

Health and Wellbeing Initiatives at the HPRA

Mental Wellbeing



- Workshops delivered by our mental wellbeing partner, Suicide or Survive
- Seminars with a life coach on the importance of a positive mind set in the “new normal”
- Mental wellbeing resources provided in collaboration with our mental wellbeing partner, See Change

Physical Wellbeing



- Marchathon Step Challenge
- Talk with performance and wellbeing coach on positive body image
- Twice weekly fitness classes and weekly yoga classes moved online
- RTE's Operation Transformation resources shared with staff

Financial Wellbeing



- Two seminars with financial advisors providing tips on saving, budgeting and pensions
- One-to-one meetings with financial advisors
- One-to-one meetings with pension advisors

Healthy Eating



- Skill building videos on cooking shared with staff
- Seminars with a dietician on healthy eating while remote working
- Staff contributed to a shared recipe book

Workplace Wellbeing



- Video calls with senior leadership to discuss topics such as work-life balance and building resilience in challenging times
- Monthly newsletter for staff containing health and wellbeing resources
- Resources for remote working shared with staff

Family Wellbeing



- Seminars with clinical psychologists to support parents balancing family life with remote working
- Flu vaccination programme rolled out
- Art competition held for families of HPRA staff to promote the message of the Green Ribbon mental health campaign



The first public sector body to receive the IBEC KeepWell Mark in 2018. Received re-accreditation in 2020.



Investors in
Diversity

BRONZE

Committed to diversity and inclusion in the workplace.

hpra.ie/careers