**Application for a Gold 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 the form. Further details are provided at the end of the application.

|  |  |
| --- | --- |
| **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: |  |
|  |
| 1. Telephone: Landline:   Mobile: |  | |
| 1. Website: |  |
| **About Your Business Put a Y for yes in the**  **appropriate box**   1. Are you a corporate organisation with - 2. A single office HQ 3. Additional offices or branches in the UK 4. Additional offices or branches in other countries |  |
| 1. Describe the sector or area of expertise which best characterises your business [maximum 100 words] |  |
|  | |
| 1. Describe the USP (unique selling point) that makes you, your work or business stand out from the competition [maximum 150 words] |  |
| 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 your management ensures effective communication across all levels of the business. Highlight how managers remain accessible for confidential discussions and support.   e.g. *How you improve accessibility, create safe spaces, ensure transparency, reduce stigma, etc.*  [maximum 200 words] |  |
| 1. **List** the training and coaching courses available to employees and managers. Include any programmes that offer additional qualifications to support career advancement and professional growth   [maximum 200 words] |  |
|  | |
| 1. Explain how your senior managers’ leadership qualities impact upon staff morale and job satisfaction.   **Include in your answer -**  **a)** Their influence on absenteeism and presenteeism  **b)** Their effect on employee retention and vacancy rates  **c)** How they inspire employees to go that extra mile  [maximum 250 words] |  |

|  |  |
| --- | --- |
| 1. List the benefits your business or organisation offers employees, with a focus on Disability, Equality and Inclusion (DEI) initiatives and diversity resources.   e.g. Y*ou may include Employee Assistance Programmes (EAP), flexible working arrangements, workplace modifications, maternity/paternity leave, bereavement support, other benefits and resources*  [maximum 150 words] |  |
| 1. Explain how your employee wellbeing agenda supports a healthy corporate culture and contributes to low attrition rates.   e.g. *Occupational health resources, mental health first aiders and workplace health champions*  [maximum 150 words] |  |

|  |  |
| --- | --- |
| 1. Explain how your business or organisation utilises benchmarking data from stress and wellbeing audits in its decision-making processes, to enhance employee trust and ensure compliance with any necessary changes [maximum 200 words] |  |
| 1. Describe how planned future strategic initiatives for reducing workplace stress support long-term sustainability, positioning your business or organisation as an employer of choice and so attracting top talent [maximum 200 words]   \*Continue below to **Special Recognition Certificate** section and complete the rest of your application |  |

|  |  |
| --- | --- |
| **OPTIONAL: An individual in your organisation, business, 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 the 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 the individual contributed or did that made a difference [maximum 150 words] |  |

|  |  |
| --- | --- |
| **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) |  |

|  |  |
| --- | --- |
| **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.   **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*. |  |

|  |
| --- |
| **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 supporting our 2025 Stress 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** |