

WORKPLACE WELLBEING WEEK 2024



Scroll through the brochure to see the full schedule of events taking place during Workplace Wellbeing Week 22nd - 26th April 2024.

All links to virtual events can also be found within this brochure.

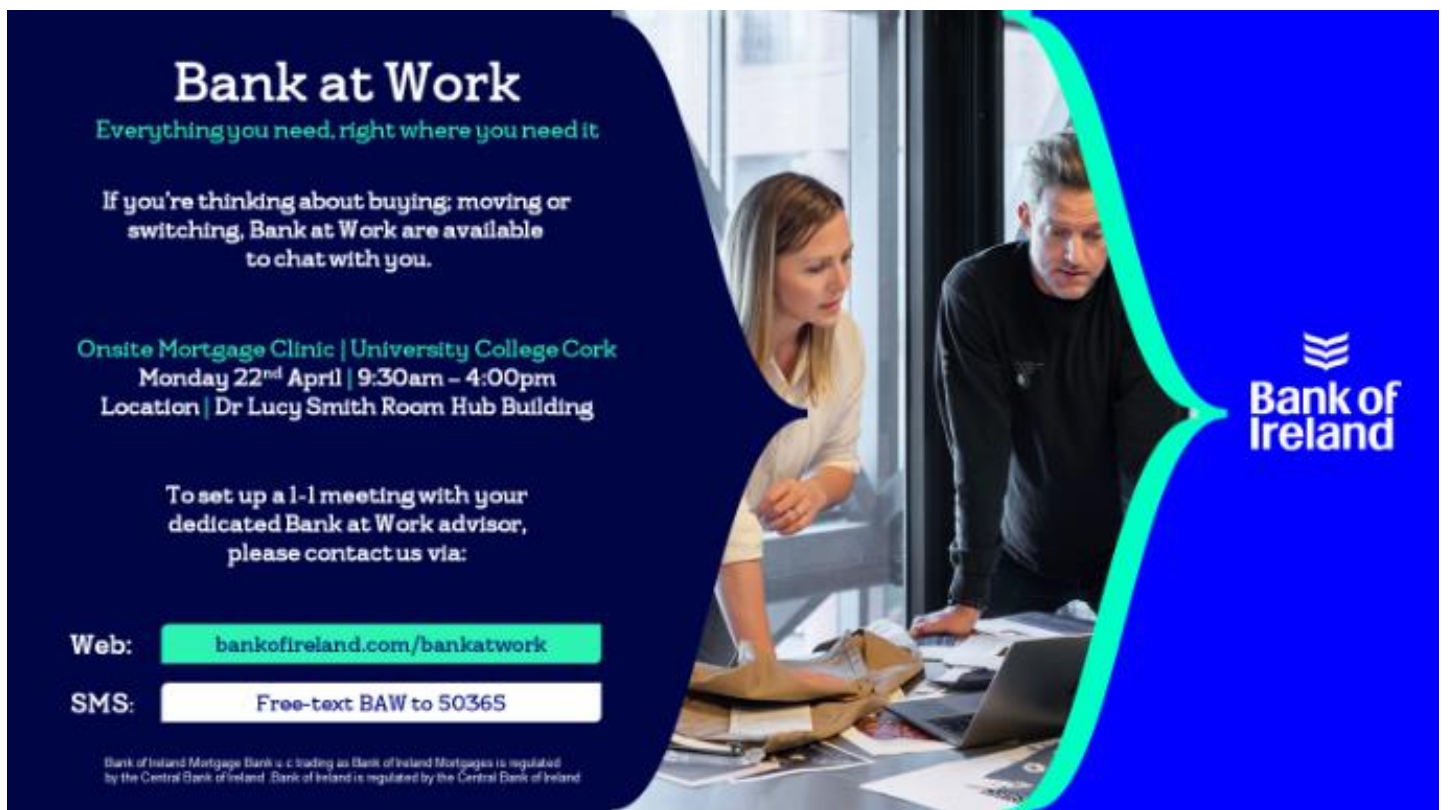


MONDAY 22nd APRIL

Bank of Ireland Mortgage Clinic

Dr Lucy Smith Room, The Hub

Drop in anytime between 10am - 4pm



Bank at Work
Everything you need, right where you need it

If you're thinking about buying, moving or switching, Bank at Work are available to chat with you.


Onsite Mortgage Clinic | University College Cork
Monday 22nd April | 9:30am - 4:00pm
Location | Dr Lucy Smith Room Hub Building

To set up a 1-1 meeting with your dedicated Bank at Work advisor, please contact us via:

Web: bankofireland.com/bankatwork

SMS: Free-text BAW to 50365

Bank of Ireland Mortgage Bank is trading as Bank of Ireland Mortgages is regulated by the Central Bank of Ireland. Bank of Ireland is regulated by the Central Bank of Ireland

 Bank of Ireland

The graphic features a dark blue background with a white and yellow starburst. A central image shows a woman and a man in a meeting, with a laptop and papers on a table. The Bank of Ireland logo is on the right.

MONDAY 22nd APRIL

**Sexual Violence Misconduct Policy
Information Session with Dr Caroline West**
MS Teams – [Click here to join](#)
12pm



**EAP Overview Session - Spectrum Life
For Managers & Staff**
MS Teams - [Click here to join](#)
2.30pm



TUESDAY 23rd APRIL



Financial, Health & Wellbeing Stands (see list below)

Ground Floor, The Hub

10am - 4pm

- Bank of Ireland
- Willis Tower Watson
- VHI
- Laya
- HSF
- Lough Credit Union
- Bystander Intervention Programme
- Centric Health
- Equality, Diversity & Inclusion Unit
- Cornmarket
- IFUT
- SIPTU
- New Ireland Assurance, & more!



Embark: Overview of Staff Benefits

MS Teams - [Click here to join](#)

10am

Bereavement Support Online Talk with UCC Chaplaincy

MS Teams - [Click here to join](#)

3.30pm

WEDNESDAY 24th APRIL

Introduction to Mindfulness & UCC Wellbeing Supports

Maura O'Neill & Susan O'Mahony

MS Teams - [Click here to join](#)

10am



Nature Connection through Campus Green Spaces

Irene Ní Shúilleabháin

12.30pm, at the entrance to the Boole Library

This outdoor event will engage UCC's staff with campus green spaces for their wellbeing. We'll take a tour of campus nature hotspots and trails, finishing up in UCC Community Garden, where participants will get an introduction to food-growing on campus. Please wear weather appropriate clothing and sturdy footwear.

Introduction to Staff Ombudsman Service

MS Teams - [Click here to join](#)

12pm



THURSDAY 25th APRIL

Essential Fertility: Reproductive Health & Wellbeing in the Workplace

Talk by Helena Tubridy, Fertility Coach
MS Teams - [Click here to join](#)
10am



Helena Tubridy (MA, RGn, RM) is an independent fertility therapist and coach helping couples achieve their baby dreams. An experienced midwife and former gynae, Helena trained in medical hypnotherapy, psychotherapy and fertility. Helena holds an MA in fertility and is a regular contributor in podcasts, press and broadcast media.

Helena will be debunking common fertility myths, sharing medically accurate information on optimising natural fertility, preparing for IVF, healing from pregnancy loss, navigating secondary infertility, and managing fertility issues at work for women and men.

Irish Life Talk

MS Teams - [Click here to join](#)
12pm



Irish Life

Introduction to Coaching and Mentoring at UCC

Dearbhail O'Callaghan, Susan O'Mahony & Mary Horgan
MS Teams - [Click here to join](#)
2.30pm

FRIDAY 26th APRIL

Let's talk about Stress and Burnout Talk by Brid O'Meara

MS Teams - [Click here to join](#)
9.30am



Menopause Café with a presentation by Dr Tanya Mulcahy

MS Teams - [Click here to join](#)
12pm



[Click Here to View the Staff Resource Tree](#)