

Feedback from Online Global Stress & Wellbeing Summit 2022

"I was delighted to take part in ISMA^{UK}'s Global Online Stress & Wellbeing Summit this year. Managing workplace stress and creating a culture of wellbeing are crucial if we want to build organisational resilience. The ISMA^{UK} Summit was well-timed as we look ahead to 2023, because there is still much to be done. The theme, *Working Together to Build Resilience and Reduce Stress*, encapsulated our objectives and the Summit showed how we can do this, with valuable insights and thoughts delivered by experts in the fields of stress management, mental health and workplace wellbeing. Thank you for staging this important event."

Professor Sir Cary Cooper CBE

"Being part of the International Stress Management Association's Global Online Summit is a really humbling but challenging and rewarding experience. But more than the impact it made on me, it's always pushing the boundaries, lifting the lid and raising awareness about health and wellbeing. I supported lifting the lid on diversity in my panel discussion. This Summit was prepared to explore a person's health and wellbeing through the lens of diversity. This aspect isn't as widely spoken about and I believe that the Summit supported individuals and organisations to develop AND improve their approaches to health and wellbeing."

Keith Fraser, Chair, Youth Justice Board for England and Wales

"As a panellist at ISMA^{UK}'s Stress & Wellbeing Summit, I was impressed by the coverage of key themes, including stress, wellbeing, diversity and inclusion, which each have a bearing on developing a sustainable working culture. Employee wellbeing should be non-negotiable so that we can enable people to be at their best. If there was one message that attendees should take away, it is that thriving people must be positioned at the heart of business strategy in order to attract and retain talent and maximise business competitiveness. Thank you, ISMA^{UK}, for helping to promote this message and emphasising the importance of embedding wellbeing into organisational culture."

Louise Aston, Wellbeing Director, Business in the Community

"It was a great privilege and joy to speak on the Summit panel about the importance of collaborations in our different environments. Listening and engaging with different speakers was an excellent way of fitting jigsaw pieces together and seeing the bigger picture for all of us involved in delivering care and services."

Reverend Captain (retired) Katie Watson, Head of Chaplaincy, Newcastle Hospitals Trust

“A most stimulating and thought-provoking event with some humbling accounts of personal experiences which brought the whole day to life. I felt very privileged to be part of this forum, listening to such reputable speakers. Thank you to all the speakers, panellists, facilitators, participants and behind-the-scenes ISMA people who made it such a success. Each year I say it can't get any better and each year I'm proven wrong.”

Alexandra Freedman, Director, Skills4Success

“Interactive panellists, discussions and insights, workshops, energisers and conversations that were a privilege to hear – all made this day a truly inspiring event – thank you ISMA^{UK}.”

Maggie Stevens, Wellbeing consultant and coordinator, ISMA^{UK} Scotland

“I was really inspired and impressed by the ISMA^{UK} 2022 Online Global Stress & Wellbeing Summit. This was the first time I've attended and I found it to be professionally run, engaging, and filled with experts sharing their knowledge and experience. Most of all, I felt so welcome in a community of passionate and like-minded people. I'll certainly be back next year.”

Emma Pennycard, Life balance coach & trainer

“The ISMA^{UK} Online Global Stress & Wellbeing Summit is an annual event I never miss - a coming-together of stress and wellbeing experts from around the world. A community spirit invested in betterment and wellbeing across industries. I always come away with learning and insights that help me professionally and personally. Highly recommended.”

Paul Dorrington, Workplace wellbeing trainer and vocational rehabilitation specialist

“It was an honour and a pleasure to be a moderator on such an insightful and informative panel whose members had such different backgrounds, which made it so interesting. There were a lot of comments and questions, which was great.”

Jessica, Smyrl, Founder, YSM Solutions

“This was my first ISMA^{UK} Online Summit, and I was delighted to be involved. To listen to and connect with like-minded professionals, experts in the fields of wellbeing, resilience, mental health and stress management, all in one place, was an enlightening experience.”

Becca Clayton, Director, Tonic Wellbeing