



Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

# Online CPD in Workplace Wellbeing

Centre for Innovative Human Systems (CIHS)  
School of Psychology

[www.tcd.ie/cihs/cpd-courses/wellness](http://www.tcd.ie/cihs/cpd-courses/wellness)





# Online CPD in Wellness in the Workplace



Wellbeing is a core value of most societies, albeit conceptualised, defined, and promoted in diverse ways. Deriving primarily from a psychological perspective, this course introduces participants to a sociotechnical systems model of workplace wellbeing, contextualising the organisation's role between individual's own wellbeing management, the services, infrastructure and policies in society and the physical infrastructure and technological environment.

## Course Aims:

The course aims to provide students with:

- An understanding of what the workplace wellbeing is and how it can be measured.
- The ability to conceptualise the organisation as a sociotechnical system with wellbeing as a key outcome.
- An understanding of the psychosocial, organisational, contextual, and societal factors influencing wellbeing.
- An appreciation of leadership and change management strategies needed to design and deliver effective wellbeing initiatives.
- The ability to apply their knowledge to evaluating wellbeing initiatives.

## Start Date:

The course will be run multiple times a year.

## Duration:

Seven weeks split over a 3 months period.

## Lectures:

One hour live webinar for each of the seven weeks of the course.

## Knowledge Application:

The learning is designed to be applied directly to your role/organisation in real time.

## Online Learning Supports:

- Dedicated course coordinator and online learning support team.
- Lectures are recorded for students to listen in their own time.
- Interactive online tutorials.





# *"Wellbeing is a core value of most societies, albeit conceptualised, defined, and promoted in diverse ways"*

## Topics Covered:

- Defining wellbeing
- Sociotechnical systems and wellbeing
- Organisational psychology and wellbeing
- Social psychology and wellbeing
- Individual psychology and wellbeing
- Change management and wellbeing
- Measurements and wellbeing

## Who is the Course For?

Workplace wellbeing managers or those with specific wellbeing responsibilities in their organisation, e.g. healthy eating; workplace wellbeing consultants, health and safety officers, HR personnel or staff wellbeing programme managers. The course is also suitable for applicants who may wish to pursue a future role in the area of wellbeing.

## Certificate of Completion

The course will run multiple times a year, usually over a three month period, with seven live sessions. On successful completion participants will be provided with a Certificate of Completion. **Note** class attendance will be recorded.

Specific start dates can be found on our website [www.tcd.ie/cihs](https://www.tcd.ie/cihs)



## How to Apply

Apply directly online at <https://www.tcd.ie/cihs/cpd-courses/wellness/>

Applications are reviewed on a rolling basis.



## Student Information

For the best online experience we recommend the use of Google Chrome, along with a headset with built in microphone.

Outside of the one hour live tutorial, students can expect to spend time reviewing pre-session material such as videos and questions for discussion.

A detailed timetable will be made available to all students in advance of the course starting.



## Tuition Fee

€1,500 payable online.



# Centre for Innovative Human Systems (CIHS)

## Who We Are

The Centre for Innovative Human Systems (CIHS) brings together a critical multidisciplinary capability in process innovation, development and application of new technologies, and managing risk and organisational change. Psychology, Business and Organisation, Engineering, Computer Science and Health Sciences all contribute to the work of the Centre.



Researchers in the Centre for Innovative Human Systems have received national and international recognition for their work, with over €30 million of funding secured from European Commission research Programmes, National Funders and Industrial Sectors. CIHS researchers contribute to SFI Research Centres LERO and ADAPT, and are members of European and global research collaborations.

With a focus on People, Process and Performance the CIHS provides a range of services including collaborative industrial research, training and consultancy, as well as education.

Our online **CPD courses in Workplace Wellbeing, Managing and Understanding Risk and Sustainable Green Organisations** are delivered through live interactive lectures and workshops providing access to lifelong learning opportunities globally. The courses have been developed as part of the Higher Education Authorities Human Capital Initiative (HCI) which is focussing on delivering an increased capacity in higher education in skills-focused programmes designed to meet priority skills needs.







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## Contact Us

**For further information:**

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**[www.tcd.ie/cihs/cpd-courses](http://www.tcd.ie/cihs/cpd-courses)**

