Managing Energy & Resilience Programme

Build sustainable energy and resilience to thrive at work and in everyday life.

Wellbeing

Format
On-demand video

Video Duration
24 mins

Audience
All employees

Facilitated by
Irish Life Wellbeing Consultants

Empower employees to improve wellbeing, energy and focus

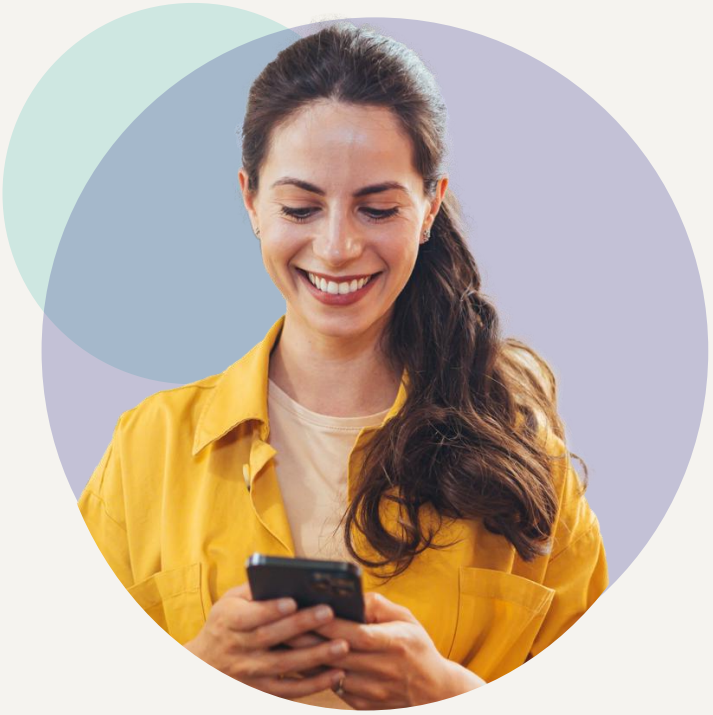
CONTACT US

Programme highlights

1. Understand the connection between energy, stress and resilience
2. Explore the four key energy sources: physical, emotional, mental and purpose-driven wellbeing
3. Learn practical strategies to improve sleep, recovery and daily energy levels
4. Build resilience through effective stress management and emotional regulation
5. Develop sustainable habits that support focus, performance and long-term wellbeing

Employee impact

1. Increased resilience and ability to manage everyday pressures
2. Improved energy, focus and productivity throughout the workday
3. Better stress management and emotional wellbeing
4. Healthier habits that support recovery and prevent burnout
5. Greater motivation, engagement and overall wellbeing



Who is this for?

Employees who want to better understand how energy affects their wellbeing, performance and ability to cope with stress, while learning practical techniques to build resilience and maintain healthy energy levels.

Invest in wellbeing. See the difference

Supporting employees creates healthier teams, stronger engagement and a more inclusive workplace.