

Employee Wellbeing Programme

Webinar Series

There is plenty of research to show that “happy” employees are productive. But the reverse is also true. In a culture where people can be productive, their wellbeing is boosted as they feel good about their achievements and can switch off after hours with less stress.

A productive culture helps employees engage and improve their overall work life balance.

At beproductive.ie our mission is to help people work smart with less stress and more balance. We designed this Wellbeing Programme for organisations that want to engage their employees, to help them boost their wellbeing.

This programme also provides an opportunity for leaders and managers to identify how they can enable productivity and wellbeing within their teams.

A series of Wellbeing & Productivity talks are delivered over a period of time to allow participants reflect on their work life balance. Tips and ideas are shared to help people make small practical changes to their approach to work and life in general.

Topics

The standard programme includes 3 Employee Wellbeing Talks. These sessions can be delivered on a weekly or monthly basis. We provide a menu of topics so that each organisation can customise their own programme.

The programme can be extended to 6-parts to suit your wellbeing goals and requirements.

Topic Ref	Topic Menu
WB001	Mind Fitness Tips for Success at Work
WB002	How to Manage Your Workload
WB003	How to Manage Requests from Others
WB004	Techniques for Planning Your Work Week
WB005	How to Manage Distractions and Stay on Track
WB006	Techniques to Manage Stress at Work
WB007	How to Spend less Time on Email
WB008	How to Beat Procrastination
WB009	How to Turn Busy Days into Productive Ones
WB010	How to Manage Your Energy & Focus

Format

This Programme can be delivered in-house or online. The emphasis is on interaction and engagement while delivering the key Wellbeing tips and ideas via slideshare.

The duration for each webinar is 60 minutes. This includes:

- Introductions and requirements - 5 minutes
- Presentation of Tips, Polls, Questions - 45 minutes
- Remaining questions, discussion and takeaways - 5 minutes

Pre-Programme Engagement

To help people engage with this Wellbeing programme, they are invited to think about their productivity and work life balance in advance and submit any specific questions in a short online form.

Post-Programme Support

Participants can send any additional questions to Moira after each talk and for 30 days following completion of the programme.

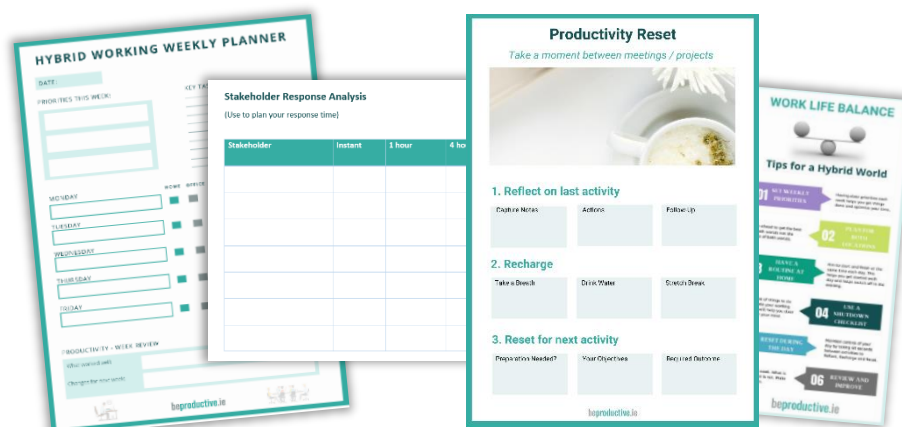
Outcomes

Following this programme participants will have:

- 1) Practical ideas on how to improve their wellbeing
- 2) Techniques to manage stress and overwhelm
- 3) Ways to optimise their work schedule and output
- 4) Clarity on how teams can work together to enable overall wellbeing

Resources

A range of Wellbeing and Productivity resources is provided to help people implement their learning post training. This includes work templates, tips cards and blogs.



Presenter

This Programme is delivered by Productivity & Wellbeing Consultant Moira Dunne, the co-founder of beproductive.ie

You can read about her 30-year corporate career here: <https://beproductive.ie/about/>



Programme Fee

The fees for this Wellbeing Programme are listed below.

- 3-Webinar Programme = €900
- 6-Webinar Programme = €1750
- No VAT is applicable
- Option to record = additional €50 per session

All fees include the following:

- ❖ *Customisation of Webinar Titles and Topics*
- ❖ *Pre-Programme Participant Form*
- ❖ *Reference Guide per Webinar*
- ❖ *Wellbeing Resources*
- ❖ *Participant Email support from Moira Dunne*
- ❖ *Repeat bookings receive a 10% discount*
- ❖ *The number of online participants is not limit*

Training delivered outside Dublin will incur travelling expenses.

Any of the above Wellbeing talks can be delivered on an individual basis to include in your existing Wellbeing Programme.

Booking

To discuss further or make a booking contact Moira by email moiradunne@beproductive.ie