



# DEVELOPING AN INTEGRATED EMPLOYEE HEALTH & WELLBEING PROGRAMME

A High Value Learning Seminar

Dublin: The Ashling Hotel, Parkgate St  
Thursday 23rd May 2019

Limerick: Radisson Blu Hotel  
Tuesday 11th June 2019

Sligo: Radisson Blu Hotel  
Thursday 20th June 2019

UPDATED FOR 2019

## 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 Deirdre Gleeson** graduated in 1992 from Trinity College, Dublin and completed vocational training in General Practice in 1996. Dr Gleeson completed the specialist registrar-training program with The Faculty of Occupational Medicine of The Royal College of Physicians in Ireland in 2004 and is now a Fellow of the Faculty. In 2005, Dr Gleeson founded Medwise Occupational Health Services, which has clinics in Dublin, Limerick and Naas and a mobile occupational health surveillance unit: Medwise Mobile Medicals. Medwise is accredited with SEQOHS: Safe Effective Quality Occupational Health Service. Dr Gleeson has a special interest in injury case management, sickness absence assessment and all aspects of fitness for work. [www.medwise.ie](http://www.medwise.ie) [www.mobilemedicals.ie](http://www.mobilemedicals.ie)

Save € 55, (full fee € 350) book online before Thursday 25th April for Dublin Seminar and 23rd May 2019 for Sligo Seminar to avail of early booking discount [www.eapinstitute.com](http://www.eapinstitute.com)



## SEMINAR PROGRAMME

8.30 am	Registration. Tea/Coffee and Danish Pastries.	2.00 pm	Reducing Personal Stress, Personality Type, Impact of Life Events. Adaptive Behaviour.
9.00 am	Guidelines on developing an integrated Employee Health and Wellbeing Policy and Programme	3.00 pm	Comfort Break
	Health and Safety Strategy 2016-2018. Employee Health and Wellbeing Bill 2015. Maurice Quinlan	3.30 pm	Increasing Personal Resilience
10.00 am	Risk Assessment - Physical Risks		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.
	Assessing all workplace physical risks which may cause illness. Identifying and complying with health and safety general application regulations.	4.30 pm	Summary.
10.30 am	Tea/Coffee	5.00 pm	Close.
11.00 am	Risk Assessment – Mental Health Risks		
	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.		
12 Noon	Dr Deirdre Gleeson Health Surveillance and Personal Health Assessment.		

"Health surveillance is putting in place systematic, regular and appropriate procedures to detect early signs of work related ill health and then acting upon the results. The aim is to identify and protect workers at increased risk and to check the long-term effectiveness of measures to control risks to health. Employers are obliged to ensure that appropriate health surveillance is made available to employees for whom a risk assessment reveals a risk to their health." HSA 2007

1.00 pm. Lunch.

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# ACCOMMODATION LIST

DUBLIN SEMINAR HOTEL:

## The Ashling Hotel

Parkgate Street, Dublin  
Tel: 01 6672324 | Email: info@aishlinghotel.ie

1 Night B&B €179.00

LIMERICK SEMINAR HOTEL:

## Radisson Blu Hotel

Ennis Rd, Limerick  
Tel: 061 456 200 | Email: info.limerick@radissonblu.com

1 Night B&B €162.00

SLIGO SEMINAR HOTEL:

## Radisson Blu Hotel

Rosses Point  
Tel: 071 914 0008 | Email: info.sligo@radissonblu.com

1 Night B&B €89.00

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](http://www.eapinstitute.com)
2. By telephone - 051 855733 Intl. +353 51 855733
3. 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](http://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.

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## REGISTRATION FORM

Venue:  Dublin Thursday 23rd May 2019  Limerick Tuesday 11th June 2019  Sligo Thursday 20th June 2019

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