



marineharvest

Employee well-being initiative 2017

Marine Harvest continues their employee well-being initiative in 2017. There are two parts to everyone's wellbeing, Physical and Mental wellbeing (mindfulness). The well-being initiatives will encourage employees to look after themselves through nutrition, mindfulness and the promotion of an active lifestyle. Following consultation with our employees, the company aim to promote initiatives in the following areas:

Physical exercise: Participation is continuing in Operation Transformation in Rosnaskill with the activities including jiving, walking, running, swimming, aqua aerobics etc. A list of Marine Harvest staff sponsored events from spring through the summer of 2017 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 up to a maximum value per event. The company will also organise mountain walks in Donegal, Mayo and Cork – details will be communicated separately as well as the annual charity 5km.

Nutrition & Diet: The Company will organise a series of healthy eating **cooking demonstrations** – subject to interest. The company intend to assess interest in running a series of **gardening workshops** also.

Smoking cessation: It is anticipated that the company will provide a once off smoking cessation workshop for those people wishing to quit the habit. This would be a confidential session between the participants and the practitioner.

Mindfulness: Subject to interest a 3 hours mindfulness workshop will be held 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. As a follow on from 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 074-91-92120 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.



IF YOU HAVE ANY IDEAS/SUGGESTIONS WHICH YOU WOULD LIKE TO HAVE INCLUDED IN THIS YEAR'S EVENTS, PLEASE LET YOUR SITE MANAGER KNOW OR BERNIE GALLAGHER BY 27TH JANUARY 2017.

(IDEAS HAVE TO COVER GROUPS RATHER THAN INDIVIDUALS)