



## Course Content at a Glance

### Workplace Wellbeing: A Practical 8-Step Framework



**Course Dates**  
Every Wednesday,  
10-1 pm



### Schedule

4 x 3-hour Masterclasses



### Delivery Online



### Price

€950 Course Fee  
€750 Early Bird Fee



### Apply

[Click here](#) or  
Email

[tangentcourses@tcd.ie](mailto:tangentcourses@tcd.ie)

### Masterclasses

<p><b>MASTERCLASS 1</b> <b>A Framework for Sustainable Workplace Wellbeing</b></p> <ul style="list-style-type: none"> <li>The current landscape of workplace wellbeing in Ireland and internationally.</li> <li>The 8-steps to an effective and sustainable programme.</li> <li>The role of leadership</li> <li>Where to start with your well-being programme</li> </ul> <p>◇ Reflection question: What's the most important Workplace Wellbeing problem for you and your team to solve at work?</p>	<p><b>MASTERCLASS 2</b> <b>Establishing a Business Case for Wellbeing</b></p> <ul style="list-style-type: none"> <li>The Business Case for wellbeing: Aligning your wellbeing vision with that of your organisation</li> <li>Techniques to establish and sustain committed and aligned leadership for your wellbeing initiatives</li> <li>Bridges and barriers to wellbeing in your organisation</li> </ul> <p>◇ Reflection question: To make progress on your Workplace Wellbeing problem who are the leaders you need to secure support from?</p>
<p><b>MASTERCLASS 3</b> <b>A Shared Ownership for Wellbeing</b></p> <ul style="list-style-type: none"> <li>Wellbeing as a shared value across an organisation</li> <li>Team creation, function and remit</li> <li>The importance of diversity across your wellbeing champion network</li> </ul>	<p><b>MASTERCLASS 4</b> <b>Gathering Wellbeing Data in your organisation</b></p> <ul style="list-style-type: none"> <li>Tools – data gathering tools and techniques to mine valuable wellbeing insights</li> <li>Diagnostics – establishing the current state of wellbeing in your organisation</li> <li>Measurement – setting your wellbeing targets and determining the optimal means of measuring and monitoring these targets</li> </ul> <p>◇ Reflection question: To make progress on your Workplace Wellbeing problem what metrics might you want to track and what data do you need to track their implementation?</p>

### COURSE FACILITATOR

#### Brian Croke - Founder of Workplace Wellbeing Ireland

Brian is a wellbeing educator, speaker and adviser, empowering Irish organisations to promote and sustain wellbeing within their workplaces. He is the founder of the Workplace Wellbeing Ireland community and is course lead for the Postgraduate Certificate in Workplace Wellness at Tangent, Trinity College Dublin.

