

**3-4 NOV 2021** **ISMA<sup>UK</sup> online**  
**global stress**  
**& wellbeing**  
**summit**

2-day virtual experience devoted to stress management, mental health and wellbeing

**3-4 November 2021**

- **Highlight of International Stress Awareness Week**
- **Contributions from across corporate, public and charity sectors**
- **Over 25 acknowledged specialists and experts in their fields**
- **Watch at the scheduled times or when it suits you best \***

\* All sessions can be viewed by ticket holders until Friday 13th November

Two amazing days filled with insightful keynotes, high-profile speakers, authoritative choose-an-expert sessions, live interactive panel discussions with international audiences, and relaxing lunchtime energisers.

Your chance to watch and interact with experts and professionals who will debate, inform, and advise on key themes including –

- The new world of work and mental wellbeing
- Frontliners' experiences and stories from the front line
- Improving wellbeing in the great outdoors
- Accessing the subconscious to empower change
- Burnout: self-awareness and rediscovering meaning
- Defining and discovering your personal brand
- How technology can support our mental health

For more information and to see the full programme [click here >>>](#)

[#InternationalStressAwarenessWeek](#)  
[#NationalStressAwarenessDay](#)

[#StressAwarenessWeek](#)  
[#stresssummit2021](#)

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[www.isma.org.uk](http://www.isma.org.uk)  
[admin@isma.org.uk](mailto:admin@isma.org.uk)

# ISMA<sup>UK</sup> Global Stress & Wellbeing Summit 3-4 November 2021

A Dynamic Hub for the Latest Thinking and Guidance on Stress Management, Mental Health and Wellbeing

Over 25 distinguished speakers including:

- Professor Sir Cary Cooper CBE
- Professor Sir Simon Wessely
- Keith Weed CBE
- Professor Dr Andrew Sharman
- Professor Stoffel Grobler
- Dr Michael Mosley
- Dame Jane Roberts
- Hannah Stodel
- Lexie Sims
- Francoise Woolley
- Lesley Everett
- Professor Diana Kloss MBE

[VIEW THE PROGRAMME](#)

[BUY TICKETS](#)

[SEE THE SPEAKERS](#)

*"As someone who has studied health and wellbeing in all forms for over 40 years, I know that how we feel at work and when we go home at night makes a huge difference to our happiness and motivation to do our jobs well. ISMA's welcome initiative in staging this second Summit must be applauded and will help each of us to find resilience and remain socially connected as we emerge from an incredibly difficult time."*

*Professor Sir Cary Cooper CBE, ISMA<sup>UK</sup> Patron*

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[www.isma.org.uk](http://www.isma.org.uk)  
[admin@isma.org.uk](mailto:admin@isma.org.uk)