



Better
WORKDAY

CORPORATE SERVICES

2024/25

abetterworkday.com

Welcome!

Hi there! My name is Niamh Moynihan, and I founded Better Workday to make the information and tools for improving productivity and well-being at work accessible to every professional seeking a better work-life balance.

I am fascinated by how work shapes us, the interplay between work and home life, and, most of all, how people can achieve happiness and success—without burning out.

My approach goes beyond improving organisation and productivity levels. I love bringing colleagues together and giving them the space to better understand themselves and each other, boost their confidence, and ignite their self-motivation, all while guiding them to rediscover meaning in their work through simple, actionable steps.

I work with companies that want to support their employees, such as Medtronic, Pernod Ricard, the Department of Education, ESB, and Tourism Ireland. To date, I have supported over 3,000 employees.

I look forward to helping you create a better workday in your organisation.

Niamh



Workshops

A Better Workday

A Better Leader

Educational webinars

Re-Energise Your Workday

Meaningful Meetings

Lunch & Learn Series





Workshops

Empower your team, boost productivity, and promote a culture of wellness within your organisation.

A Better Workday

ONE DAY WORKSHOP

Niamh's signature full-day workshop offers strategies for sustainable success.

This workshop is dedicated to giving participants with the insights and tools needed to manage their workload, build a stronger sense of connection and belonging within their teams and organisations, and support their well-being at work.

WORKSHOP TOPICS

- ✓ Sustainable routines for well-being at work
- ✓ Planning and priority management
- ✓ Building relationships at work
- ✓ Tackling digital overwhelm
- ✓ Leading effective meetings
- ✓ Managing distractions and interruptions
- ✓ Overcoming procrastination



How it works?



1. Discovery meeting to understand the company's needs, specific areas of concern, and preferred format of delivery.
2. Attendees complete a short assessment, or the Better Workday Index
3. Workshops can be delivered remotely or on-site.
4. Attendees receive a digital resource pack and certificate of completion
5. There is an option to schedule a 1-hour session to answer any follow-up questions and cement learning.

“

Niamh's workshop was so engaging and relevant. There wasn't a question that she couldn't answer or a problem that she couldn't suggest a solution to. The session was very useful for us to attend as a team as it allowed us to discuss and agree upon ways of working that work for us.

CLAIRE WALSH, IRISH DISTILLERS

A Better Leader

FOR MANAGERS AND LEADERS

Empowerment lies at the heart of this workshop, designed to provide participants with the skills and insights essential for leading in an environment of open communication and effective collaboration.

Through interactive learning experiences and practical guidance, Niamh helps to create 360-degree awareness for leaders, considering their work, their team's efforts, and the broader company context.

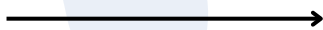
Attendees explore the fundamental pillars of a better workday, including:

- ✓ Workload management
- ✓ The A Model for relationship management
- ✓ Creating an environment of trust and belonging
- ✓ Managing remote, distributed and hybrid teams

Participants will emerge equipped with practical insights and personalised action plans to enhance communication, collaboration, and trust within their teams.



How it Works?



1. Discovery meeting to understand the company's needs, specific areas of concern, and preferred format of delivery.
2. Attendees complete a short assessment, or the Better Workday Index
3. Workshops can be delivered remotely or on-site.
4. Attendees receive a digital resource pack and certificate of completion
5. There is an option to schedule a 1-hour session to answer any follow-up questions and cement learning.

Educational webinars

Interactive, results-oriented sessions that provide employees with invaluable tools and practical strategies, enabling them to make an immediate positive impact to their workday.

Re-Energise Your Workday

INTERACTIVE 40 MIN WEBINAR

In today's overwhelming world of work, the ability to sustain motivation and focus has become a rarity.

In this transformative webinar, Niamh will inspire (and challenge!) you to break free from the endless to-do list. Through simple exercises, tools and coping mechanisms, Niamh will empower you to approach and complete your work with renewed energy and clarity.

How it works?

1. Discovery meeting
2. 40-Minute webinar
3. Q&A session

WHAT WE WILL COVER

- ✔ Cultivate a positive relationship between your head and your work.
- ✔ Feel motivated and organised to get work done during regular working hours
- ✔ Build behaviours and habits that minimise distractions and achieve outcomes
- ✔ Not feel guilty about taking a lunch break!

If you want your people to reset and reconnect with the bigger purpose, this webinar is the key.



Meaningful Meetings

INTERACTIVE 40 MIN WEBINAR

Do your employees often complain about meeting overload?

Fact: poorly planned and executed meetings waste time and drain morale. Plus, all too often, we find ourselves in pointless meetings, while the crucial ones can go without proper follow-up.

In this engaging webinar, Niamh breaks down the process of running successful meetings into actionable, bite-sized steps.

How it Works?

1. Discovery meeting
2. 40-Minute webinar
3. Q&A Session

HIGHLIGHTS INCLUDE

- ✓ Elements of a Meaningful Meeting
- ✓ Choosing the right meeting format
- ✓ Who should attend your meeting?
- ✓ Running a successful meeting
- ✓ How to manage meeting-related work

Say goodbye to wasted time and hello to meetings that truly matter.





Niamh's engaging style and practical approach hit the spot for our team when she recently delivered her Re-Energise Your Workday webinar. I highly recommend it, as Niamh provided lots of great tips and it was an impactful experience for our team to share their common experiences.

AOIFE LENOX, CONTRACTING PLUS

Lunch & Learn Series

RUNS OVER 6 MONTH PERIOD

We have additional webinars available for companies who are looking to provide a series to their employees. The Lunch & Learn series runs over six months and is designed to reinforce learning while introducing a new concept during each session.

Risk, Uncertainty & Resilience

Career paths are never straightforward. This webinar provides attendees with the tools to manage the next steps in their professional journey, no matter what challenges they face.

- Understanding risk and uncertainty in your career
- The relationship between risk and opportunity
- Decision-making in uncertainty
- Building career resilience
- Supporting your well-being in times of change

Loneliness at Work

This webinar is dedicated to sharing the insights and tools needed to confront feelings of loneliness at work.

Participants will leave with practical strategies and tangible steps for instilling a sense of happiness, belonging, and togetherness at work.

- Loneliness in the remote and hybrid workplace
- Starting the loneliness conversation
- Building genuine connections at work
- Practical steps for individuals and teams

Generations at Work

In today's rapidly evolving workplace, the convergence of Baby Boomers, Gen X, Millennials, and Gen Z presents both a unique challenge and a remarkable opportunity for organisations.

Attendees will be empowered to build inclusive teams that allow each generation to play to their (and each other's) strengths.

- Characteristics and benefits
- Motivation
- Unique differences and strengths
- How these attributes transcend age and affect ways of working
- Communication and relationships
- How you can work better together

Lunch & Learn Series

RUNS OVER 6 MONTH PERIOD

We have additional webinars available for companies who are looking to provide a series to their employees. The Lunch & Learn series runs over six months and is designed to reinforce learning while introducing a new concept during each session.

Working Well in Hybrid

In this webinar, Niamh will equip attendees with the knowledge to make the most of flexible work arrangements and lay the groundwork for long-term success.

Discover how to navigate the challenges and embrace the opportunities of working in a hybrid setting, ensuring productivity and fulfilment.

- How to make the most of flexible working
- Planning a hybrid work week
- Routines to support hybrid working
- Strategic and tactical progress

Breaking the Burnout Cycle

In this webinar, Niamh will take you through the burnout cycle and its profound impact on well-being and productivity.

Together, we'll explore effective ways to prevent burnout, establish routines that support your mental and emotional health, and create firm boundaries to safeguard your work-life balance.

- The burnout cycle and causes of burnout
- Managing expectations at work
- Redefining your relationship with technology
- Boundaries to prevent burnout

Communicate with Confidence

Covering topics such as negotiation, influence and difficult conversations this webinar is a must for professionals seeking to enhance their communication skills and navigate complex workplace interactions effectively.

Niamh shares her extensive experience and expertise to impart practical insights and actions that enhance communication, collaboration, and key relationships.

- Communicating with confidence on a daily basis
- The 4Cs to communicating with impact
- Developing the skills of negotiation and influence
- Navigating difficult conversations





About Niamh


Niamh Moynihan wants to bring the joy back into work. Known for her engaging workshops, courses, keynotes, and online sessions that transform how professionals approach their workday, she has helped over 3,000 employees to date.

With a wealth of high-level experience in the tech field and a deep understanding of the science behind productivity methods and work strategies, Niamh crafted the Better Workday framework.

Niamh's approach goes beyond improving organisation and productivity levels; she also possesses a remarkable ability to understand people, boost their confidence, and ignite their self-motivation, all while guiding them to rediscover meaning in their work through simple, actionable steps.

 niamh@abetterworkday.com

 +353 85 120 0226

 abetterworkday.com

NIAMH WORKS WITH COMPANIES TO SUPPORT THEIR EMPLOYEES SUCH AS:

Medtronic




Tourism
Ireland


Irish Distillers
Pernod Ricard


Vhi
HEALTHCARE


BAUER
MEDIA GROUP


amazon

 | An Roinn Oideachais
Department of Education

Better
WORKDAY