



Donna Reilly

PEOPLE & WELLNESS

2025

Wellbeing Workshops

We create positive people solutions.





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Our aim is to provide individuals with the tools and practical steps they need to boost their overall wellbeing.

Depending on your business needs, wellbeing workshops can be carried out online or in person.

Our expert coaches and workshop facilitators will then prepare a bespoke approach designed to meet the specific needs of your business.

We create, lead and carry out all workshops and workshops to promote a holistic approach to wellbeing.



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PHYSICAL

SPIRITUAL

CAREER

FINANCIAL

EMOTIONAL

MENTAL

ENVIRONMENTAL

SOCIAL

Areas of Wellbeing

At Donna Reilly People & Wellness, we pride ourselves on our holistic approach to wellbeing, which centres around the use of the 8 Areas of Wellbeing.

This comprehensive model encompasses various dimensions, each vital for overall wellbeing.

Our team of experts are dedicated to covering every facet of this model, ensuring that individuals have access to support and resources across all areas of their lives. Each team member is an expert in their own area of wellbeing and brings this expertise to meet the specific wellbeing needs of the client and their employees.



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PHYSICAL

Physical Wellbeing is the state of having good physical health, energy, and vitality to support daily activities and life goals. It includes regular exercise, proper nutrition, sufficient rest, and healthy habits that reduce the risk of illness. High physical wellbeing enhances energy, resilience, and overall quality of life.



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Prep Ahead in the Kitchen

Prep Ahead in the Kitchen helps participants save time, money, and reduce stress by mastering meal planning, batch cooking, and creative ways to use leftovers. Attendees will receive a kitchen toolkit with recipes and a weekly planner to support their cooking routine.



Achievable Everyday Cooking

Achievable Everyday Cooking teaches participants how to cook from scratch using simple, balanced recipes. The session covers portion sizes, food group balance, and seasonal eating to promote long-term healthy eating habits.



Yoga for Stress Relief

Combining yoga and meditation, this workshop teaches relaxation techniques to manage stress, reduce tension, and promote mental clarity. Suitable for all experience levels.



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Core Strengthening and Stability

Designed to enhance core strength and stability, this session teaches targeted exercises to improve posture, prevent injury, and build a solid foundation for movement.



Pilates for Posture Improvement

This session focuses on exercises designed to correct posture, improve alignment, and enhance confidence in movement. Ideal for those experiencing discomfort from prolonged sitting or poor posture.



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Connect + Reflect: Christmas Bauble Painting

Celebrate the festive season with a pottery painting session that fosters mindfulness and gratitude. This meaningful team-building event allows colleagues to reflect on the year while creating personalised baubles. Each participant receives a painting kit, including a bauble, paints, brushes, and other materials.



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Mindful Movement Workshops

Blending movement and mindfulness, this workshop encourages participants to connect body and mind through gentle, intentional exercises that promote relaxation and awareness.



Pelvic Floor Health for Women

Educating women on the importance of pelvic floor health, this workshop provides exercises and techniques to strengthen muscles, improve control, and support overall wellbeing at every life stage.



Batch-Cook Your Way to Success

Teaches meal planning, batch cooking, and food waste reduction to help participants save time, money, and energy. This interactive session provides practical culinary tips and a toolkit with recipes and a weekly kitchen planner.



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Pilates at the Desk

This workplace-friendly session introduces simple Pilates movements to reduce pain, improve posture, and boost energy levels throughout the workday, reinforcing that movement is medicine.



Quick Kitchen Ideas for the Busy Life

provides simple and effective cooking strategies to support healthy eating goals. Participants will learn how to plan balanced meals, increase fruit and vegetable intake, and streamline their cooking routine for a busy lifestyle



Wellbeing in a busy world

Derval is a qualified personal trainer who has set up a digital wellbeing business. Derval chats about what she has learned from being an elite athlete and a trainer on how to take care of your wellbeing in a busy world.



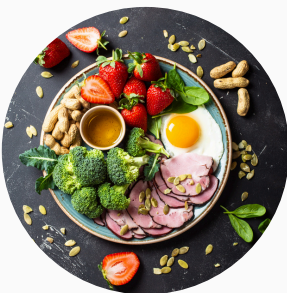
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Exercise & Nutrition Essentials + 15-Minute HIIT Workout

This session provides a clear guide to exercise and nutrition, covering physical activity guidelines, macronutrients, and how to maintain a balanced diet. Participants gain practical tips on fitting exercise into a busy schedule. The workshop concludes with a Q&A and an energising 15-minute HIIT session.



Balanced Nutrition & Sustainable Eating

Focusing on daily calorie targets and sustainable eating habits, this workshop explores how to build a balanced approach to nutrition. It also emphasises developing a healthy relationship with food. The session ends with an interactive Q&A.



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Hands-on/Brush along Makeup Workshop

Attendees bring their own makeup and tools for an interactive session. After a demonstration, participants apply techniques with Stephanie's personalised guidance. Provided: Mirrors, demo makeup kit, cleanup supplies. Required: A room with tables and chairs, ideally U-shaped, plus a front demo table.



Demonstration-Style Makeup Masterclass for Large Groups

A detailed walk-through of makeup looks, choices, and techniques using attendee models. Audience participation is encouraged, with questions welcomed throughout. Required: A room with a front table for demonstrations, chairs for attendees, and an optional screen for larger groups to enhance visibility.



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CAREER

Career Wellbeing is the sense of satisfaction, purpose, and fulfilment people feel in their work. It includes meaningful engagement, positive relationships, growth opportunities, and a good work-life balance. High career wellbeing contributes to overall happiness, health, and a fulfilling life.



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Effective Communication

Strong communication skills are essential at all levels. This workshop covers the three C's of communication, common pitfalls, and practical strategies to enhance workplace impact. Learn how to refine emails, improve verbal interactions, and manage digital communication effectively for greater clarity and confidence.



Understanding How to Be Assertive

This workshop helps participants understand assertive behaviour and how to practise it. It covers the characteristics of interpersonal behaviours and provides strategies for becoming more assertive in everyday interactions.



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Disconnect to Reconnect

Digital overload can impact workplace relationships and personal well-being. This session explores the benefits of a digital detox, offering practical tips to improve focus, reclaim time, and foster meaningful connections with colleagues, friends, and family. Participants will leave with actionable strategies for reducing digital distractions.



The Power of Connection

With fewer face-to-face interactions, building workplace connections has become challenging. This session explores the importance of communication in fostering relationships, strengthening teams, and engaging stakeholders. Participants will learn strategies to enhance workplace interactions and create stronger professional bonds.



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Power Presence and Purpose

Elevate your Network for Career Success

This dynamic, interactive 1-hour workshop is designed for female professionals looking to enhance their presence and build a powerful network to support their career growth.

Through engaging discussions, practical exercises, and actionable strategies, participants will explore the impact of executive presence, refine their personal brand, and master the art of meaningful networking—both in-person and online.



Own the Room with Style & Confidence

An empowering workshop to elevate your image and presence. Learn how personal style influences confidence and career success. Explore first impressions, self-image, colour psychology, and wardrobe essentials. Leave with practical tools to show up with authenticity, credibility, and style—every time.



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Developing Workplace Resilience

Equips staff with practical strategies to navigate workplace challenges, manage stress, and foster a supportive work culture. It covers resilience-building techniques, self-awareness, emotional management, mindfulness, workload boundaries, and adopting a growth mindset. Participants will leave with tools to handle adversity, set professional boundaries, and maintain a positive approach to workplace challenges.



Time Management

Focused on helping attendees manage time effectively, this workshop covers prioritising, scheduling, procrastination, and delegating tasks to improve overall time management.



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Building Your Career Brand

A strong career brand is built on clarity, values, and skills. This workshop introduces a four-step framework to help participants define their strengths, identify their career aspirations, and create a strategic plan for growth. Gain insights into personal branding and positioning yourself for success.



Managing Conflict

This workshop provides practical tools to handle workplace disputes professionally and constructively. Participants will learn about conflict types, emotional triggers, active listening, de-escalation techniques, and collaborative problem-solving. The session explores how to manage difficult conversations with empathy and professionalism while fostering a workplace culture that encourages open and respectful communication.



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Communicate with Confidence

This workshop helps staff develop essential communication skills to express ideas clearly, actively listen, and navigate difficult conversations. It covers the fundamentals of communication, non-verbal cues, concise messaging, assertiveness, empathy, and conflict resolution. Attendees will gain confidence in professional interactions, improve workplace relationships, and enhance their ability to communicate effectively in challenging situations.



Lessons from the Elite World of

Football This workshop explores the principles behind successful teams in professional football. Drawing from elite sports strategies, this session provides insights into teamwork, leadership, and sustained success, offering practical takeaways applicable to any workplace setting.



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Feedback as Fuel

This workshop helps participants harness the power of feedback for professional growth. The session explores different types of feedback, techniques for giving clear and constructive input, and ways to receive feedback positively.

Attendees will develop skills to overcome defensiveness, build a culture of continuous improvement, and foster stronger professional relationships through effective feedback exchange.



Communication Skills

Participants will raise awareness about the importance of effective communication. The workshop includes techniques for questioning, listening, reading body language, and making a strong impact while communicating.



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Client Service

This session focuses on understanding what constitutes good client service, recognising the traits of both good and bad service, handling difficult clients, and improving client relationships with emotional intelligence



Building Functional Teams

This workshop focuses on developing collaboration, trust, and communication to enhance team performance. Participants will explore strategies to leverage individual strengths, contribute to a shared mission, and establish clear expectations and boundaries. The workshop provides frameworks for improving team cohesion, efficiency, and workplace relationships.



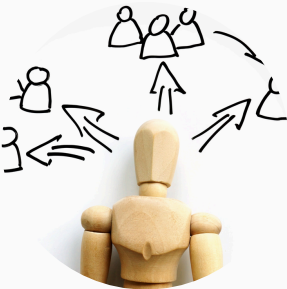
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Team Building - Working Together Effectively

This workshop helps participants understand their own workplace styles and others' preferences to build stronger, more effective relationships. It uses the DISC tool, with an online questionnaire completed beforehand.



Delegation & Feedback

Attendees will learn how to delegate tasks effectively and provide constructive feedback. The session covers the importance of delegation, overcoming barriers, and how feedback can develop others and manage time.



Presentation Skills

This workshop equips participants with the skills to structure and deliver effective presentations. It includes practice time for attendees to develop their presentation techniques in a supportive environment.



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Managing & Leading Your People

This session covers key leadership skills, including effective communication, delegation, and conflict resolution. Participants will gain confidence in giving feedback, motivating teams, and fostering strong workplace relationships to enhance leadership impact.



Power Presence and Purpose: Elevate your Network for Career Success

This dynamic, interactive 1-hour workshop is designed for female professionals looking to enhance their presence and build a powerful network to support their career growth. Through engaging discussions, practical exercises, and actionable strategies, participants will explore the impact of executive presence, refine their personal brand, and master the art of meaningful networking—both in-person and online.



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Stop Hiding & Step Up

This workshop is aimed at women in the workplace who may be holding back or using unconscious hiding strategies that prevent them from being seen, acknowledged and not accessing positions of leadership. In this workshop we address 6 common hiding strategies and what we can do about them to ensure that our work is seen and valued.



Boundaries to Help us Excel

We all want to have staff that are flexible and team players. But at some point this can slip into over-work, people pleasing and doing work that's not effective for the organisation. This workshop equips attendees with skills and knowledge so that they can set healthy boundaries to ensure that they are more effective and productive in their positions and teams



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Professional Women & Burnout

A growing number of women are stepping back, quietly quitting due to fears around burnout. Participants in this workshop will learn about the factors that are unique to women in the workplace and how they can address them to ensure healthy & effective relationship to work



Receiving Feedback

Attendees of this workshop will learn why many of us find receiving feedback so challenging and how the fear or denial of it may prevent you from learning, growing & developing within the organisation. We will learn a method to approach receiving feedback so it doesn't derail your goals and ambitions as well as learning strategies so we can have a more measured response to feedback



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EMOTIONAL

Emotional Wellbeing is the ability to manage and express emotions in a healthy, balanced way, fostering resilience and a positive outlook. It includes self-awareness, stress management, and strong relationships, helping individuals cope with challenges and maintain a fulfilling, balanced life.



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Create Your Pop-Up Book

Art and creativity enhance mental and physical well-being, offering relaxation and joy. This workshop invites families to explore their creativity by crafting their own pop-up books. Participants of all ages will express their ideas visually, using paper and various materials, making the experience both fun and meaningful.



Positive Parenting

Positive Parenting is an approach to parenting which focuses on nurturing children's psychological well-being – their mental & emotional health, and their unique strengths – so that they can thrive & flourish in life. This session will outline 3 practical strategies for parents to incorporate into daily family life to help enhance children's well-being & confidence. These strategies are drawn from the field of Positive Psychology, which is the science of well-being.



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Second Chance

What do I want to be when I grow up (for grown ups). This workshop is for people who are 30+ and want to consider what their next steps in life are. If they are at a crossroads, what might they consider, what's calling or piquing their interest? What's been an unfulfilled dream? All under the lens of it's never too old to change career or your life



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Self-Care: Replenish Your Reservoirs of Well-Being through Positive Psychology

A sustainable self-care practice is vital, especially for individuals juggling the demands of creating a work-life balance. Yet self-care is often neglected or placed at the bottom of our lists. Positive Psychology, which is the science of well-being, can offer us ideas and suggestions for nurturing and replenishing our five personal reservoirs of well-being. In this session, we will explore the reservoirs and reflect on ways to replenish them, so that we can build a sustainable self-care routine.



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Self-Care: Cultivating Calmness to Manage Stress & Nurture Well-Being

Learning how to cultivate a sense of inner calm is vital in dealing with the stresses and challenges of working life. This session will provide some helpful ways for participants to deal with stress, as well as providing several strategies and techniques for calming the nervous system. We will also look at ways to try to create that all-important work-life balance.



Understanding Your Wellbeing

offers a holistic approach to self-care by exploring emotional, mental, spiritual, physical, and environmental well-being. Participants will assess each area and create a personalised plan to enhance their overall wellness.



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Meet your Inner Critic to Increase Confidence & Effectiveness

Most of us have THAT voice in our head telling us not to speak up, not to go for the promotion, not to share your ideas and as a result as organisations we lose out on a lot of unrealised talent. Attendees to this workshop will get to know the concept of the inner critic, get to know their own personal critic and learn strategies to ensure that they are not taking direction from it.



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Befriending Fear to Make Change

Fear is one of the biggest reasons why ideas don't get spoken, promotions are not applied for or innovative new ways of doing things are not spoken about. In this workshop attendees can get to know fear, how it shows up for us and build a relationship with it to ensure that it is not in the driving seat of decision making



Healthy Routines

Many of us have a complicated relationship with building healthy habits and routines that are 'all or nothing' and motivated by shame. Attendees of this workshop will be introduced to a kinder and more effective methodology to bring healthy change into our lives that is sustainable



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Motherhood & Work - Prioritising and managing your energy

In this workshop attendees will learn many concepts both individual and societal that the working mother has to navigate on a daily basis such as the mental load, second shift and biological changes such as menstrual cycle and menopause. Attendees will be empowered to embrace how they operate, their uniqueness and see the societal factors for what they are, to ensure they are more efficient and effective in their work



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Cycle Awareness for Work & Productivity

Many time management theories and frameworks are based on a linear model. However over half of the population operate in a more cyclical way from month to month. Attendees of this workshop will learn a different way to harness planning and delivery of their work in line with their cycles which ensure more effective and efficient work. This workshop is for women and people with a menstrual cycle



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ENVIRONMENTAL

Environmental Wellbeing is about living in harmony with our surroundings to support personal and planetary health. It includes creating safe, clean, and sustainable spaces, reducing waste, and connecting with nature. Enhancing environmental wellbeing helps individuals feel more grounded, responsible, and positively engaged with the world around them.



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Your Life...Organised

This workshop provides practical strategies to declutter and organise life effectively. Topics include types of clutter (physical, mental, digital), the impact of disorganisation, benefits of decluttering, and step-by-step guidance on creating functional systems. Employees gain tools to enhance productivity and overall wellbeing.



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SPIRITUAL

Spiritual Wellbeing involves finding purpose, meaning, and inner peace in life. It includes exploring personal values, beliefs, and connections to something greater, whether through faith, meditation, or reflection. Cultivating spiritual wellbeing fosters resilience, fulfilment, and a deeper sense of belonging.



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Emotional Freedom Technique (EFT) –

Tapping for Stress & Anxiety

EFT, or tapping, combines acupuncture with cognitive behavioural therapy to reduce stress and emotional distress. With nearly 20 years of research, it has proven effective for PTSD, trauma, and anxiety. Studies show significant improvements in cortisol levels, mood, and overall wellbeing. This session teaches practical tapping techniques for daily self-care, with follow-up resources provided.



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Aroma Point Therapy or EFT for Overwhelm & Anxiety

This workshop offers practical techniques to reduce anxiety using either Aroma Point Therapy or EFT tapping. It can be tailored to suit participants' needs and delivered online or in person. In-person sessions provide a richer experience with essential oils, allowing participants to engage fully without purchasing products.



Power of Connection

This workshop explores the importance of presence in a fast-paced, distracted world. Participants will learn five simple yet powerful principles to reconnect with themselves—mind, body, and spirit—allowing for deeper engagement with life, improved well-being, and stronger relationships.



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FINANCIAL

Financial Wellbeing is the sense of security and confidence in managing finances to meet current needs and future goals. It includes budgeting, saving, and planning, as well as reducing financial stress. Strong financial wellbeing supports peace of mind, stability, and the ability to enjoy a balanced and fulfilling life.



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FWB Reimagined

A fresh perspective on financial wellbeing, offering insights and actionable steps to improve financial stability. Topics include defining financial wellbeing, assessing personal financial situations, and creating a financial vision through guided exercises. Participants leave with a clearer roadmap for financial confidence.



Money & Mental Health

This workshop explores the connection between financial habits and mental health. It covers the purpose of money, managing financial stress, overcoming problem debt, and identifying money beliefs that influence behaviour. Participants learn strategies to reshape their financial mindset for lasting positive change.



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My Financial Future

Empowering participants to make informed financial decisions, this workshop covers financial rules of thumb, personal values, and key financial factors in Ireland, such as tax, pensions, and mortgages. A guided goal-setting exercise helps participants plan for a secure financial future.



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MENTAL

Mental Wellbeing is the state of feeling balanced, resilient, and able to cope with life's challenges. It includes managing stress, fostering positive thoughts, and engaging in activities that support mental clarity and growth. Strong mental wellbeing enhances focus, emotional resilience, and overall life satisfaction.



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What is Mindfulness & Why Practice It?

Discover the benefits of mindfulness and how to integrate simple practices into your daily routine to enhance mental clarity, focus, and overall well-being.



Playing Big: Speaking Up, Standing Out, and Leading with Confidence

This workshop helps those who hesitate to speak up or doubt their worth by exploring the inner critic's role.

Participants will learn to recognise self-doubt, distinguish it from realistic thinking, and develop strategies to manage it. Gain confidence to grow and lead on your own terms. Ideal for career advancement.



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High Performance Mindset

Derval discusses her journey as an elite athlete that saw her become a world champion and 3 time Olympian. The lessons she learned from it by navigating through the highs and lows.



Sharing the Load: Rebalancing Relationships and the Invisible Workload

This workshop explores the unseen mental and emotional labour of daily life, its impact on careers and well-being, and how to rebalance responsibilities. Based on Fair Play by Eve Rodsky, it offers data-driven insights and practical solutions. Ideal for parents or expecting couples seeking a more equitable home life.



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Creating a Positive Mindset

This workshop helps employees build a positive mindset to boost wellbeing and success. Through engaging activities, participants will learn to identify negative thoughts, embrace growth mindsets, and apply practical strategies like gratitude and mindfulness to stay resilient and optimistic in the workplace.



The Magic of Self Belief

This empowering workshop explores how beliefs shape confidence, wellbeing, and success. Through reflection, tools like affirmations and visualisation, and mindset shifts, participants will learn to overcome self-doubt, reframe negative thoughts, and build lasting self-belief for personal and professional growth.



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SOCIAL

Social Wellbeing is the sense of connection, belonging, and support in our relationships with others. It involves building positive, meaningful connections, effective communication, and a sense of community. Strong social wellbeing enhances happiness, reduces stress, and provides a supportive foundation for personal and professional growth.



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Achieving Goals to Empowerment with David Gillick

Irish sprint champion and Olympian David Gillick shares insights on goal-setting, strategic planning, and empowerment. Since retiring, he has become a best-selling author and mental health advocate. This workshop explores different goal types and the power of a clear vision to drive success in life and career.



Mental Health, Wellbeing, Addiction & Recovery

This session explores key themes such as overcoming adversity, mental health, addiction, resilience, self-discovery, and transformation. Topics include peer pressure, setbacks, therapy, leadership, and hope. Insights from real-life experiences, including representing Ireland in boxing and the Olympics, inspire participants to embrace personal growth.



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Thank You!

**Contact us
for further
enquiries**

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