**Application for a Bronze Award**

**Please note:** This application form is in Word and enables you to provide your answer below each question.

If you wish to include any additional supporting information, please submit this as a separate Word document or PDF, rather than within this form. Further details are provided at the end of the application.

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| **General Information**   1. Name of business / organisation: | **Please leave this column blank**  **for ISMAUK judges’ notes** |
| 1. Name of primary contact (s): |  |
| 1. Registered business address / head office: |  |
| 1. Email address: |  |
|  |
| 1. Telephone: Landline:   Mobile: |  | |
| 1. Website: |  |
| **About Your Business Put a Y for yes in the**  **appropriate box**   1. Are you: 2. A sole trader  1. An SME with up to 250 employees or a small charity with   less than 25 waged people   1. A social enterprise e.g. a community interest company (CIC) |  |
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| 1. Describe the sector or area of expertise which best characterises your business / organisation [maximum 100 words]   \*SMEs and social enterprise applicants: please go straight to **Q13**. |  |
| **Sole traders, please answer questions 9 – 12 Put a Y for yes in**  **the relevant box**     1. Which of the following options best represents the way in which you work -      1. Working with individuals in a one-to-one capacity 2. Working with groups or providing various types of training for them 3. Coaching – health & wellbeing / life / business   **Also:**   1. Describe the most rewarding area of your work [maximum 100 words] |  |
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| 1. Describe   **a)** Current initiatives and  **b)** Proposed future initiatives that will enhance your working practices [maximum 200 words] |  |
| 1. State how, as a sole trader, you monitor and maintain your own mental health and wellbeing [maximum 150 words] |  |
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| 1. Describe where you think your business will be in three years’ time [maximum 150 words]  * Sole traders - now go straight to **Organisational or Business Statement** section to complete your application. |  |
| **SMEs and social enterprises: please answer questions 13 – 16**   1. Describe the USP (unique selling point) that makes you, your work, or your business stand out from the competition [maximum 150 words] |  |
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| 1. Provide an overview of   **a)** Your current mental health and wellbeing initiatives  **b)** Any future mental health and wellbeing initiatives currently in development [maximum 150 words] |  |
| 1. Describe how the initiatives you have outlined in **Q14** are enhancing your employees’ wellbeing   **Please include:**   1. Any noticeable improvements or changes observed 2. Any measurable results or outcomes you have monitored   [maximum 200 words] | |
| 1. if you are an SME, a community social enterprise, or a small charity with fewer than 25 waged staff and any number of volunteers, describe either   **a)** The contribution your volunteers have made to one of your initiatives  **b)** The contribution an employee has, or employees have, made to one of your initiatives  [maximum 250 words]  **Then:**  **c)** Describe where you think your business or work will be in three years’ time [maximum 150 words]  \*Continue next to **Special Recognition Certificate** section and complete the rest of your application. |  |

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| **OPTIONAL: An individual in your organisation, business, social enterprise, or charity**  **can be nominated for a Special Recognition Certificate**  **This certificate will only be awarded to your nominee if you are the winner or a runner-up.**  You are invited to nominate any individual within your business who has contributed to your success in *Reducing stress and enhancing the mental health and wellbeing of others over the past year.*  Please provide the name and department or area of work of the individual you wish to nominate for this Special Recognition Certificate, specifically to acknowledge your personal appreciation.   1. Name, as it is to appear on the certificate: 2. Department or area of work:   Describe what this individual contributed or did that made a difference [maximum 150 words] |  |

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| **Organisational or Business Statement**  Provide **three reasons** why your business or organisation deserves to win an ISMAUK Stress Management Award and how it would benefit your business or organisation and its employees [maximum 250 words] |  |
| **What happens next?**   1. Your application is now complete and the submission deadline is **Friday 19th September 2025.** 2. Please email this completed application form as it is in **Word,** with the subject heading   **Stress Management Awards 2025**  to Claire, our administrator, at [admin@isma.org.uk](mailto:admin@isma.org.uk) |  |

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| **You will also need to include: Put a Y for yes in the boxes to confirm**     * Any optional additional materials to support your application e.g. PDFs,   testimonials, videos, surveys, Word documents, or other relevant information.   * Please state how many additional files you are submitting.   **Only if you have 5 or more employees, please provide PDF copies of:**   * Your Health and Safety Policy * Your Health and Wellbeing Policy  1. Have you nominated an individual for a Special Recognition Certificate? 2. Have you paid your administration and evaluation entry fee of **£75** via this [link?](https://www.paypal.com/ncp/payment/MM4Z3VGTBA6LW) 3. Please confirm the email address to receive your £75 administration and entry receipt below.   **Please note:** *All information you provide for the ISMAUK Stress Management Awards will remain confidential at all times and will only be used for the purpose of assessing your application*. |  |

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| **And finally…**   * The judges’ decisions are final. * Notification of the winners, including any individual nominee for special recognition, will be announced on **Friday 17th October 2025.** * The presentation of the winners’ certificates and trophies will be made on **Wednesday 5th November** during the ISMAUK Online Global Stress & Wellbeing Summit   If you have any questions, please don’t hesitate to email Claire, our administrator, at [admin@isma.org.uk](mailto:admin@isma.org.uk) and she will be very happy to help.  Thank you for entering our 2025 Stress Management Awards  and helping to make a significant impact in reducing workplace stress  and promoting mental health and wellbeing  **Carole Spiers** FISMA FPSA MIHPE  **Chair, ISMAUK, Founder of International Stress Awareness Week** |