

# **ISMA<sup>UK</sup>** Stress Management Awards **50th ANNIVERSARY**



**Demonstrate your Commitment to Reducing Stress and  
Enhancing the Mental Health and Wellbeing of your Employees.  
Apply for One of ISMA<sup>UK</sup>'s Prestigious Stress Management Awards Today!**

- Celebrate ISMA<sup>UK</sup>'s 50<sup>th</sup> Anniversary, as we commemorate 50 years' dedication to reducing individual and workplace stress, advocating for better mental health and improving wellbeing, resilience and performance
- We invite business organisations to apply for one of our three Stress Management Awards. Simply select the Award that aligns best with your objectives. It couldn't be easier!



## Why You Should Enter the Awards

Benefits of entering your business or organisation for ISMA<sup>UK</sup>'s Stress Management Awards:

- Provides an opportunity to demonstrate how much you value and appreciate the achievements of your employees, whilst recognising leadership and innovation
- Encourages and improves morale and motivation. Helps boost productivity, reduce absence and improve staff retention: all can assist in increasing profitability
- Offers the opportunity to enhance your company's reputation, become an employer of choice, and showcase your most valuable assets



## Our Experienced Judging Panel Will Evaluate Each Entry

They will focus on businesses and organisations that -

- Prioritise the wellbeing of their employees by implementing policies that place them at the forefront of their organisation's endeavours
- Understand the importance of reducing stress in the workplace and improving wellbeing and resilience and the many benefits this progressive outlook brings to the organisation and its employees
- Encourage proactive and collaborative communication among employees, from front-line staff to top-level management

There are three Award categories with a winner and a runner-up for each. All entrants must:

- 1) Complete the appropriate application form for their chosen Award category
- 2) Provide PDFs of the two requested documents



### • APPLYING

- **Complete** online application form using link on slide 9
- **Required:** PDF of your Health and Safety Policy
- **Required:** PDF of your Health and Wellbeing Policy
- **Choose** your Award category
- **Submit** online with a single £75 admin and evaluation fee

### • BRONZE AWARD

#### Criteria to apply

- Have strategies and benefits that show the importance of promoting healthier lifestyles and wellbeing in the workplace
- Have effective communication for all employees, highlighting accessibility to managers for confidential support

### • SILVER AWARD

#### Bronze criteria PLUS:

- Have a named senior manager with leadership qualities who makes employee health and wellbeing a core priority
- Provide training and coaching, encouraging employees and management to achieve their potential
- Employee benefits are offered

### • GOLD AWARD

#### Bronze and Silver criteria PLUS:

- Use results from undertaking regular stress audits to make any changes needed and reinforce the positives achieved
- Signposting - EAP, occupational health resources, mental health first aiders and workplace health champions



## Bronze Award

Aimed primarily at smaller businesses or emerging start-ups that are keen on developing a positive working environment for their staff and employees. In your application, you should -

- **Elaborate** on specific mental health and wellbeing initiatives that have been established or are planned for the future, and detail any accompanying benefits currently available
- **Tell us** about specific initiatives currently helping to make a difference to employees' wellbeing, and what improvements you have noticed
- **Explain** how management ensures effective communication at every level of the business organisation, and highlight managers' accessibility for confidential discussions and support



## Silver Award

Includes Bronze criteria plus the below. Aimed primarily at medium-to-large organisations that have already integrated health and wellbeing into their existing policies and regularly update them to align with evolving changes in society. In your application, you should -

- **Elaborate** on the impact of health and wellbeing initiatives undertaken by designated senior managers, showing how their support enhances staff morale and job satisfaction while reducing absence and presenteeism
- **Detail** specific coaching and training courses accessible to managers and employees, including those providing additional qualifications that enhance career advancement opportunities
- **Expand** on the benefits provided to employees, e.g. disability and diversity provisions, Employee Assistance Programmes (EAP), flexible working arrangements, maternity / paternity / bereavement benefits, other resources



## Gold Award

Includes Bronze and Silver criteria plus the below. Aimed at large organisations already committed to implementing innovative policies that involve all sections of the business, whilst making use of current research showing the equal importance of mental and physical health. In your application, you should -

- **Elaborate** on how your organisation implements benchmarking data from its stress and wellbeing audits to ensure outcomes enhance employee trust and improve compliance, including any necessary changes
- **Tell us** how your employee wellbeing agenda reflects your reputation for nurturing a healthy corporate culture with low attrition rates, using occupational health resources, mental health first aiders, workplace health champions and other initiatives
- **Expand** on how future strategic initiatives to promote longevity and sustainability in reducing workplace stress position your organisation as an employer of choice

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## Entry Guidelines

- All information submitted with your application, including PDFs of Health & Safety and Health & Wellbeing Policies, plus any additional supporting documents, will be securely stored to ensure confidentiality
- There will be one winner and one runner-up in each Award category
- Special Recognition Certificate: you can nominate an individual within your organisation who has contributed to your success in reducing stress and enhancing the mental health and wellbeing of others over the past year.  
Note: Only nominees of organisations who have a winner or runner-up will receive a certificate
- Single administration and evaluation fee of **£75** for **all** entry categories. A payment link can be found within the application form
- Award information can also be found on our [website](#). If you have any questions, please don't hesitate to email Claire, our friendly administrator, at [admin@isma.org.uk](mailto:admin@isma.org.uk)



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## Completing Your Award Application

- Find the application forms here: [Bronze Award](#). [Silver Award](#). [Gold Award](#).
- PDF your completed application form and any additional documents supporting your entry, plus the two requested policies in PDF format and send to [admin@isma.org.uk](mailto:admin@isma.org.uk) with the subject heading **50<sup>th</sup> Anniversary Stress Management Awards**
- Submission deadline: no later than **Monday 30<sup>th</sup> September 2024**
- Notification of winners and runners-up for all three categories will be made on **Friday 18<sup>th</sup> October 2024**
- Online presentation of winners' certificates and trophies and runners-up certificates will be made on **Wednesday 6<sup>th</sup> November** during ISMA<sup>UK</sup>'s Online Global Stress Summit
  - Special Recognition Certificates will be sent by email for you to stage your own internal presentation
- Please don't hesitate to email Claire, our administrator, if you require any assistance: [admin@isma.org.uk](mailto:admin@isma.org.uk)