

FIND YOUR FIT

Sport Ireland's sector specific tailored health and wellbeing programme.

The aim of this programme is to promote health and wellbeing in the workplace. This will enable sports sector employees to lead a more healthy and balanced life.

PROGRAMME ELEMENTS

Nutrition
Physical fitness
Mental health
Financial wellness

DELIVERED THROUGH

Workshops
Organised activity groups
Talks and seminars
Stands & demonstrations

POSSIBLE BENEFITS TO YOU:

- Increased energy levels and motivation at work
- Reduced stress levels
- More balanced lifestyle

POSSIBLE BENEFITS TO THE ORGANISATION:

- Increased employee engagement
- Retain talent
- Reduced absenteeism



WHEN IS IT HAPPENING?

Beginning in September 2019, the programme will operate on an ongoing basis throughout the year



WHO CAN PARTAKE?

Employees in Sports Sector
Organisations funded by Sport Ireland



Contact: Michelle Carty,
Organisational Development
& Change Unit, Sport Ireland
Email: odc@sportireland.ie