

Be the First to RESET your team

Pilot A New Innovative Program For Workplace Well-Being In Waterford.



Now Accepting Applications

In Partnership With
Healthy Waterford, Waterford Chamber Of
Commerce And Dungarvan And West
Waterford Chamber Of Commerce.



Healthy
Waterford



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Advancing business together



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Comhairle Cathrach
& Contae Phort Láirge
Waterford
City & County Council

Why RESET?

Mental health, burnout, and disengagement are rising.

Most programs treat **symptoms**, not **root causes**.

RESET is a transformational 6-week employee well-being program based on Doug Dane's book *Mistaken Identity*, helping individuals with:

- ✓ Renewed confidence
- ✓ Better communication and conflict resolution
- ✓ Significantly reduce burnout & stress
- ✓ Harmonious workplaces
- ✓ Influence long-term reductions in health-related costs

Why Your Company?

By prioritizing your company's well-being, you build trust, reduce stigma, and inspire healthier habits throughout the organization.

RESET helps leaders lead well-being from within:

- ✓ Build personal resilience
- ✓ Model mental health ownership
- ✓ Foster openness & psychological safety
- ✓ Reduce burnout & long-term healthcare costs

About the Pilot

One Waterford-based company will be selected to pilot the RESET for Healthy Teams Edition.

You'll Receive:

- ✓ 6-week guided program (virtual or hybrid)
- ✓ Exclusive tools, resources & Doug Dane's book
- ✓ Customized implementation for your team
- ✓ Optional 1:1 executive coaching
- ✓ Public recognition as a workplace well-being leader in Waterford

Backed by National & Local Priorities

RESET aligns with Healthy Ireland and Healthy Waterford's goals:

"Well-being is everyone's responsibility... Health is made in the places where we live, work, and play."

Your company can be the example others follow.



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What We're Looking For

- ✓ Waterford-based organization
- ✓ Committed to employee mental health
- ✓ Ready to lead the way in root-cause well-being
- ✓ Open to new, scalable, sustainable approaches

Apply Now

Be considered as the inaugural RESET Pilot Partner and help shape the future of workplace well-being in Ireland.

- **Deadline: 21st July**
- **Launch: 15th - 22nd September**

[Apply Now](#)

Questions?

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