



National Irish Safety Organisation



HALF DAY

# Promoting Health and Wellbeing in the Workplace



## Are you...

An Employer, Manager or HR Professional

A Health and Safety Manager or Consultant

An Employee with an interest in Workplace Health and Wellbeing

An All Ireland Safety Awards Entrant?

## ...then this is for YOU!

<b>DUNDALK</b>	19 March 2020	Crowne Plaza Hotel, Dundalk, Co. Louth
<b>LIMERICK</b>	01 April 2020	Radisson Blu Hotel & Spa, Ennis Road, Limerick
<b>DUBLIN</b>	23 April 2020	NISO Training Centre, Ballymount, Dublin 12
<b>CORK</b>	06 May 2020	Radisson Blu Hotel & Spa, Little Island, Cork
<b>ATHLONE</b>	19 May 2020	Radisson Blu Hotel & Spa, Athlone, Co. Westmeath

Book online at [niso.ie/events/book-phww/](https://niso.ie/events/book-phww/)

# Workshop Outline

National Irish Safety Organisation, in conjunction with Healthy Ireland, is running a half day workshop on Promoting Health and Wellbeing in the Workplace nationwide throughout 2020. Under the auspices of Healthy Ireland, the Department of Health, in partnership with the Department of Enterprise, Business and Innovation, are leading the development of a National Healthy Workplace Framework. This is in response to the growing evidence that workplaces have a key role in promoting health and wellbeing among employees which is critical for the welfare of workers, levels of productivity and economic growth.

To recognise workplaces that have made significant progress in promoting health and wellbeing, the Healthy Workplace Award, sponsored by Healthy Ireland, will be integrated into the All Ireland Occupational Safety Awards from 2020. It will provide an opportunity for to demonstrate commitment to the health and wellbeing agenda across the organisation.

## Workshop Objectives

This workshop is designed to support workplaces that are interested in progressing this agenda and participants will:

- **Develop an understanding of the core elements of a healthy workplace**
- **Identify health and wellbeing activity in their own workplace**
- **Understand the steps involved in developing a workplace health and wellbeing plan**

The workshop will also include a practical case study from a local worksite that has Health and Wellbeing as a priority in their organisation.

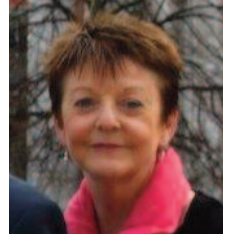
### **Other NISO events and activities include:**

- **Health and safety training courses, seminars and workshops**
- **Annual Health and Safety Conference and Trade Exhibition**
- **Annual All Ireland Occupational Safety Awards**
- **Annual All Ireland Occupational Safety Quiz**
- **Publications and Newsletters**
- **Benefits and Bonuses for NISO members**

Visit [www.niso.ie](http://www.niso.ie)

# Speaker

## Ms. Biddy O'Neill Department of Health



Biddy is National Project Lead in the Health and Wellbeing Programme Department of Health. She is leading the development of the National Healthy Workplace Framework in partnership with the Department of Business Enterprise and Innovation under the auspices of Healthy Ireland.

Biddy has worked in Health Promotion for over twenty years at both strategic and operational levels within the Health Service and the Department of Health. She has extensive experience in partnership working, policy and programme development and implementation. She is a keen advocate for personal development including reflective practice and believes that facilitative leadership is key to changing workplace culture to promote health and wellbeing.

She was appointed as an Assistant National Director in the Health and Wellbeing Division, Health Service Executive in 2013 and seconded to the Department of Health in 2015.

She has a background in Nursing and Addiction Counselling and holds a Higher Diploma in Adult Education and MA in Health Promotion

# Programme

09:15	Registration
09:30	Setting the Scene – Development of the National Healthy Workplace Framework
10:00	What is a Healthy Workplace? Key Challenges and Opportunities to Promote Health and Wellbeing
11:00	Tea and Coffee Break
11:30	Case Study: Presentation by Worksite with Health and Wellbeing Programme
12:15	Developing a Health and Wellbeing Plan for Your Workplace – Practical Session
13:00	Q&A
13:15	Close



Or please send completed Application Form with Fee to:  
National Irish Safety Organisation, A11 Calmount Park, Calmount Ave, Ballymount, Dublin 12.  
Tel: 01 465 9760 Fax: 01 4659765 Email: [info@niso.ie](mailto:info@niso.ie) web [niso.ie](http://niso.ie)

FEE | NISO Members €100 | Non Members €125

HALF DAY

## Promoting Health and Wellbeing in the Workplace

Please tick your preferred Workplace Safety Training venue

<input type="checkbox"/>	<b>DUNDALK</b>	19 March 2020	Crowne Plaza Hotel, Dundalk, Co. Louth
<input type="checkbox"/>	<b>LIMERICK</b>	01 April 2020	Radisson Blu Hotel & Spa, Ennis Road, Limerick
<input type="checkbox"/>	<b>DUBLIN</b>	23 April 2020	NISO Training Centre, Ballymount, Dublin 12
<input type="checkbox"/>	<b>CORK</b>	06 May 2020	Radisson Blu Hotel & Spa, Little Island, Cork
<input type="checkbox"/>	<b>ATHLONE</b>	19 May 2020	Radisson Blu Hotel & Spa, Athlone, Co. Westmeath

Name(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone No. \_\_\_\_\_ Mobile No. \_\_\_\_\_

Email \_\_\_\_\_ Fax No. \_\_\_\_\_

Fee Payable € \_\_\_\_\_

**Please make cheques payable to 'National Irish Safety Organisation'**

**You may book online and receive an instant confirmation of your place**

Register with us for health and safety information - [www.niso.ie](http://www.niso.ie) or Tel: 01 4659760

### Data Protection

The National Irish Safety Organisation will store the information you provide on its database and/r servers and fully respect the confidentiality of any personal data provided. We will process any personal data you provide to us for the following purposes:

- to provide you with the services you have ordered or requested;
- to contact you if required in connection with your order or to respond to any communications you might send to us;
- to send you information relating the service you have ordered.

We will not disclose your personal data to third parties unless you have consented to this disclosure or unless the third party is required to fulfil your order / provide the service requested (in such circumstances, the third party is bound by similar data protection requirements). We may disclose your personal data if we believe in good faith that we are required to disclose it in order to comply with any applicable law, a summons, a search warrant, a court or regulatory order, or other statutory requirement.