Pastries.**

9.00 am **Guidelines on developing an integrated Employee Health and Wellbeing Policy and Programme.**

Guidelines on developing an integrated Employee Health and Wellbeing Policy and Programme. Health and Safety Strategy 2016-2018. Employee Health and Wellbeing Bill 2015.

Assessing all workplace physical risks which may cause illness. Identifying and complying with health and safety general application regulations.

Maurice Quinlan

10.00 am **Mental Health & Wellbeing Risk Assessments.**

Assessing all risks to mental health and wellbeing from workplace psychosocial, behavioural and mental health risks. Employer's legal obligations under Health and Safety and Equality Legislation. Case Law.

10.30 am **Tea/Coffee**

11.00 am **Targeted Health Promotion, Health Surveillance and Health Screening in the Workplace.**

This presentation will outline employer's legal obligations and requirements to conduct health surveillance, define health promotion and give examples of a health screening programme.

12 Noon **Research Report – The Health and Wellbeing of Aer Lingus Cabin Crew.**

This report provides a valuable insight into the working conditions of Aer Lingus Cabin Crew and the health and wellbeing effects of such conditions. The union IMPACT carried out this survey and commissioned Dr Richard Wynne of The Work Research Centre to undertake it. The findings are specific to Aer Lingus and the report

provides an invaluable methodology for all companies who wish to assess the impact of working conditions on employee health and wellbeing. *Dr Richard Wynne, Director, Work Research Centre.*

1.00 pm **Lunch.**

2.00 pm **Reducing Personal Stress, Personality Type, Impact of Life Events. Adaptive Behaviour.**

3.00 pm **Comfort Break**

3.30 pm **Increasing Personal Resilience.**

The Certified Institute of Personnel and Development (CIPD), Business in the Community (BITC) and the Institution of Occupational Health and Safety (IOSH) have jointly published a new guide "Developing Personal Resilience". This guide looks at organisational resilience but also at ways of enhancing the resilience of staff members, both because this brings personal benefits but also because resilient employees are an essential aspect of a resilient organisation.

4.30 pm **Summary.**

5.00 pm **Close.**

BOOK ONLINE AT
WWW.EAPINSTITUTE.COM
SAVE €55

FOR MORE INFORMATION VISIT
www.eapinstitute.com

ACCOMMODATION LIST

DUBLIN SEMINAR HOTEL:

The Clarion Hotel

Liffey Valley, Dublin

Tel: +353 (0) 1 625 8000 | Email: info@clarionhotelliffeyvalley.com

Room Rates:

Double B&B €109.00
Single B&B €99.00

PORTLAOISE SEMINAR HOTEL:

The Midlands Park Hotel,

Town Centre, Portlaoise, Co. Laois, R32 KV20

Tel: +353 (0) 57 86 78 588 | Email: info@midlandsparkhotel.com

Room Rates:

Double B&B €70.00
Single B&B €59.00

SUBJECT TO AVAILABILITY.

Please book directly with the hotel. To avail of the corporate rate, please mention the EAP Institute. All rates subject to availability.

HOW TO REGISTER

1. Book online at www.eapinstitute.com
2. By telephone - 051 855733 Intl. +353 51 855733
3. By fax - 051 879626 Intl. +353 51 879626
4. By post - Complete the registration form and send with payment.

METHOD OF PAYMENT (PLEASE TICK)

- By Credit Transfer to: Bank Of Ireland, The Quay, Waterford.
IBAN IE91 BOFI 9061 9531 2106 41 | BIC/Swift Code BOFIE2D
- Credit Card payments: Book online at www.eapinstitute.com.
- By Cheque: Total enclosed € Cheque made payable to the EAP Institute.

Payment is due before the start of the seminar unless otherwise arranged.

CANCELLATION FEE:

All cancellations must be in writing. In the event of a cancellation, we regret that 25% of the full fee will be payable. If notice of a cancellation is not received earlier than ten clear working days before the seminar, the full fee will be charged. Substitution is allowed.

BOOK ONLINE AT
WWW.EAPINSTITUTE.COM
SAVE €55

BOOK ONLINE
BEFORE **Sunday 31st**
December 2017 &
PAY €295!

*AFTER THESE DATES FEE
IS €350.

REGISTRATION FORM

DUBLIN - Thursday 21st June 2018

PORTLAOISE - Thursday 20th September 2018

Surname:

First Name:

Position:

Surname:

First Name:

Position:

Company:

Address:

Email 1:

Email 2:

Tel. No:

Fax No:

Signed:

Date: