

Guides

Our guides draw on leading research to provide guidance and tools to make improvements in the workplace

- [2020: setting yourself up for success](#)
- [Brexit: triggering Article 50: what now for HR in Ireland?](#)
- [Brexit and the Withdrawal Agreement](#)
- [Brexit checklist for HR](#)
- [Carer-friendly workplaces](#)
- [Change management: enabling employees to re-engage](#)
- [Competency interviews](#)
- [Conflict at work: a guide for people managers](#)
- [Coronavirus \(COVID-19\): mental health and returning to the workplace](#)
- [Coronavirus \(COVID-19\): returning to the workplace](#)
- [Coronavirus \(COVID-19\): support materials](#)
- [Coronavirus \(COVID-19\) FAQs](#)
- [COVID-19 returning to the workplace FAQs](#)
- [COVID-19 returning to the workplace planner](#)
- [COVID-19 workforce planner](#)
- [Employee engagement](#)
- [Ethics at work: an employer's guide](#)
- [Flexible working: cross-sector insights](#)
- [Flexible working journey planner](#)
- [Flexible working toolkit for HR professionals](#)
- [Homeworking questionnaire](#)
- [Leaders may cause health risk](#)
- [Inclusion: five actions you can take to foster inclusion](#)
- [Inclusion calendar](#)
- [Inclusion health checker tool](#)
- [Leaving Certificate points system](#)
- [Mediation: an approach to resolving workplace issues](#)
- [Mental health at work](#)
- [Migrane in the workplace](#)
- [Menopause](#)
- [Mindfulness at work](#)
- [Neurodiversity at work](#)
- [Parents and carers in the workplace](#)
- [Paternity leave](#)
- [Paternity leave and benefit: developing your organisation's policy](#)

- [People analytics: a practitioner's guide](#)
- [Pay negotiations](#)
- [Race: developing an anti-racist strategy](#)
- [Race in the workplace FAQs](#)
- [Re-energise: eat - sleep - move: the impact on engagement and productivity](#)
- [Remote working](#)
- [Remote working culture post COVID-19](#)
- [Remote working top tips](#)
- [Resilience: a guide for practitioners](#)
- [Sexual harassment](#)
- [Social media: HR accidents waiting to happen](#)
- [Stress: how to help your team thrive at work](#)
- [Well-being at work](#)
- [Workforce planning practice](#)