

WORKPLACE WELLBEING WEEK 2025



Scroll through the brochure to see the full schedule of events
taking place during Workplace Wellbeing Week
28th April - 2nd May 2025.

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

MONDAY 28TH APRIL



Overview of Staff Benefits

with Amee Massey, Willis Towers Watson

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

9.30am - 10am



Onsite Financial Clinic with Bank of Ireland

Lucy Smith Room

10am - 4pm

[One-to-One Appointments Available - Booking Required](#)

Anxiety Masterclass

with Bríd O'Meara, Mental Health and

Wellbeing Consultant

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

11am - 12.30pm



Strength Training for All

Talk with Damien O'Donoghue, Strength & Conditioning Coach

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

2pm - 3pm

Join Damien O'Donoghue, Athletic Performance Manager at Mardyke Arena UCC, for an engaging talk on how strength training can improve health, boost energy, and support everyday movement—no experience needed!

About Damien:

Damien brings over a decade of elite sports experience, having coached with Munster Rugby and Glasgow Warriors. He holds an MSc in Applied Sports Coaching and specialises in athlete development and return-to-play programmes.



TUESDAY 29TH APRIL



Financial, Health & Wellbeing Stands (see list below)

The Hub Atrium (ground floor)

Drop in anytime between 11am - 3pm

Meet with all of the providers listed below

- Bank of Ireland
- VHI
- Hospital Saturday Fund
- Willis Towers Watson
- Centric Health
- New Ireland
- Mardyke Arena
- FBD
- Lough Credit Union
- Bishospstown Credit Union
- Cornmarket and more!

Blaze Pods

The Hub Atrium (ground floor)

Available from 10am - 4pm

Budgeting Information Session

Talk with Des Barry, MABS

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

10am - 11am



Time Use, Wellbeing....and the Rest?

Talk with Eithne Hunt

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

12pm



Free Revelate Class

Mardyke Arena

1.15pm - 1.45pm

Sign up via the Mardyke App

- [Download for Android](#)
- [Download for iOS](#)



WEDNESDAY 30TH APRIL

VHI Biometric Scanner

The Hub Atrium (ground floor)

Wednesday 30th April until Wednesday 7th May



Free Revelate Class

Mardyke Arena

1.15pm - 1.45pm

Sign up via the Mardyke App

- [Download for Android](#)
- [Download for iOS](#)



Zumba Class

Outside the Student Centre

1.30pm - 2pm

Join Karen for a fun outdoor Zumba session—no dance experience needed, just show up and enjoy the rhythm!

5 Ways to Wellbeing

Psyched

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

2pm



THURSDAY 1ST MAY

VHI Biometric Scanner

The Hub Atrium (ground floor)

Until Wednesday 7th May

Chair Massage

Lucy Smith Room, The Hub - [Book your 15 min slot here](#)

9am - 5pm

An Overview of Staff Wellbeing for All Staff

with Susan O'Mahony

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

11am - 11.30am



Nature & Wellbeing Walk

with Irene Ní Shúilleabháin

Meeting Point: Main entrance to the Glucksman

1pm - 2pm



Free Revelate Class

Mardyke Arena

1.15pm - 1.45pm

Sign up via the Mardyke App

- [Download for Android](#)
- [Download for iOS](#)



Remote Working and Wellbeing

Talk with [Treasa Hanniffy, Wellbeing Coach](#)

Áine Hyland Room, Ground Floor of The Hub

2pm - 3pm



FRIDAY 2ND MAY



VHI Biometric Scanner

The Hub Atrium (ground floor)

Until Wednesday 7th May

An Overview of VHI Plans for New Joiners

Danny Maher, VHI

Webex - [Click here to join](#)

9.30am - 10.30am



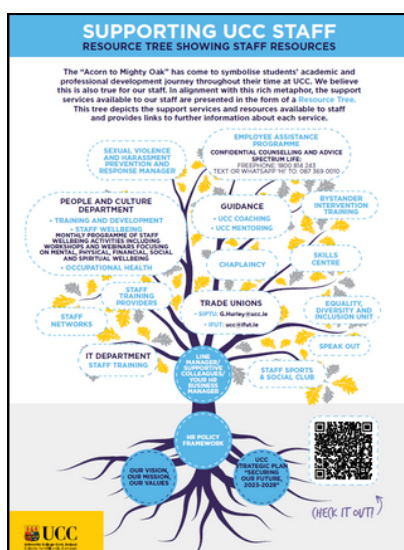
Desk Exercises

Brigitte Arlé, Mardyke Arena

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

11am - 11.15am

Feeling stiff at your desk? Try simple stretches and movements to ease tension and re-energise your workday—no gym gear needed!



[Click here to view the Staff Resource Tree](#)