



# The 5 Ways to Wellbeing

## Live Workshop (Online or Onsite)

### Overview

This interactive workshop is designed to introduce attendees to an internationally recognised and practical framework for supporting positive mental wellbeing.

The Five Ways to Wellbeing are simple actions to practice each day to maintain or improve our mental health and wellbeing. The New Economics Foundation developed the set of evidence-based actions in 2008. The project examined research from across the world on proven actions that can help us to feel good and function well.

Small improvements in wellbeing can increase our ability to lead a more fulfilling life. Each action in the Five Ways to Wellbeing can make a positive difference to our lives and they are free and easy to incorporate into daily life.

### Workshop Structure

- Introduction
- 'What is wellbeing' group exercise
- The WHO pillars of wellbeing
- Introduction to the 5 Ways to Wellbeing
- Connect
- Be Active
- Take Notice
- Keep Learning
- Give
- The 5 Ways for Leaders
- Reflect upon what we have learned
- Q&A

### Who will benefit?

- The 5 Ways to Wellbeing are designed with everyone in mind (and so is this workshop).



## Managing Expectations

It's important to note that no one will emerge from this workshop as a skilled psychologist or an expert in mental or physical health. Attendees will not be equipped to solution any mental health challenges their colleagues are facing, that is the remit of professionals. The workshop serves as a way to promote the importance of wellbeing and self-care and how simple daily actions can significantly improve our health and wellbeing.

## Online

- 1-hour interactive online workshop (Zoom is preferred).
- Zoom Pro limit is 100 attendees. Client is welcome to host using their own platform
- Price: €850 ex VAT which will include any group activity outputs.

## Onsite

- 1-hour interactive onsite workshop (Dublin). Email for other location options.
- Price: €950 ex VAT which will include any group activity outputs.

## About the Workshop Facilitator

[Brian Crooke](#) is a wellbeing educator, speaker and adviser, empowering Irish organisations to promote and sustain wellbeing within their workplaces.

He is the founder of *The Work Well Institute* and the [Workplace Wellbeing Ireland](#) community and is Course Director of the Postgraduate Certificate in Workplace Wellness at Tangent, Trinity College Dublin. He is the host of *The Work Well Podcast*.

In his spare time, Brian is bringing free resistance training to every county and community in Ireland through his *parkHIIT* social enterprise.



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