MASTERCLASS · TRAINING PROGRAMME

The ISO 9001:2026 standards
NP 4552:2022 and NP 4590:2023
Contents and implementation

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

6 HOURS / IN PERSON OR ONLINE

A programme for implementing the standards with method: what they require, how they translate into processes and how they fit into a management system that survives both an audit and the daily routine.

Objectives

- Understand the requirements of ISO 9001, NP 4552 and NP 4590.
- Map the processes, responsibilities and evidence needed.
- Integrate the three standards into a single management system.
- Prepare audits and sustain continuous improvement.

Themes and training dynamics

30 min	**The three standards** What each one regulates, who it applies to and how they relate to each other.
45 min	**ISO 9001:2026 in practice** Context, risk, processes and minimal documentation. Common mistakes.
50 min	**NP 4552:2022** Psychosocial risks: requirements, assessment and prevention measures.
15 min	**Break**
50 min	**NP 4590:2023** Healthy organisations: criteria, evidence and monitoring.
45 min	**Integrated system** One risk map, one plan, no duplicated work.
45 min	**Audit and evidence** What the auditor looks for, how to prepare proof and answer findings.
80 min	**Implementation workshop** Each group designs the system: processes, risks, measures, calendar.

Leave with an implementation map: requirements, processes, evidence and an audit calendar.

Standards that serve work, not the other way round.

João Paulo Pereira · People & Organisations

jpp@hygge.pt / +351 963 476 723 / jpsper.com