

WELLBEING FOR PEOPLE MANAGEMENT PROFESSIONALS

A TWO PART WEBINAR SERIES: 3 JUNE AND 24 JUNE 2021

The IPA, in collaboration with **Karen Belshaw MSc Psych & Wellbeing**, has designed and developed a two part webinar series on *Wellbeing for People Management Professionals* with the following focus:

Part 1 – Self-Care for People Management Professionals

Part 2 – Strategies to Promote Wellbeing in Organisations

WELLBEING AS A PEOPLE MANAGEMENT PRIORITY

It is recognised that the cost implications of poor wellbeing among employees in the workplace are far greater than absence and reduced productivity. They include failure to attract and retain top talent, employees not working well together, high levels of absenteeism and presenteeism and poor performance.

The benefits of well-designed wellbeing strategies and initiatives can be seen as achieving three very positive outcomes for people and their organisations as follows:

1. Increased Productivity and Motivation;
2. Team Development and Increased Morale;
3. Decreased Work-Related Stress.

The impact of Covid-19 has been significant in terms of our roles and responsibilities as people management professionals and in terms of the expectations of employees in relation to their health, safety and wellbeing in the workplace. In view of this the focus on wellbeing as a people management priority is seen as timely and appropriate.

PART 1 – SELF-CARE FOR PEOPLE MANAGEMENT PROFESSIONALS

3 JUNE 2021 (11:00 A.M. TO 11:45 A.M.)

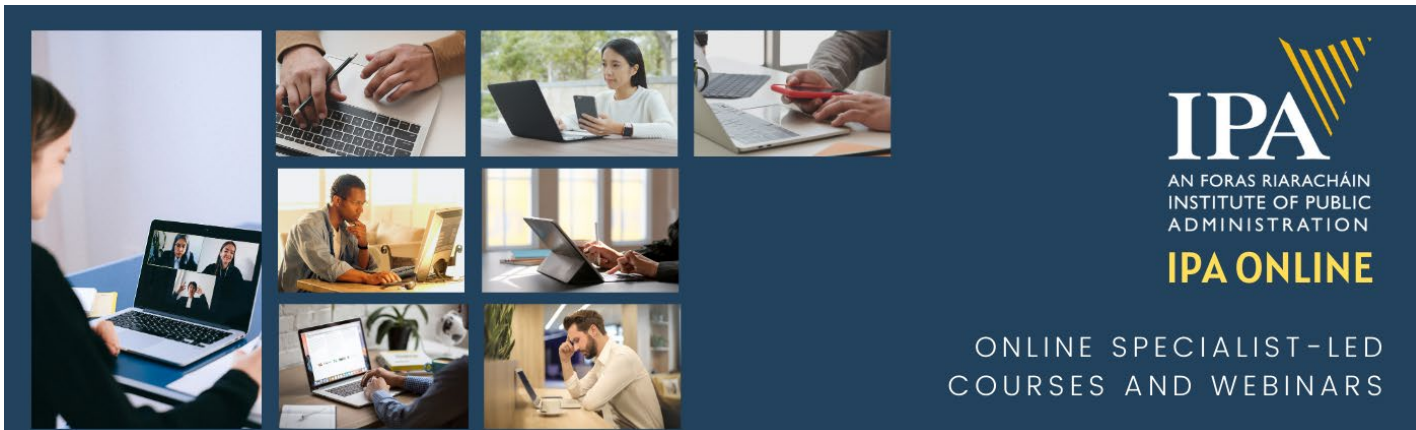
Just over one year into the Covid-19 pandemic, and with the likelihood that we are far from being clear of the stresses and strains of the pandemic for some time, perhaps it is time for people management professionals to take stock of how well they are doing personally in terms of managing their own wellbeing.

We have all probably heard the advice at the start of a flight that *“In the unlikely event of a loss in cabin pressure, passengers are instructed to take care of their own oxygen mask before helping others.”* All too often as people management professionals we may lose sight of this very important advice when it comes to our own personal wellbeing.

THE FOCUS FOR PART 1 OF THE WEBINAR SERIES WILL BE ON:

- What is Wellbeing and Stress
- Common Reported Problems (Survey Results)
- Ways of Coping with the Pandemic and Your Own Self-care
- Coping Skills: Interactive Exercises for the Individual and Their Families
- Top Tips
- Q & A

Participants registering for Part 1 of the Webinar series will be invited to complete a short survey in advance of the webinar so that the webinar leader can establish areas to develop and focus on during the webinar.



PART 2 – STRATEGIES TO PROMOTE WELLBEING IN ORGANISATIONS

24 JUNE 2021 (11:00 A.M. TO 11:45 A.M.)

Organisations that listen to their staff, assess their needs and respond by providing the right range of wellbeing initiatives and activities for their employees achieve maximum engagement and maximum impact. Leading organisations collect data and learn from it and refine their wellbeing programmes over time.

Setting a clear benchmark, vision and plan are all prerequisites to a successful wellbeing strategy and scheme.

THE FOCUS FOR PART 2 OF THE WEBINAR SERIES WILL BE ON:

- What is Organisational Wellbeing
- Common Reported Problems (Survey Results)
- Communication Methods
- Popular Coping Strategies
- Top Tips
- Q & A

Participants registering for Part 2 of the Webinar series will be invited to complete a short survey in advance of the webinar so that the webinar leader can establish areas to develop and focus on during the webinar.

WEBINAR SCHEDULES AND DELIVERY

Each Webinar will commence at 11:00 a.m. sharp and conclude at 11:45 a.m. They will be delivered online. Participants will be invited via email to connect on the day from a PC or Laptop.

WEBINAR LEADER

Both Webinars will be facilitated by Karen Belshaw, MSc Psych & Wellbeing; BSc. Hons Psych; Dip. Cognitive Behaviour Therapy; Dip. Stress Management Techniques (Dublin); Dip. Performance Arts (London).

Karen has been practising as a stress management consultant for many years and has particular interest in cognitive behaviour techniques. She is a member of the Psychological Society of Ireland (PSI) and bound by the code of ethics of PSI. Since 1998 Karen has worked nationally and internationally, in the public and private sector, giving talks, workshops and presenting at large conferences.

WEBINAR FEES

The cost of the **Wellbeing For People Management Professionals** Webinars is:

Part 1 Only: €70 per person.

Part 2 Only: €70 per person.

Part 1 and Part 2: €120 per person*.

Early bookings for attendance at **both Webinars (Part 1 and Part 2) received on or before Monday, 17th May 2021 will benefit from an early booking discounted price of €100 per person.*

BOOKINGS AND FURTHER INFORMATION

Bookings must be received in writing and should be made via the IPA website [here](#).

Places are limited and early booking is recommended to secure a place.

For additional information, please contact

Central Bookings Office, Training and Development Division | training@ipa.ie

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