

ISMA^{UK} Stress Management Awards 2025



How Do You Demonstrate Your Commitment to Reducing Stress and Enhancing Mental Health and Wellbeing?

Just Apply for One of ISMA^{UK}'s Prestigious Stress Management Awards Today!

- We invite sole traders, charities, businesses and organisations of all sizes to apply for one of our three Stress Management Awards: Bronze, Silver and Gold. Simply select the Award category that aligns best with your business and complete an application form. It couldn't be easier!
- By entering the Stress Management Awards, you will help ISMA^{UK} continue to advocate for better mental health, improved wellbeing and enhanced performance and productivity. We have been dedicated to reducing stress for both individuals and those in the workplace for over 50 years.

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Why You Should Enter the Awards

Some of the many benefits of entering yourself, your charity, your business or organisation for ISMA^{UK}'s Stress Management Awards 2025:

- Highlights your dedication in working with individuals and demonstrating the variety of options available that can empower those needing support on how to reduce their stress, improve their mental health and increase their overall wellbeing
- Provides an opportunity to acknowledge how much you value and appreciate the achievements of your employees, boosting morale, motivation and productivity, whilst improving retention
- Offers an opportunity to recognise leadership and innovation and enhance your business reputation by becoming an employer of choice, strengthening your brand and profitability

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Our Experienced Judging Panel Will Carefully Evaluate Each Entry They will focus on sole traders, charities, businesses and organisations that -

- Show the benefits of empowering individuals to make different choices that positively impact upon their mental health, wellbeing and overall ability to better manage life's challenges
- Prioritise the wellbeing of their employees with policies that place them at the heart of their business or organisation
- Understand the importance of having a progressive outlook towards reducing workplace stress and improving resilience, bringing benefits for employees and the business or organisation
- Promote proactive and collaborative communication between all 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 (excluding sole traders)



• HOW TO APPLY

- **Choose** one of the Award categories
- **Complete** your online application using link on **slide 9**
- **Include** PDFs of your Health & Safety Policy and Health & Wellbeing Policy (*Sole traders exempt*)
- **Submit** online with your £75 administration and evaluation fee

• BRONZE AWARD

- **For sole traders, small SMEs, charities and social enterprises**
- Have processes in place to monitor and maintain your own mental health and wellbeing
- Have initiatives to enhance working practices that improve the mental health and wellbeing of your employees and volunteers

• SILVER AWARD

- **For large SMEs (250+) and large charitable organisations**
- Confidential support is available for all employees
- Managers make employee health and wellbeing a priority
- Training and courses are provided, encouraging employees to achieve their full potential

• GOLD AWARD

- **For corporate organisations. Silver criteria apply plus:**
- Undertake regular stress audits using data for any changes
- Signposting - EAP, occupational health resources, mental health first aiders and workplace health champions
- Promote healthy corporate cultures



Bronze Award

The Bronze Award is specifically for sole traders, small SMEs with less than 250 employees, small charities with less than 25 waged employees and social enterprises e.g. community interest companies

When completing your application you will need to:

- **Detail** processes currently in place to maintain your own mental health and wellbeing or those of your employees and volunteers, including any future initiatives planned that will further enhance wellbeing
- **Tell us** about current and proposed initiatives that will improve your working practices, creating noticeable improvements which further enhance the mental health and wellbeing of yourself or others
- **Describe** where you think your organisation or business will be in three years' time



Silver Award

The Silver Award is for large SMEs with over 250 employees and large charitable organisations

When completing your application you will need to:

- **Outline** your health and wellbeing initiatives, showing how your managers' effective communication and support enhances staff morale and job satisfaction, while helping to reduce absenteeism 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 employee benefits provided, e.g. disability and diversity provisions, Employee Assistance Programmes (EAP), flexible working arrangements, maternity / paternity / bereavement benefits, other resources



Gold Award

The Gold Award is for corporate businesses and organisations

Includes Silver Award category questions plus questions specific to Gold Award applications

When completing your application you will need to:

- **Detail** employee benefits provided, e.g. disability and diversity provisions, Employee Assistance Programmes (EAP), occupational health resources, mental health first aiders, workplace health champions, flexible working arrangements, maternity / paternity / bereavement benefits
- **Tell us** how you implement the benchmarking data outcomes of your stress and wellbeing audits to ensure the conclusions enhance employee trust and improve compliance, with any necessary changes
- **Expand** on how future strategic initiatives, such as your wellbeing agenda, promote sustainability in reducing workplace stress by nurturing a healthy corporate culture and positioning your organisation as an employer of choice

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Further Information

- All information submitted with your application, including PDFs of Health & Safety and Health & Wellbeing Policies, plus any additional supporting documents and materials, will be securely stored to ensure confidentiality
- There will be two winners and runners-up for Bronze, one for each classification. There will be one winner and one runner-up in each Silver and Gold 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 (not applicable for sole traders). Only nominees of businesses or organisations which have been awarded as a winner or runner-up will receive a certificate
- A single administration and evaluation fee of **£75** is required for **all** entry categories. A payment link can be found within your 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

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Completing Your Award Application

- You can find the Award application forms here - [Bronze Award](#) [Silver Award](#) [Gold Award](#)
- Email your completed application form, in **Word**, to Claire, our administrator, at admin@isma.org.uk with the subject heading **Stress Management Awards 2025**. Include any additional materials to support your entry plus the two requested policies in PDF format (excludes sole traders)
- Submission deadline: no later than **Friday 19th September 2025**
- Notification of winners and runners-up for all three Award categories will be made on **Friday 19th October 2025**
- Presentation of trophies and certificates to all winners and runners-up will be made on **Wednesday 5th November** during ISMA^{UK}'s Online [Global Stress & Wellbeing Summit](#)
- Special Recognition Certificates will be emailed to you for your own internal presentation
- If you require any assistance, please don't hesitate to email Claire at admin@isma.org.uk