

Press Release

Tuesday 26th April 2022

Come to Olympia to Find Effective Workplace Wellbeing Solutions

The health and wellbeing of our people have never been more important. Employees need all the help they can get. And in a world of work that's changing at an unprecedented rate, it makes sense for employers to increasingly play a proactive role, understanding what employees need, supporting their wellbeing and empowering colleagues to thrive.

Dame Carol Black, an Expert Adviser on Health & Work to the NHS and Chair of Ageing Better has stated, "The workplace post-Covid needs to be different. It must, in a joined-up holistic way, meet the mental, physical, financial, social and environmental needs of the workers, as well as the purposes of the organisation".

Which is why, at ISMA^{UK} we're delighted to be collaborating with the team behind www.makeadifference.media and the annual MAD World Summit to launch The Watercooler, a two-day exhibition and conference to champion workplace wellbeing, addressing challenges, trends and solutions in today's workplace. The event will be a meeting of minds to address the fundamentals of mental, physical, social, financial and environmental wellbeing, offering a unique opportunity to learn from and network with some of the boldest and brightest leaders.

Taking place at Olympia, London on 25th & 26th May, [The Watercooler event](#) is where you can gather ([in a Covid-safe way](#)), to join ideas together, make connections, learn from peers' experiences and find joined-up, inclusive and effective workplace wellbeing solutions for your organisation – whatever its size and form.

The Watercooler, named in recognition of those crucial moments of connection between employees, is [free to attend](#). Attendees will be able to experience 100+ hours of free learning, with a stellar line-up of speakers, a dynamic schedule of workshops, conferences, and roundtable discussions hosted by industry experts. Over 80 specialist suppliers will be exhibiting during the two days.

Carole Spiers, Chair of ISMA^{UK}, said, "The Watercooler sets out to demonstrate that wellbeing is the future of work by showcasing best practice in mental, physical, financial, social and environmental wellbeing. Workplace wellbeing is everybody's responsibility. ISMA^{UK} thoroughly endorse what the Watercooler aims to achieve and join them in recommending you come to Olympia on 25th/ 26th May and obtain insights that will enable you to champion wellbeing right across your organisation".

Notes for Editors

About The Watercooler

The Watercooler is large-scale networking event for workplace wellbeing professionals, from Make A Difference Media and Events and the *Evening Standard*. Taking place at Olympia London on 25th-26th May, it will feature 5000+ visitors, 150 best-in-class suppliers, 120+ conference speakers, 8 keynotes, and 120 hours of free learning on mental, physical, social, financial, and environmental wellbeing. Contact francis@watercoolerevent.com for commercial opportunities or register for free at www.watercoolerevent.com.

#Watercoolerevent - Twitter and LinkedIn

<https://www.linkedin.com/company/the-watercooler-event> - LinkedIn

About Make A Difference Media and Events

The organisers of the Watercooler and of Mad World Summit, Europe's largest solutions-focused event with a clear mission: to eradicate stigma and spark a new era of mental health and wellbeing in the workplace <https://www.madworldsummit.com>.

About ISMA^{UK}

ISMA^{UK} is the leading professional body for workplace and personal stress management, wellbeing and performance, promoting sound knowledge and best practice in stress management, resilience, wellbeing and mental health for over 30 years. ISMA^{UK} practitioners and consultants provide stress management services, including flexible training courses and coaching to individuals and businesses in both the private and public sectors, assisting around 40,000 people who need professional help with stress-related issues every year. ISMA^{UK} endorses and uses the HSE guidelines for managing stress in the workplace. To find out more about ISMA^{UK}, visit www.isma.org.uk.

Press Interviews

For all press and media enquiries please contact Carole Spiers, Chair of ISMA^{UK}, for an immediate response on +44 (0) 77 688 78910 or at chair@isma.org.uk.

For enquiries about The Watercooler or MAD World please contact jasmine@notion.agency or Liz Walker, Marketing Lead, on 07743845993 or at liz@watercoolerevent.com.