

Passport to Employee Personal Health and Resilience



Online Certified Learning Programme in 2 sections

Thursday 11th March 2021 Part 1 (10am - 1pm)

Thursday 25th March 2021 Part 2 (10am - 1pm)

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:

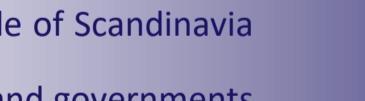
- Developing a COVID–19 Response Plan to protect employee mental health.
- How to maintain personal Spiritual, Emotional, Mental and Physical (SEMP) health
- Maintaining personal health and developing resilience

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



Course Programme

Thursday 11th March - Part 1 (10am -1pm)

10.00 am

Course Introduction, Content Review

Review advance online learning

Outline post course assignment

Maurice Quinlan Director of EAP Institute

11.00 am

Break and Review

11.15 am

Passport to Personal Health

Personal responsibility. Self-care – Developing Spiritual, Emotional, Mental and Physical (SEMP) Health. Employee Support Services for workplace mental health

Strengthening Personal Immune Systems

12.00pm

A Digital Workstation for Professionals in Business Health Welfare and Education.

As a former politician Helga noticed that a number of things could increase the access to help by using digital tools, she left and started a digital platform. Helga will tell delegates about the journey, the incredible rewards when working on a social impact mission and also the barriers. She will also tell us how she chooses Ireland as the first country outside of Scandinavia to introduce her solution.

The platform is used by clinics, municipalities and governments in professional services such as mental health support, behavioural therapy, alcohol support, child protection and welfare services.

Helga Vigfusdottir, Founder of Kara Connect Iceland

12.45pm

Summaries and close

Course Programme

Thursday 25th March - Part 2 (10am -1pm)

10.00 am

Reducing Personal Stress – Increasing Resilience

Personality Type

Impact of Life Events

Adaptive Behaviour

11.00 am

Comfort Break

11.15 am

Outline Template for Personal Health and Resilience.

12.45 pm

Course and speaker evaluations, Outline Assignment and follow up.

Book Online

€225

www.eapinstitute.com

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