



Bon Secours Hospital Cork and
The Catherine McAuley School of Nursing & Midwifery, University College Cork
jointly present:

8TH ANNUAL

MINDFULNESS CONFERENCE 2025

MINDFULNESS SUPPORTING WELLNESS IN THE WORKPLACE

Mindfulness supporting wellness in the workplace empowers leaders to cultivate a culture of purpose and values, while promoting well-being and offering support to those facing challenges such as stress and addiction.

RCPI
CPD
Credits -
Pending Approval

VENUE: **WGB GO5 WESTERN GATEWAY BUILDING,
WESTERN ROAD, UNIVERSITY COLLEGE CORK.**

SATURDAY 06 SEPTEMBER

From 08:00 to 14:00

Book Your Place please scan me:



MINDFULNESS SUPPORTING WELLNESS IN THE WORKPLACE

**VENUE: WGB G05 WESTERN GATEWAY BUILDING,
WESTERN ROAD, UNIVERSITY COLLEGE CORK.**

**06 SATURDAY
SEPTEMBER**

08:00 – 08:30	CONFERENCE REGISTRATION
08:30 – 08:35	MEDITATION Ms Helen Buckley <i>ADON, Bon Secours Hospital Cork</i>
08:35 – 08:45	OPENING ADDRESS / CHAIRPERSON Mr Harry Canning <i>CEO, Bon Secours Hospital Cork</i>
08:45 – 09:15	SESSION ONE Ms Hilda Lane , Senior HR Business Partner, Bon Secours Cork Ms Oonagh van Laren , Head of Human Resources, Bon Secours Cork Mr Patrick Haslett Product Manager, Workplace Wellbeing, Ibec “Investment in workplace wellbeing reaps a return for all”
09:15 – 10.00	SESSION TWO Mr Mick Devine <i>Clinical Director, Tabor Lodge</i> “Self-awareness of our addictive traits and their links to stress”
10.00 – 10:45	SESSION THREE Professor Jo-Hanna Ivers <i>Assoc Professor Public Health & Primary, Trinity College Dublin</i> “From harm to hope: the science of addiction”
10.45 – 11.25	COFFEE BREAK & NETWORKING
11.25 – 11.30	MEDITATION Ms Helen Buckley <i>ADON, Bon Secours Hospital Cork</i>
11:30 – 12:15	SESSION FOUR Brian Pennie, PhD <i>Neuroscientist, Lecturer, Author, TV Presenter</i> “How to pause and create space during emotionally challenging events”
12:15 – 12:45	SESSION FIVE Ms Ber Mulcahy: Director of Nursing, Bon Secours Hospital Cork Ms Helen Murphy: ADON, Bon Secours Hospital Cork Ms Christina Bowes: ADON / Theatre Manager, Bon Secours Hospital Cork “Mindfulness as a way of life in sound bites”
12:45 – 13:30	SESSION FOUR Mr Fíann Ó Nualláin <i>Holistic Gardener, Author, Researcher and Lecturer</i> “Mindfulness is not rocket science – keep it simple”
13.30 – 13.45	PANEL DISCUSSION / Q&A
13:45 – 14:00	CLOSING ADDRESS Nollaig Crowley <i>Business Manager, Bon Secours Hospital Cork</i>

OPENING ADDRESS



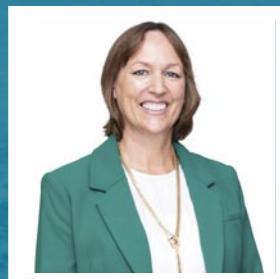
HARRY CANNING
CEO
Bon Secours Hospital

MEDITATION



HELEN BUCKLEY
ADON
Bon Secours Hospital

CLOSING ADDRESS



NOLLAIG CROWLEY
Business Manager
Bon Secours Hospital



PATRICK HASLETT
Ibec – Product Manager,
Workplace Wellbeing

Patrick Haslett is Product Manager for Workplace Wellbeing at Ibec, where he leads the development of supports that help Irish businesses take a more strategic and evidence-led approach to improving employee wellbeing.

This includes the KeepWell Mark - Ireland's national workplace wellbeing accreditation - alongside a growing range of consultancy and training services designed to improve the day-to-day experience of work and deliver tangible business results.

Originally from Edinburgh, Patrick has always been drawn to work that makes a difference. As Commercial Director for Paralympics Ireland, he helped shape and deliver the organisation's commercial efforts for London 2012 and Rio 2016 - experiences that brought together his passion for high performance and people-focused impact.

Bringing his unique perspective into his current role, Patrick is leading Ibec's efforts to redefine how workplace wellbeing is understood by Irish business and championed as a core business imperative.



MICK DEVINE
Clinical Director,
Tabor Lodge

Mick Devine is Clinical Director with Tabor Group Addiction Treatment Services in Cork.

He has worked in the field of drug and alcohol services since 1990 and has played a lead role with Tabor Group since 2000.

He oversees the clinical governance of service delivery to addicted people and their family ensuring ongoing quality improvement. He is responsible for developing Tabor Group's research strategy and partners with UCC and MTU on research projects.

He has published articles on the place of counselling in addiction treatment and on the

impact of parental alcohol misuse on developmental trauma in young children. He is accredited with Addiction Counsellors of Ireland as an addiction counsellor and a clinical supervisor.

He enjoys a teaching and training role as well and is engaged with counselling and addiction training programmes in UCC and MTU as well as to Cork Based Industries. He is particularly interested in the holistic and spiritual dimensions of addiction treatment and psychotherapy and has recently graduated as a teacher of the Diamond Approach to self-realisation.



**PROFESSOR
JO-HANNA IVERS**
Assoc Professor Public
Health & Primary
Trinity College Dublin

Jo-Hanna Ivers is an Associate Professor in Addiction. She holds the only addiction specific academic post in Ireland. She is the first Associate Dean of Civic Engagement for Societal Impact at Trinity College Dublin.

Jo-Hanna leads the Neurobehavioural Addiction Research Group at the Department of Public Health & Primary Care, School of Medicine. She is the Director of the M.Sc. in Addiction Recovery. She has been appointed by a number of Ministers and Government Representatives to Special Taskforces and Expert Review Groups examining drug and alcohol use. She is a Member of the European Monitoring Centre on Drug and Drug Addiction (EMCDDA) Scientific Committee.

Jo-Hanna's research focuses on the biological, social and environmental factors that contribute to an individual's vulnerability to dependence and addiction. Her research includes interventions, policies and practices that help develop recovery pathways. These pathways are best understood as a spectrum and include harm reduction, abstinence and long-term recovery.

Her populations of interest include people who use drugs, those experiencing addiction, individuals in recovery, their families, communities affected by drug use and wider members of society. Before returning to academia, Jo-Hanna gained extensive experience working with adolescent and adult populations in specialist addiction services.

**BRIAN PENNIE***Neuroscientist, Lecturer, Author, TV Presenter***BER MULCAHY***Director of Nursing, Bon Secours Hospital Cork***FIANN Ó NUALLÁIN***Holistic Gardener, Author, Researcher and Lecturer*

Brian Pennie is a former heroin addict who is on a mission to show people that change is possible. Since embracing his second chance at life in 2013, he has qualified as a doctor of neuroscience and psychology. Brian is a consultant to some of the world's largest organisations, a lecturer at Trinity College Dublin, an author, a TV presenter, and the founder of his company, Change is Possible. www.brianpennie.com

Whether it's our careers, our relationships, or our health, we all face challenges in life. However, this is not where our struggles lie. Our struggles lie in our reaction to these challenges and our illusion that we can control them.

While attempting to control external events is, for the most part, futile, we can always control our response to them. This is where success unfolds – personally and professionally – in the space between our external challenges and our internal response to them.

Through a combination of neuroscience, wisdom from Eastern philosophy, and his own lived experience, Brian's talk will highlight the dangers of trying to control what you cannot control and the chain-reactive nature of emotional and psychological triggering to uncontrollable events.

With a focus on mindfulness and breathwork, Brian will provide the latest evidence-based techniques to help you pause and create space when emotional challenges arise.

Ber Mulcahy is a dedicated mindfulness practitioner, teacher and has facilitate over 400 participants through the Mindfulness-Based Stress Reduction (MBSR) programme. Her teaching emphasizes awareness, kindness, and emotional resilience, helping participants relate to thoughts and emotions with less judgment and greater compassion. Ber encourages a practical, moment-by-moment approach to life, guiding people to return to the present using the breath as an anchor.

In addition to her practical expertise, Ber has a robust academic background, holding a Higher Diploma in Coaching Psychology, an MSc in Mindfulness-Based Interventions, and an Honours Degree in Theology. She is also a CISIM Facilitator, demonstrating her commitment to integrating mindfulness and emotional regulation techniques into her practice.

Ber's core aim is to help individuals relate to their thoughts and emotions with greater compassion and less judgment—cultivating emotional balance and inner resilience.

Today Ber's colleagues Helen Murphy and Christina Bowes will share with us how they embrace Mindfulness in their lives in the often frantic world of healthcare.

**HELEN MURPHY, ADON****CHRISTINA BOWES, ADON**

Fíann Ó Nualláin is an author, researcher and lecturer in the field of physical wellness and psychological wellbeing. His background in social and therapeutic horticulture, ethnobotany and folk medicine has resulted in several books under the banner of the holistic gardener, and years of regular morning and afternoon television segments on practical herbalism and natural approaches to health.

Fíann's interest in mindfulness and CBT originally stemmed from his own life journey, as personal tools and resilience structures, later incorporated in to his therapeutic practice and workshops. With a commitment to the potential of an 'everyday mindfulness'; mindfulness as a life skill and support

mechanism, led him to develop accessible, relatable, practical exercises/practises that help bring mindfulness into the every day; in to the workplace, into relationships, into pastimes and enjoyments too, into life.

Fíann's mindful books include;

By time everything is revealed.

2017. Gill. Dublin.

Seeds of mindfulness.

2021. Ixia press. New York.

52 proverbs to build resilience against anxiety and panic.

2023. Mercier Press. Cork.

52 proverbs to fight depression and trauma. 2024. Mercier Press. Cork.