


Ibec
Academy



Invest in Wellbeing

**Accredited diplomas,
certificates and short courses
in workplace wellness**



”We know we need to get healthier as a nation, so the work environment, a place where we spend so much of our time, is an obvious place to start.”

Danny McCoy, Ibec CEO

Safe, well and productive

More organisations in Ireland today recognise the value of investing in Workplace Wellbeing initiatives for the positive impact they have on both employees and the organisation's health. Policies, training and initiatives in the wellbeing area that promote the practice of healthy life styles, behaviours, self-management and the leadership of others enables your people to produce their best work and to be their best selves.

Ibec Academy have designed a range of programmes which run throughout the year, all of which can be customised to your particular requirements, to help your organisation and people on this journey.

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Mental Health





Mental Health

Building a Workplace Wellbeing Strategy

1 day

The Resilience for Results programme enables participants to understand the context within which they work and how best to perform under pressure and improve wellbeing. Participants will learn about Mental Toughness and how applying this particular approach to challenge, stress, and pressure can result in greater tenacity, a positive 'can do' attitude and increased personal resilience under pressure.

Content Includes

- Background and evolution of workplace wellbeing
- Different models of wellbeing programmes
- Key steps and metrics for measuring success of a workplace wellbeing programme
- Understand the role of OHS in workplace wellbeing

This programme is for:

Those with responsibility for managing wellbeing at work and come from a number of disciplines including, Health and Safety, Human Resources and existing Health and Wellbeing Teams

What you said:

"The programme is excellent. The group sessions were very useful and the trainer was very knowledgeable."

Karen Higgins, P&C co-ordinator, Crown Paints

Rates:

Member: €404 | Non-member: €446

Delivery:

Online / Classroom / Blended

Start Dates:

23 September 2022

Building a Health & Wellbeing Programme to Ignite Performance

1 day

This programme focuses on how to link health, wellbeing and high-performance in the emerging ways of working. You will be equipped to optimise performance wellbeing for yourself, and your organisation.

Content includes:

1. Health and Wellbeing for You

- Performance wellbeing profile and wellbeing inventory completion
- Building better habits –
- Presentness – learning the key principles to 'be where your feet are' - to improve deep work, productivity, and performance
- Breathwork

2. High Performance for You

- Mental fitness - anti-fragility, resilience, and grit
- Peak performance - finding Flow in your environment to manage cognitive load, focus and improve output
- Active recovery

3. Linking Health, Wellbeing and High Performance in Your Environment

- Reflection on performance wellbeing profile and key habits you will try to integrate into your routine
- How to create a psychologically safe environment for effective communication, teaming, a sense of identity, diversity, and performance

This programme is for:

Human Resources, Talent and Personnel Departments

Rates:

Member: €404 | Non-member: €446

Delivery:

Online / Classroom / Blended

Start Dates:

12 April 2022

Mental Health

Mental Health & Wellbeing for Managers

Half day

This programme is highly practical and interactive in its approach with actionable takeaways that allow participants to embed the learning in a practical way. The format will encourage participants to discuss challenges or concerns they may have in this area and how to manage them. The workshop will provide the tools required to equip managers and team leaders to support the mental health and well-being of both themselves and team members.

Content Includes:

Understanding mental health and well-being:

- Definition of well-being
- Relationship between mental health & well-being and business performance
- Benefits of supporting your teams' mental health & well-being

Building positive relationships at work:

- Understanding your own state of well-being
- Recognising signs of burnout in your team and how to address
- How to manage the well-being conversation

Improving your teams' mental health & well-being:

- Managing well-being at work
- Practical ways you can support your teams' mental health & well-being

This programme is for:

Managers and team leaders who have responsibility for managing people in any organisation in any industry

Rates:

Member: €205 | Non-member: €226

Delivery:

Online / Classroom / Blended

Start Dates:

25 May 2022

27 October 2022

Mentoring Skills

1 day

A mentor is an experienced person who advises you over a period of time. While Mentors have experience in their own areas of expertise, it is also important that they develop the skills to be an effective Mentor. The purpose, therefore, of this programme is to develop the skills of mentors so that they can give this advice in an appropriate and effective manner.

Content Includes:

- About mentoring
- The mentoring process
- Mentoring styles
- Mentoring skills
- Overcoming mentoring challenges
- The mentor's toolkit
- Practice and next steps

This programme is for:

Participants who would like to develop the key skills to mentor colleagues effectively and understand the different approaches to mentoring others and know when to use them.

Rates:

Member: €404 | Non-member: €446

Delivery:

Online / Classroom / Blended

Start Dates:

25 November 2022



Stress & Resilience

Customised training

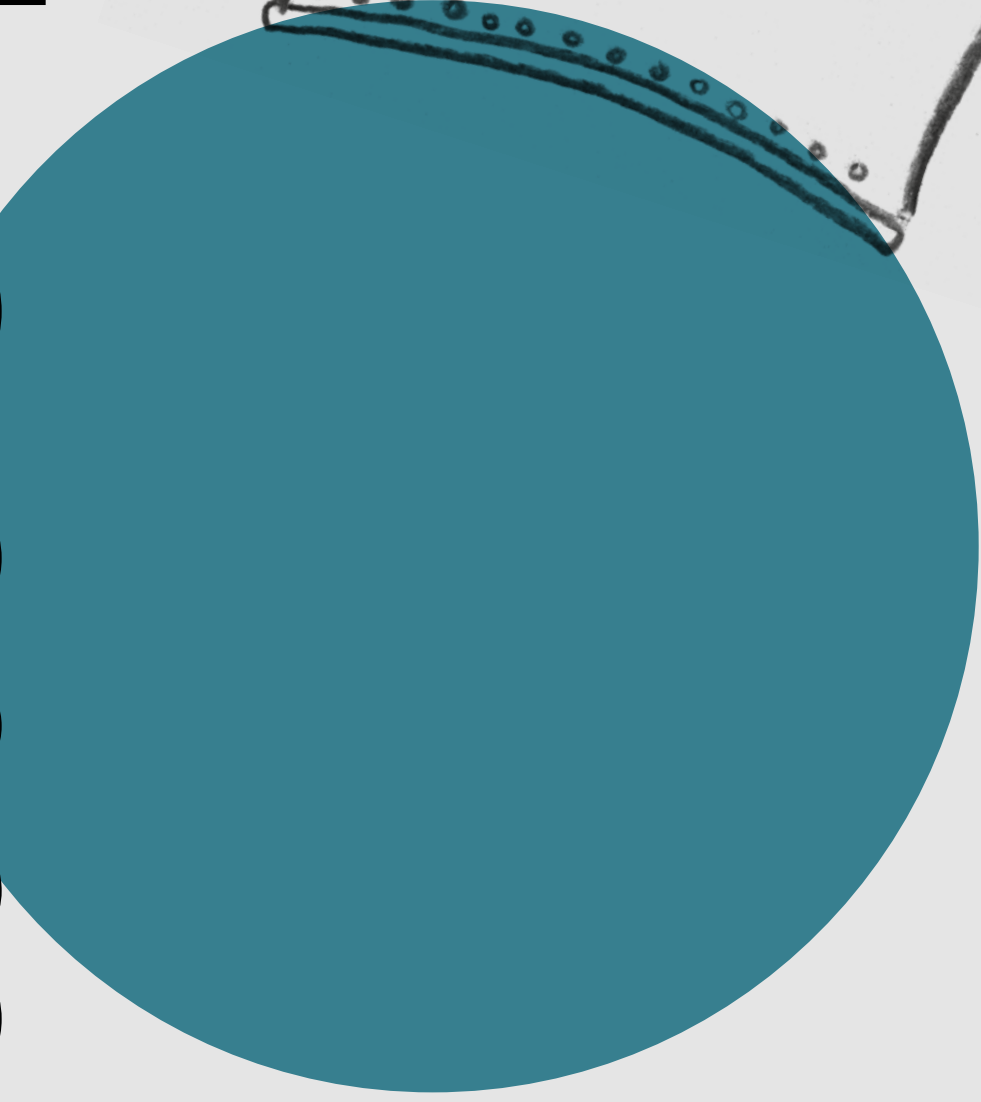
All of our Mental Health programmes can also be tailored to your organisational requirements to ensure they meet the specific needs of those attending the programme.

We begin by working with you to ensure we fully understand your needs and objectives, then working closely with your team, we develop solutions that best suit your organisation. Our flexible and highly practical approach to course design and delivery is uniquely tailored to address the issues your managers face today. It has helped many businesses to bring about change in work practices and culture, and thereby achieve a sustainable competitive advantage in the marketplace. Our trainers are highly qualified and their experience comes from within industry. Years of practical hands-on knowledge, combined with our experience in this specific field, assures you that investing in training with Ibec will be rewarding.

Contact Jenny Hayes, Head of Ibec Academy, to arrange a free consultation on 01 605 1613 or jenny.hayes@ibec.ie



Leadership





Leadership

CPD Diploma in Leadership

12 days

Accredited by: Technological University Dublin
CPD Special Purpose award – Level 8 on the NFQ
(20 ECTS)

The primary objective of this programme is to ensure you become an effective leader in your organisation. This programme will teach you the skills you need to lead yourself and others. It will help you develop your understanding of the different styles of leadership, as well as determining your style and its effectiveness. It will enable you to develop the strategies that capitalise on your strengths and overcome any weaknesses for yourself and your business.

Content includes:

- Self awareness
- Leadership
- Interpersonal skills
- Strategy and the environment
- Planning

What you said:

“It was a very interesting and practical programme. I would highly recommend it.”

Fiona Lynch, Graduate Relations Manager, UCD

Rates:

Member rate: €3455 | Non-member rate: €3875

Delivery:

Online / Classroom / Blended

Start Dates:

25 May 2022

27 September 2022

CPD Diploma in Coaching

12 days

Accredited by: Technological University Dublin
CPD Special Purpose Award – Level 8 on the NFQ
(20 ECTS)

The primary objective of this programme is to facilitate the development of business coaches who can apply a range of practical coaching and management skills in the workplace. It will enable you to become an effective business coach with a range of skills, confidence and competence in this vital area.

Content includes:

- Coaching and management models and theories
- Coaching skills and the psychology of behaviour
- Self awareness, understanding others and personality profiling
- Performance management
- The change process, organisational behaviour and performance management
- 3 individual coaching sessions with a highly experienced coach and a personality profile assessment

What you said:

“The course administration, design, materials, content, class interaction and delivery was brilliant. Not only did I learn the practical and theoretical elements from the course, personally I developed and have brought the learnings into my every-day and professional life.”

Stephen Sands, daa , HR Manager

Rates:

Member: €3455 | Non-member: €3875

Delivery:

Online / Classroom / Blended

Start Dates:

05 May 2022

07 October 2022

Leadership

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CPD Certificate in Managing People Skills

4 days

Accredited by: Technological University Dublin
CPD Special Purpose Award – Level 6 on the
NFQ (5 ECTS)

This programme is designed to assist managers in developing their management and interpersonal skills. Participants will gain a greater understanding of their communication and management style and its impact on those they manage.

Content includes:

- The role of the manager
- Personality profiling
- Communication skills
- Managing performance
- Presentation skills
- Communicating with confidence
- Motivation
- Time management/stress management
- Managing meetings
- Effective team building

What you said:

“The course facilitator was energetic and knowledgeable.”
Maria Rogers, QA Compliance Specialist,
Integra LifeSciences

Rates:

Member: €1995 | Non-member: €2205

Delivery:

Online / Classroom / Blended

Start Dates:

20 September 2022
23 November 2022

How to be a dynamic female leader

4 days

The programme will focus on how to embrace a leadership role, find an authentic voice and proactively manage a successful career. Each participant will leave with a personalised action plan for their career and a strong understanding of how to be a dynamic leader.

Content includes:

- Where am I now?
 - Self-awareness
 - Understanding your strengths
 - Importance of impression management
- Your role as a leader
 - Strategic thinking and planning
 - Finding your voice as a leader
 - Managing imposter syndrome
- Building a network you can trust
 - Communications and influencing
 - Networking for people who hate networking
 - Boundaries: Home and work life blur
- Culture, change and politics
 - Organisational behaviour
 - Power and influence
 - The role of mentors and sponsors

What you said:

“Great elements covered in the course from psychological safety, leadership styles, emotional awareness, conflict types & feedback.”
Claire Tully, EHS Officer, Boliden Tara Mines DAC

This programme is for:

Those at management level who wish to accelerate their careers to the next level.

Rates:

Member: €1890 | Non-member: €2100

Delivery:

Online / Classroom / Blended

Start Dates:

03 October 2022



Leading with Emotional Intelligence

1 day

Leading with Emotional Intelligence is an engaging and interactive one-day workshop in which you explore your Emotional Intelligence in order to develop and enhance your leadership effectiveness.

Content includes:

- Introduction to Emotional Intelligence
- Why it is important - linkage to business results
- Emotional Intelligence toolkit
- Leading with attitude
- Enhancing awareness - of self/others
- Linking feelings to behaviours
- Managing with Emotional Intelligence - giving feedback
- Developing Emotional Intelligence - practical tools
- Habit change
- Action planning

This programme is for:

Participants wishing to improve their awareness of self and others, so they can maximise their interpersonal relationships. This workshop is particularly relevant to anyone moving into or currently in a management or leadership role.

What you said:

“The trainer presented the course in a fantastic manner. There were activities throughout the day and I have tangible takeaways.”

Shane Reid, Wellness Executive, Zevo Health

Rates:

Member: €404 | Non-member: €446

Delivery:

Online / Classroom / Blended

Start Dates:

20 May 2022

10 November 2022

Customised training

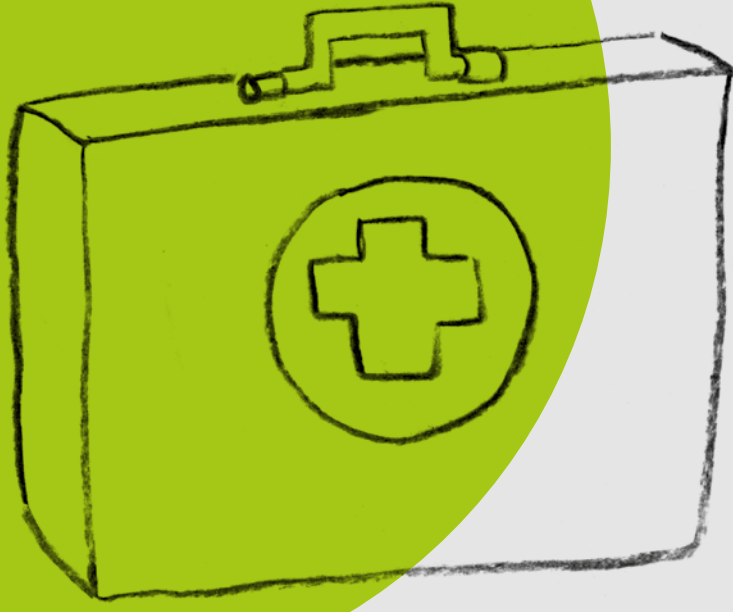
Our Leadership programmes, many of which are accredited by Technological University Dublin with participants receiving a Level 6 or 8 qualification on the National Framework Qualification, can be customised to meet your particular organisational requirements, ensuring your own policies, procedures and practices are central to the design.

We know the real issues that businesses face and this informs all of our learning and development programmes. Our team of highly qualified facilitators help managers develop their skills, competence and knowledge, to drive performance and lead their teams.

Contact Jenny Hayes, Head of Ibec Academy, to arrange a free consultation on 01 605 1613 or jenny.hayes@ibec.ie



Absence Management





Absence Management

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CPD Diploma in Mediation

12 days

Accredited by: Technological University Dublin
CPD Special Purpose Award Level 6 on the NFAQ (20 ECTS) and accredited by the Mediators Institute of Ireland

Participants will learn the essentials behind the strategic development, preparation and implementation of resolution processes in organisations, using a mediatory frame of reference. The programme will offer participants the opportunity to learn more about their own style, the models and practices available, and includes a skills-based component which provides an additional professional qualification in mediation.

Content includes:

- Mediation and its use in settling arguments, disputes and conflict in work and business settings
- Developing an understanding of the process of mediation and the tasks involved in each step
- The principles involved in effective mediation
- Skills for effective conflict resolution
- Your approach to conflict
- Introducing mediation into an organisation and the structures and policies needed
- Half day filmed practical assessment

What you said:

“The facilitated class discussions, as well as the role plays, were very effective in helping to apply the skills and knowledge gained on the course.”

Tony McMahon, Associate Director HR & EDI, Irish Universities Association

Rates:

Member rate: €3455 | Non-member rate: €3875

Delivery:

Online / Classroom / Blended

Start Dates:

4 October 2022

CPD Certificate in Managing Employee Relations

4 days

Accredited by: Technological University Dublin
CPD Special Purpose Award – Level 6 on the NFAQ (5 ECTS)

This course aims to develop the key knowledge and skills required of middle level managers to deal effectively and confidently with interpersonal conflicts, bullying and harassment, grievances and disciplinary matters.

Content includes:

- Learn how to develop a positive employee relations culture within a team or organisation
- Develop the critical skills needed to deal with grievances, disciplinary meetings and issues around bullying and harassment
- Gain an insight into critical areas of employment law and industrial relations
- Act with greater confidence and be more self aware when holding critical conversations
- Acquire key skills tools for conducting investigations effectively
- Learn how to mediate between two parties and achieve a positive outcome

This programme is for:

Managers who want to build the skills and knowledge to maintain and grow positive employee relations within their organisations

Rates:

Member: €1995 | Non-member: €2205

Delivery:

Online / Classroom / Blended

Start Dates:

20 April 2022

05 October 2022

Absence Management

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Foundations in Employment Law

2 days

This programme aims to introduce Employment Law to those who are new to the area and need a clear understanding of their obligations. This programme looks at a range of employment legislation and focuses on the areas that need to be complied with. The programme is presented in a practical manner by those who are dealing with these issues every day.

Content includes:

- Contracts of employment/atypical workers
- Equality legislation
- Protective leave
- Working time/hours of work/holidays/restbreaks
- Grievance handling
- Discipline
- Dismissal

This programme is for:

Participants who are new to the area of Employment Law and need a clear understanding of their obligations.

What you said:

“A fantastic course. Very enjoyable and informative with an excellent trainer. I particularly enjoyed the case examples.”

Matthew Gough, HR Advisor, Signature Flight Support

Rates:

Member: €840 | Non-member: €945

Delivery:

Online / Classroom / Blended

Start Dates:

16 May 2022

12 July 2022

19 September 2022

06 December 2022

Managing Absence

1 day

Absence is one of the most persistent problems affecting productivity, profitability and competitiveness. All companies must have a comprehensive and continuing absence management policy in an effort to confront the issue.

However, dealing with staff who have an attendance problem can be a problematic issue which tests the skills of the line manager and the HR practitioner.

Content includes:

Absence – Practical Considerations for Managers

- Defining and measuring absence
- Absence policies
- Tools of absence management

Managing Absence within the Law

- Dismissal on the Grounds of Incapacity
- Fair Procedures
- Equality Issues
- Medical Reports
- Short-term Absence
- Long-term absence
- Stress Related Absence
- Case Studies – at various stages above

This programme is for:

Managers and HR specialists who wish to improve their knowledge, competencies and skills in the area of absence management. Also suitable for line managers with responsibility for managing absence within their teams.

Rates:

Member: €404 | Non-member: €446

Delivery:

Online / Classroom / Blended

Start Dates:

05 July 2022



All about Absence

Customised training

The Managing Absence workshop gives managers and HR specialists the competencies necessary to deal confidentially and effectively with absence. Absence is one of the most persistent problems affecting productivity, profitability and competitiveness within an organisation.

Content Includes

Managing Absenteeism

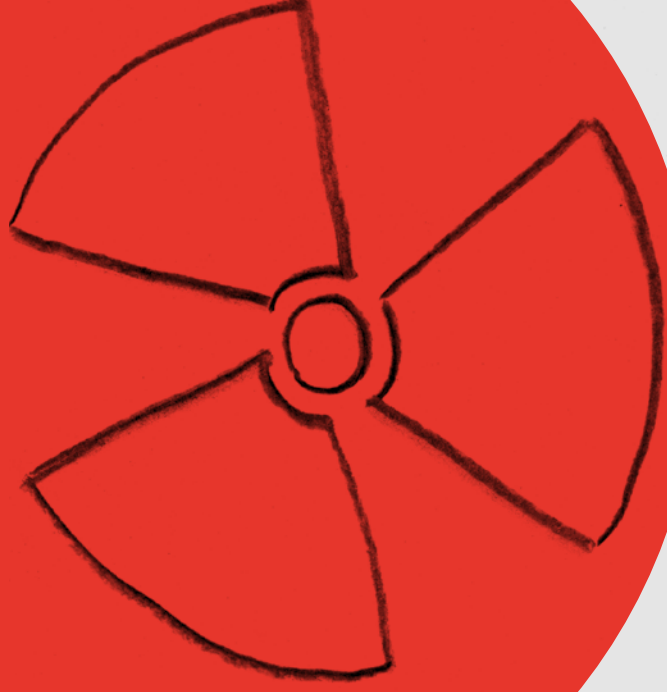
- Why measurement is important
- Positive reinforcement
- Job solutions
- The cost of absence to the employer
- The role of the line manager
- Mental illness and absence
- Returning to work after a period of absence
- Understand the current laws and case law in the area of absence management

Absence and the Law

- Dismissals on the grounds of capability
- Fair procedures
- Medical reports
- Absence and workplace stress
- Absence and equality

Contact Jenny Hayes, Head of Ibec Academy, to arrange a free consultation on 01 605 1613 or jenny.hayes@ibec.ie

Health & Safety





Health & Safety

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CPD Diploma in Occupational Health & Safety

12 days

Accredited by: Technological University Dublin
CPD - Level 7 on the NFQ (20 ECTS)
Associate/Technical membership of IOSH

The main objective of this programme is to give participants an in-depth knowledge of the key legislation and regulations relating to OHS at work and its' practical implementation.

Content includes:

- OHS at work legislation and regulations
- Safety statement preparation and maintenance
- Consultation and the role of the safety representative
- Managing workplace hazards
- Risk assessment and manual handling
- Display Screen Equipment
- Electrical safety machinery safety
- First aid, physical agents, biological agents, chemical safety
- Sensitive risk groups and psychosocial hazards
- Role of Health and Safety Authority

This programme is for:

Those with a professional interest in, or involved in the application of occupational health and safety at work.

What you said:

"I felt there was an open forum to ask questions and get good answers to real world situations. Also there was a good mix of people with different experience in safety and work environments." Mike Elworthy, ESH Coordinator & Process Engineer, Signode

Rates:

Member: €3140 | Non-member: €3560

Delivery:

Online / Classroom / Blended

Start Dates:

01 June 2022
22 September 2022
28 October 2022
01 November 2022

CPD Certificate in Occupational Health & Safety

7 days

Accredited by: Technological University Dublin
CPD - Level 6 on the NFQ (10 ECTS)
Associate membership of IOSH

The main objective of this programme is to give participants the core skills to advise managers or employees on a range of OHS issues. The programme will give participants an in-depth understanding of the key areas of OHS legislation and guidance. The course focuses particularly on applying current legislation and best practice in OHS management.

Content includes:

- Safety and health legal system
- Role of the safety representative
- Health & safety regulations
- Identifying hazards
- Risk assessment
- Manual handling
- Display screen equipment
- Chemicals / noise / fire
- Communication skills
- Psychosocial / human factor hazards
- Role of the Health & Safety Authority
- Accident investigation
- Sources of information

What you said:

"What I found most useful about this training was the wide range of knowledge and experience brought by not only the trainer but the students also." Edmond Dooley, EHS Team Member, McKeeson Ireland

Rates:

€2520 | Non-member: €2730

Delivery:

Online / Classroom / Blended

Start Dates:

07 September 2022

Health & Safety

Safety Officer and Co-ordinator

3 days

This course will provide newly appointed safety officers/co-ordinators or line managers with direct responsibility for the administration and coordination of day-to-day health and safety matters in low risk workplaces with the necessary skills and knowledge to co-ordinate and control structures for managing health and safety needs.

Content includes:

- Safety and health legal system
- Role of the safety representative
- Health & safety regulations
- Identifying hazards
- Risk assessment
- Manual handling
- Display screen equipment
- Chemicals / noise / fire
- Communication skills
- Psychosocial / human factor hazards
- Role of the Health & Safety Authority
- Accident investigation
- Sources of information

This programme is for:

HR/IR officers, co-ordinators or advisors with a role in OHS co-ordination. Managers or supervisors with direct OHS responsibilities or employees new to the OHS co-ordination role.

What you said:

“The trainer was very competent and knowledgeable. It was a hugely enjoyable experience during which I gained a lot of invaluable information.”
Monika Will, Receptionist/Administrator,
Goethe-Institut Irland

Rates:

Member: €656 | Non-member: €840

Delivery:

Online / Classroom / Blended

Start Dates:

15 June 2022
14 September 2022
05 December 2022

CPD Managing Safety

4 days

Accredited by: Technological University Dublin
CPD Special Purpose Award - Level 6 on the NFQ
(5 ECTS)

The main objective of the course is to enable managers and OHS specialists to make a more effective contribution to their organisations by becoming aware of the legislation, risks, accident investigations and communications needed to build a positive OHS culture among the workforce.

Content includes:

- OHS and the law
- Safety management systems
- Managing safety
- Communication and consultation
- Do's and Dont's
- Investigating accidents, risks, incidents and hazards
- Improving the safety culture
- The role of the HSA
- Emergency planning
- Audits

This programme is for:

Anyone who wants to improve their skills and competence managing risks, implementing OHS law, investigating accidents and communicating the OHS message in their organisation.

What you said:

“I would highly recommend this course for anyone at any level of supervision in the workplace.”
Bob Cowman, Operations Manager, Oxygen Environmental

Rates:

Member: €1050 | Non-member: €1260

Delivery:

Online / Classroom / Blended

Start Dates:

16 May 2022
19 September 2022



Safety Representative

3 days

This course seeks to define the roles and responsibilities of all parties within a company's health and safety system and to highlight how consultation plays a role in the vital success of any safety management system.

Content includes:

- Health and safety legal system
- Management of health and safety at work
- Risk assessment & safety statement
- Accident prevention and management
- Role of the safety representative and competent person
- Common hazards including chemicals, manual handling, fire and D.S.E.
- Communication, consultation and the safety committees
- Role of the HSA

This programme is for:

Newly appointed safety representatives and anyone who wishes to gain a greater understanding of their roles and responsibilities in health and safety management.

What you said:

The trainer was very good at delivering all the information we needed. They had a great ability to throw out questions and draw out participants to answer. They never made me feel like my answers were irrelevant. Great Job!"

Sharon O'Reilly, Fulfilment Team Leader, Arvato Digital Services

Rates:

Member: €656 | Non-member: €840

Delivery:

Online / Classroom / Blended

Start Dates:

01 June 2022

05 September 2022

16 November 2022

Risk Assessment

1 day

Risk assessments are a vital part of a comprehensive and legally compliant safety management system. Section 19 of the Safety Health and Welfare at Work Act 2005 requires every employer to identify hazards in the workplace, assess the risk from these hazards and have a written risk assessment of the risks as they apply to persons exposed to them in the workplace. This Risk Assessment course is designed to provide participants with an overview of the process of risk assessment in the management of safety health and welfare at work within their workplace. Participants will carry out sample risk assessments during the course to ensure that practical and theoretical knowledge and skills are achieved. This course will equip successful participants with the knowledge and skills required to identify hazards and carry out workplace risk assessments.

Content includes:

- Safety, Health and Welfare at Work Act 2005
- General Application Regulations 2007
- Risk assessment process as part of the Safety Management System
- Hazard identification
- Risk Assessment methodologies
- Carrying out a Risk Assessment

Rates:

Member rate: €289 | Non-member: €368

Delivery:

Online / Classroom / Blended

Start Dates:

21 June 2022

14 November 2022

Health & Safety

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Return to Work Toolkit

Half day

This interactive half day workshop will enable participants to manage the practical implications of the return to work from an OHS and HR/employee relations perspective post Covid.

Content includes:

- Explain the requirements of the Work Safely Protocol
- Employ the HSA checklists to develop and implement a Covid-19 response plan
- Describe workplace Covid-19 infection prevention and control measures
- Manage the HR elements such as:
- Managing those returning from lay-off/short time working
- Vaccinations
- Annual leave and non-essential international travel
- Dealing effectively with non-compliance issues
- Anxiety and mental health issues
- Hybrid and remote working request

This programme is for:

HR, OHS professionals, or anyone responsible for facilities management

Rates:

Member rate: €205 | Non-member: €226

Start Dates:

27 May 2022

13 October 2022

Maternity and Pregnancy update - a HR and OHS Perspective

Half day

This programme has been developed to assist those working in HR and OHS to understand the obligations for employers and the entitlements for employees who are pregnant.

Content includes:

- Introduction – HR and OHS
- Human resource management
- Entitlements
- Pre-maternity leave meeting
- HR issues
- Occupational health and safety

This programme is for:

Those working in HR and OHS to understand the complexity of issues that may arise for pregnant workers.

Rates:

Member: €205 | Non-member: €226

Start Dates:

24 May 2022

13 December 2022

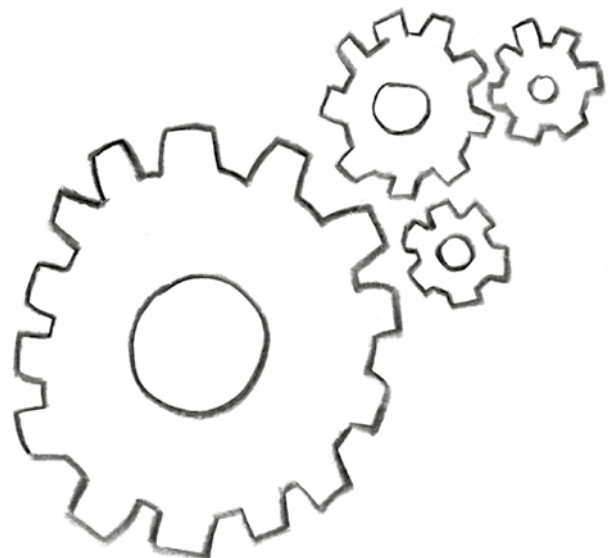


Customised training

We offer a suite of Health & Safety programmes from, short programmes to accredited CPD certificates and diplomas in occupational health and safety, managing safety, incident investigation to manual handling and others. All of our programmes can be delivered in-company and customised to meet your organisational requirements.

With over 30 years experience in designing and delivering programmes, together with our panel of highly qualified training facilitators, you can be assured that investing in training with Ibec will be worthwhile and rewarding.

Contact Jenny Hayes, Head of Ibec Academy, to arrange a free consultation on 01 605 1613 or jenny.hayes@ibec.ie



About Ibec Academy

Our credentials

30

Over 30 years developing managers

Innovative portfolio of customised programmes, online courses, seminars and short courses nationwide

15

15 years of ISO accreditation



6,000

Over 6,000 managers developed in 2021



Many of our programmes are accredited by Technological University Dublin, European Mentoring and Coaching Council, Mediators Institute of Ireland, Quality & Qualifications Ireland, the Pre-Hospital Emergency Care Council and are on the National Framework of Qualifications



70

70 highly qualified facilitators



300

300 graduates from accredited programmes in 2021

Excellent customer satisfaction and repeat business



200

200 customised programmes across 2021

300

300 open programmes

64

64 accredited programmes



Areas of expertise

.....

**Management
Development**



**Business,
Operations
& Finance**



**Industrial
Relations**



**Personal
Development**



**Employment
Law**



**Occupational
Health & Safety**



Why Choose Ibec Academy for your Customised Solution?

1. Our approach is practical but effective
2. We work with you to identify what's needed, delivering real results
3. We share best practice examples and focus on the real issues you face
4. TU Dublin is our strategic partner, so our courses can also be accredited

Applied, Accredited, Impactful, Learning



At Ibec Academy we specialise in developing 'people at work', offering applied and accredited professional development programmes designed around real-life scenarios, delivered by subject matter experts.

Ibec has an extensive history in the area of business knowledge, industry collaboration and management expertise, all of which informs the programmes we deliver.

We know the real issues that employers face every day as we advise and represent companies ensuring the learning is real and impactful

Why choose us?

- Ibec knows business
- Our training has applied relevance
- We share emergent thinking and real life examples
- We offer accredited development programmes with our strategic partner, Technological University Dublin

Ibec Academy

We know Wellbeing



At Ibec Academy we specialise in developing 'people at work', offering applied and accredited professional development programmes designed around real-life scenarios, delivered by subject matter experts.

We keep up to date with emerging trends and have a range of courses in the wellbeing area. These include ones for managers, a Wellbeing Strategy to ignite performance and supporting your workforce in a remote environment.

We can customise a solution based on your company's needs and values.

Wellbeing to ignite performance

Building a Wellbeing strategy

Wellbeing for managers

Supporting your remote workforce

Visit www.ibecacademy.ie

Follow Us on LinkedIn Ibec Academy



The KeepWell™ Mark

An Ibec Initiative

The KeepWell Mark, an evidence based accreditation and award from Ibec, recognises and celebrates the fantastic work that organisations all over Ireland are doing to look after the health and well being of their employees.





Invest in your peoples' future
development. Contact a member
of the team today.

www.IbecAcademy.ie
ibecacademy@ibec.ie

Customised training
+353 1 605 1541

Accredited programmes
+353 1 605 1645

Short programmes
+353 1 605 1619



Ibec Head Office
84/86 Lower Baggot Street
Dublin 2
Tel: + 353 1 605 1500
Email: membership@ibec.ie
Web: www.ibec.ie/membership

Limerick
Gardner House Bank Place
Charlotte Quay
Limerick
Tel: + 353 61 410411
Email: midwest@ibec.ie
Web: www.ibec.ie/midwest

Galway
Ross House
Victoria Place
Galway
Tel: + 353 91 561109
Email: galway@ibec.ie
Web: www.ibec.ie/west

Donegal
3rd Floor, Pier One Quay Street
Donegal Town
Donegal
Tel: + 353 74 9722474
Email: northwest@ibec.ie
Web: www.ibec.ie/northwest

Cork
2nd Floor Penrose One
Penrose Dock
Cork
Tel: + 353 21 4295511
Email: cork@ibec.ie
Web: www.ibec.ie/cork

Waterford
Waterford Business Park
Cork Road
Waterford
Tel: + 353 51 331260
Email: southeast@ibec.ie
Web: www.ibec.ie/southeast

Brussels
Avenue de Cortenbergh, 89,
Box 2
B-1000 Brussels
Belgium
Tel: + 32 (0)2 512.33.33
Fax: + 32 (0)2 512.13.53
Email: europe@ibec.ie
Web: www.ibec.ie/europe