

14th March 2014

Press Release

Dundalk Chamber and Peninsula host Business Event

Dundalk Chamber in association with Peninsula Business Services recently hosted a very successful Business After Hours event. Speaker Brendan Hanratty delivered a speech on stress management from a compliance perspective. He also provided delegates with an insight into managing issues related to stress effectively through an Employee Assistance Programme. Avril Donnelly from Peninsula Business Services (Ireland) Ltd also spoke on health and safety in the workplace.

The attendance of local businesses were briefed on issues such as, understanding the difference between Stress and Work Related Stress, common causes and effects on the employee and how to manage stress in the workplace.

Brendan also spoke of the Employee Assistance Programme- what it is and how it works.

Mr Paddy Malone PRO Dundalk Chamber of Commerce was also present and thanked all the companies who attended this very important event as the topic of Stress Management is becoming more prevalent in today's work environment.

Press release ends

For further information on this press release please contact Paddy Malone PRO Dundalk Chamber on 042 9336744.