

Working in a Challenging Environment - Promoting Employee Engagement, Health & Well-being

Tuesday 13th October , 2015

The Tullamore Court Hotel

(10.00am - 4.00pm - registration at 9.15am)

Given the amount of time people spend at work each week it can have a significant influence on their overall health and well-being. The pace of change within services has escalated considerably—as a result of new policy directions, the commencement of the HIQA registration and inspection process, etc.—and staff well-being has become an increasingly relevant and necessary consideration for employers. The role of management in promoting well-being is increasingly recognised and the fostering and protection of staff well-being needs to be embedded in management methods and systems. A manager can greatly influence the immediate working environment for staff – so whether you're a CEO, HR Manager, Senior Manager, or Front Line Manager, you need tools and resources to foster a positive work environment and to promote the health and well-being of those you support and your colleagues.

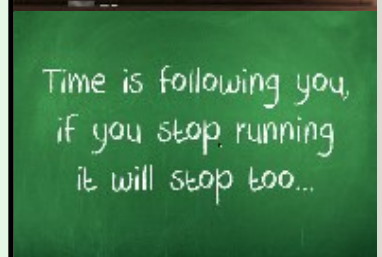
Workplace health and well-being initiatives focus on supporting employees to reach and maintain their full potential in the workplace through the promotion of their mental, physical and emotional wellbeing. Resilient employees are an essential element of a resilient organisation and enhancing employee's health and well-being is crucial to organisational success and directly contributes to the provision of quality services.

This 1-day conference will provide an opportunity for those working in the disability / social care sector to network, share information and hear from a range of experts on the following themes:

- ◆ Building a positive working environment and promoting employee engagement;
- ◆ Developing effective policies & practices that support employee health and well-being;
- ◆ Supporting staff when health / well-being difficulties arise in the workplace through appropriate and timely intervention;
- ◆ Illustrating examples of good practices within organisations;
- ◆ Addressing specific issues related to employee health and well-being including mental health; bullying & dignity at work; challenging behaviours.
- ◆ **Exhibition Area:** There will be an exhibition area as part of the conference at which a range of health/well-being organisations will be present.

Cost: €75.00

Booking online by clicking [here](#)



IRISH LAUNCH - DELAROSE
(Delivering E Learning Accreditation to Reduce Occupational Stress in Employment) is an EU funded project which has developed an accredited online learning programme to support workers in the health and social care sectors across Europe to manage their own work related stress and to help them to create a less stressful working environment. The project is led by a team at Waterford Institute of Technology who will deliver a workshop as part of the Irish launch of the project.

EVENT PROGRAMME

9.15am–10.00am *Registration / Visit to Exhibition Area*

Chair: Mr. John Hannigan, Chair, National Federation of Voluntary Bodies

10.00am–10.10am *Welcome & Opening Address*

10.10am –10.45am *The Key to Wellbeing at Work*
Mr. John Ryan, CEO, Great Place to Work Institute

10.45am–11.20am *The Meaning of Work: The Challenge of Regaining Employee Engagement During Difficult Times.*
Dr Sarah MacCurtain,
Kemmy Business School, University of Limerick

11.20am–11.30am *Questions & Answers Session*

11.30am–11.50am *Coffee break / Visit to Exhibition Area*

11.50am–12.15pm *Healthy Ireland: Developing a Healthy Workplace Framework*
Mr. Malachy Corcoran, Assistant Principal, Health & Wellbeing Programme, Department of Health

12.15pm–1.00pm **Workshop 1:** *Promoting Positive Mental Health at Work—Mental Health First Aid Ireland*
Mr. Donal Scanlan, St. John of God Hospitaller Ministeries.

Parallel
Workshops
Workshop 2: *Building Staff Resilience when Working in a Challenging Environment.*
Prof. John SG Wells, Dr. Michael Bergin & Mr. Cathal Ryan, DELAROSE Team, Waterford Institute of Technology

Workshop 3: *Dignity at Work—Walking on Eggshells with Confidence—A Manager’s Responsibility*
Mr. Gerry Rooney, Managing Director, Acrux Consulting Ltd.

Workshop 4: *Incorporating Mindfulness into your Working Day*
Ms. Trisha Pugh, The Counselling Team

Workshop 5: *Sharing of Experiences—A Manager’s View on Supporting Staff*
Ms. Jennifer Vickers and Ms Anne Rowe Monaghan, Sunbeam House Services

1.00 pm – 2.00pm *Lunch / Visit to Exhibition Area*

Chair: Ms. Olive Leonard, Chair, Operational HR Group, National Federation of Voluntary Bodies

2.00pm-2.45 pm *Repeat of Parallel Workshops*

2.45pm–3.45 pm *Key Note Address:*
‘Minding yourself in a Challenging Working Environment’
Dr Fergus Heffernan

3.45pm –4.00 pm ***Closing Remarks***