



**NEW FOR 2024**

Certified Online Learning Course

# WORK ADDICTION



**Thursday 23rd May 2024 2pm-5pm**  
Irish Standard Time (IST, UTC+01:00)

**Fee €125. Early booking discount €99.**  
Book before *Thursday 16th May 2024.*

**Registration now open**

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

**Further information contact Maurice Quinlan**  
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**Maurice Quinlan**  
Director of EAP Institute.

**15 places available**



**Sinead Kelly**  
Self Health Coach, Corporate Wellbeing.

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## Work Addiction

Addiction to work is one of the major addictive behaviours that may have serious consequences to workers mental and physical health. It is a 21st century phenomena and only one of 24 listed addictions that are widespread in many countries. In addition to alcohol, drug addiction using marijuana, cocaine, prescription drugs and gambling addiction are high on the list of addicted behaviours that will impact mental and physical health.

Cross addiction occurs when a number of addictive behaviours are practiced at the same time and ceasing one addiction such as alcohol may result in switching to another. Workers engaged in addictive behaviour pose a high safety risk especially those who drive in the course of their work.

## Learning Objectives

- Those attending will gain information on addictive behaviours and the safety and health consequences of work addiction
- Prevalence of work addiction and the relationship to work stress and ill health.
- Prevention self-care and support.

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## Programme

**1.30pm online zoom registration opens.**

### **2pm Introductions Speakers and Participants**

- » Overview – Prevalence of work addiction
- » Addictive behaviours
- » Impact on mental and physical health
- » Employer's legal obligation under Health and Safety and Equality Legislation.

### **2.45pm Self Care**

- » Risk Assessment – Awareness
- » Prevention
- » Unhealthy work patterns, Self-Care

### **3.30pm**

- » IOSH Structured approach to mental ill health
- » Utilising ISO 45003 to reduce psychosocial risks
- » Checklist for developing a workplace mental health policy
- » Mental health awareness training

### **4.30pm Summary**

Google evaluation