



## Course Content at a Glance

### Workplace Wellbeing: Establishing a Culture of Health at Work



#### Course Dates

Next planned delivery:  
Q2 2023



#### Schedule

3 x 3-hour Masterclasses



#### Delivery

Online



#### Price

€750 Course Fee  
€550 Early Bird Fee



#### Apply

[Click here](#) or  
Email

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

### Masterclasses

#### MASTERCLASS 1

##### A Framework for Sustainable Workplace Wellbeing

- The current landscape of workplace wellbeing in Ireland and internationally.
- The 8-steps to an effective and sustainable programme.
- The role of leadership
- Where to start with your well-being programme
- ◊ Reflection question: What's the most important Workplace Wellbeing problem for you and your team to solve at work?

#### MASTERCLASS 2

##### Establishing a Business Case for Wellbeing

- The Business Case for wellbeing: Aligning your wellbeing vision with that of your organisation
- Techniques to establish and sustain committed and aligned leadership for your wellbeing initiatives
- Bridges and barriers to wellbeing in your organisation
- ◊ Reflection question: To make progress on your Workplace Wellbeing problem who are the leaders you need to secure support from?

#### MASTERCLASS 3

##### Gathering Wellbeing Data in your organisation

- Tools – data gathering tools and techniques to mine valuable wellbeing insights
- Diagnostics – establishing the current state of wellbeing in your organisation
- Measurement – setting your wellbeing targets and determining the optimal means of measuring and monitoring these targets
- ◊ 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?

### COURSE FACILITATOR

#### Brian Crooke - 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.





## Design Thinking for Strategic Innovation



### Timetable

**Masterclass 1:**  
Creative Thinking  
for Business

**Masterclass 2:**  
Introduction to  
Creative Problem Solving

**Greenhouse 1:**  
Challenge introductions

**Masterclass 3:**  
Introduction to  
Design Thinking

**Masterclass 4:**  
Rapid Idea Generation  
and Insight

**Greenhouse 2:**  
Idea refinement

**Masterclass 5:**  
Design Thinking for Strategy  
and Change Management

**Greenhouse 3:**  
Presentation Showcase

**Masterclass sessions will be held  
from 10am to 1pm.**

**Greenhouse sessions will be held  
from 11:30am to 1pm.**

## Greenhouse Sessions

Tangent's Greenhouse Sessions provide a space where seeds are planted, and new ideas grow. These sessions are facilitator-led and collaborative, offering a space where participants begin to apply their learning to a specific work-related challenge.

The Greenhouse Sessions allow you to receive support, gather feedback and experiment in a non-judgemental environment.

### Greenhouse 1: Challenge Introductions

The first greenhouse (Week 3) will help you articulate your challenge and provide you with some initial ideas on how to address it; you will also share your challenge with your peers, seek alternative perspectives, and adjust your ideas accordingly.

### Greenhouse 2: Idea Refinement

The second greenhouse (Week 6) is where you will share your refined approach for further discussion and comment, this time focusing on implementation. Following this, your idea can be brought forward to the 'storytelling for business success' session (Week 7). Here, you will learn how to turn your idea into a compelling and impactful story.

### Greenhouse 3: Presentation Showcase

The third and final greenhouse (Week 8) is a programme-closing showcase event, where you will communicate your ideas through storytelling, and include steps for implementation. Following this, you will return to your organisation with a clear plan to address the challenge and a compelling narrative to share with others.

## COURSE FACILITATOR

### Jonathan Bannister BA - Design Thinker

In October 2020, the World Economic Forum affirmed that the three most critical skills businesses require to remain competitive and manage change over the next five years are innovation, active learning and complex problem-solving. These skills are the very skills that Jonathan has spent the last decade helping leaders embed in their organisations.



As part of the Creative Education Foundation's core faculty, Jonathan is at the forefront of designing and delivering courses in creativity, design thinking, design sprints, and complex problem-solving. Jonathan has also designed the Social Business Canvas, a tool to help social entrepreneurs design and map their business models. Jonathan helps to transform organisations and leaders across both the public and private sectors including Nottingham Business School, BlueJeans, Morgan Sindall and Fauceria.