

# Passport to Employee Personal Health and Resilience



Online Certified Learning Programme

Thursday 11th March 2021 (10.00am - 4.30pm)

6 hours Certified Training

High Value Blended Learning

Assignment Based

## About This Certified Course

### Work Related Health Risks

Prior to the COVID – 19 outbreaks in Ireland, The Institution of Occupational Safety and Health (IOSH) and the Chartered Institute of Personnel and Development (CIPD) were highlighting the impact that stress in the workplace was having on employee mental health.

### Employee Support Therapy

IOSH is urging its members to think safety, compliance, risk assessments, and employee support therapy to address the mental health issues that are now impacting the workplace. In May 2019, IOSH produced guidance for businesses on how they can design robust systems to manage the risk of mental health issues.

### Impact of Stress on the Immune System

During periods of prolonged stress the immune system's ability to fight off antigens is reduced. That is why people are more susceptible to infections. The impact of stress on the immune system and infections is well established and the Tilda Study at Trinity College highlighted the importance of a diet rich in vitamin D in boosting a person's resistance to respiratory infections.

### Certified Training

Certificate of attendance presented by the EAP Institute will be sent by post. The full course notes and the PowerPoint will be sent by email.

### Continuing Professional Development Awards

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

### IOSH CPD Points

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.

### Learning Objectives

At the end of this online course and assignment those attending will have knowledge of:

- Developing a COVID–19 Response Plan to protect employee safety and health.
- How to maintain personal Spiritual, Emotional, Mental and Physical (SEMP) health
- Maintaining personal health and developing resilience

## Presenters



**Maurice Quinlan** Director of EAP Institute introduced the Occupational Alcoholism Programme (OAPs) concept to Europe and hosted the first seminar on this topic in the Clarence Hotel, Dublin, in September 1980. In 2018 he designed a new model of Employee Support Services (ESS) to manage workplace mental health risks.

Online Booking fee  
€225  
Full notes and Power-point  
Presentation will be  
emailed to each delegate  
after the course



**Paula Mee** is a well renowned food and nutrition consultant. Paula provides an extensive range of services in nutrition, corporate wellness, marketing communications, recipe and menu analysis and product development. She has a comprehensive portfolio of clients from the food and pharmaceutical industry, educational establishments, catering & retail sector, the corporate industry & other groups of health professionals.



## Course Programme

<b>10.00 am</b>	<b>Course Introduction, Content Review</b> Review advance online learning Outline post course assignment <i>Maurice Quinlan Director of EAP Institute</i>
<b>11.00 am</b>	<b>Break and Review</b>
<b>11.15 am</b>	<b>Passport to Personal Health</b> Personal responsibility. Self-care – Developing Spiritual, Emotional, Mental and Physical (SEMP) Health. Employee Support Services for workplace mental health <b>Strengthening Personal Immune Systems</b>
<b>12.00 pm</b>	<b>Your Immune System and How What You Eat Can Optimally Support It</b> Like any defence force, the immune system army marches on its stomach. Join Paula for insights into the evidence base for foods and dietary patterns and for practical and tasty meal and snack solutions to support a healthy immune system. <i>Paula Mee Consultant Dietitian and Nutritionist</i>
<b>1.00 pm</b>	<b>Lunch</b>
<b>2.00 pm</b>	<b>Reducing Personal Stress – Increasing Resilience</b> Personality Type Impact of Life Events Adaptive Behaviour
<b>3.15 pm</b>	<b>Comfort Break</b>
<b>4.00 pm</b>	<b>Outline Template for Personal Health and Resilience.</b>
<b>4.30 pm</b>	<b>Course and speaker evaluations, Outline Assignment and follow up.</b>

Book Online

€225

[www.eapinstitute.com](http://www.eapinstitute.com)

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