



Employee well-being initiative

Marine Harvest Ireland is launching an employee well-being initiative in 2015 which will focus on our physical and mental wellbeing (mindfulness). This initiative will encourage employees to look after themselves through good nutrition, mindfulness and the promotion of an active lifestyle. Following consultation with our employees, the company aims to promote initiatives in the following areas:

Physical/exercise: A list of Marine Harvest staff sponsored events for the summer of 2015 will be available shortly. These include 5K, 10K, half marathons, full marathons and adventure races whereby the company will sponsor the admission fee for staff who participate.

Additionally, the Company would also like to commence a “**couch to 5k**” which would be aimed at employees who have never taken part in exercise/5 K’s before but would like to get started. Please let Bernie Gallagher in the Sales office or your manager know if you are interested. We would also like to roll out an “**Active month**” campaign to encourage employees and their families to engage in any type of physical activity (swimming, walking, hiking, dance classes, yoga, jogging, running etc.). More information will be circulated in our physical activity flyer.

Nutrition & Diet: The Company will organise a workshop on diet and nutrition to inform staff of their diet and nutrition requirements and also answer any questions they may have.

Smoking cessation: It is anticipated that the company will provide a once off smoking cessation workshop for those people wishing to quit the habit.

Mindfulness: A mindfulness workshop will be held within the coming weeks for staff, their families and interested parties within the local community. The aim of this workshop is to provide employees with the tools to focus on protecting their mental health and support family members that may have stress / anxiety issues. Following this, the company hope support a 6 week stress control course subject to adequate interest. This course will assist in recognising and managing signs and symptoms of stress, anxiety and conflict within their daily lives.

Each of the above items will have different criteria for participation. Detailed explanation will be given as each activity is advertised. Please feel free to approach your manager or bernie.gallagher@marineharvest.com or phone 074-9192120 who will be happy to provide more information or register you for the events.

Any further feedback from staff members on other interests / ideas would be welcome and can be addressed at a later date.