

Press Release

ISMA^{UK} Summit Shows How Making Best Use of Plant-Based Foods Helps Us Lead Healthier Lives

Tuesday 29th October 2024

Sarmado Sibley, a plant-based chef and Europe's leading plant-based educator, will be speaking at the fifth Online Global Stress & Wellbeing Summit being hosted by The International Stress Management Association (ISMA^{UK}) on Wednesday 6th November. His presentation will show us how, through healthy eating, we can build resilience, strengthen the immune system, improve mental clarity, and boost energy levels.

Sarmado said, 'We are living in times of accelerating change, so it's important that we nourish our bodies as effectively as possible. I will be talking about some of the incredible developments in the worlds of food and nutrition today, and how to make the most of foods that will support us best in a rapidly changing environment. I am deeply committed to promoting holistic nutrition, highlighting some of the incredible developments in food and nutrition which integrate the use of wild, locally harvested and organically grown produce into our food choices, and can yield transformative results in relatively short timeframes. I hope that my insights will form a useful addition to ISMA^{UK}'s own resources and counselling on reducing stress and improving wellbeing, and together we can help people to live healthier lives in a challenging world.'

ISMA^{UK} is the leading professional body for workplace and personal stress management, wellbeing and performance. This year sees them commemorate their 50th Anniversary, marking 50 years of dedication to reducing stress and advocating wellbeing. The Summit is being held on Stress Awareness Day, positioned at the centre of International Stress Awareness Week 4th – 8th November. The Summit theme is *Campaigning to Reduce Stress and Improve Wellbeing*. Other themes being explored at the Summit by over 20 world-class speakers include: The role of leaders in relation to wellbeing in organisations; How organisations champion health, safety and wellbeing; Fostering a healthy workplace culture; The business and societal implications of AI.

The Summit is being sponsored by PPWD, specialists in facilitating programmes that bridge non-technical skills from trauma management to wellbeing and leadership. In this special year, ISMA^{UK} have launched their inaugural Stress Management Awards. Businesses and organisations of all sizes that are dedicated to reducing stress in the workplace, improving mental health and enhancing employee wellbeing were invited to apply. The winner and runners-up will be announced during the Summit on 6th November. Carole Spiers, Chair of ISMA^{UK}, said, "We are delighted to welcome Sarmado Sibley as a leading plant-based chef who will inspire delegates with his fascinating presentation on *Building Resilience: Nourishing Your Body with the Right Foods and Supplements*, moderated by Maggie Stevens, an ISMA^{UK} Ambassador. As an essential element in reducing stress and building our resilience, nutrition clearly plays a vital part. Sarmado joins over 20 expert speakers who will captivate our international audience of stress management professionals, HR managers, psychologists, therapists, business leaders, specialists in organisational change and anyone

concerned about reducing stress. We are grateful to our sponsors PPWD for their generous support in ISMA^{UK}'s 50th Anniversary year.”

The Summit will be held live on Zoom from 9.00 am until 8.00 pm on Wednesday 6th November and also on catch-up until Tuesday 31st December. For more information about the programme and how to buy tickets go to <https://isma.org.uk/online-global-stress-wellbeing-summit-2024>.

ENDS

Notes for Editors

- ISMA^{UK}'s Online Global Stress & Wellbeing Summit on Wednesday 6th November is the centrepiece of **#StressAwarenessWeek** and is being held on **#StressAwarenessDay**, both of which trend worldwide on social media. There are five panel sessions, and Sarmado Sibley will be talking about *Building Resilience: Nourishing Your Body with the Right Foods and Supplements* from 13:00- 14:00.
- Entry to the Summit is by ticket only. For more information about International Stress Awareness Week and the Online Global Stress & Wellbeing Summit visit <https://isma.org.uk/ismainternational-stress-awareness-week> and <https://isma.org.uk/online-global-stress-wellbeing-summit-2024>. To buy tickets, visit <https://www.eventbrite.co.uk/e/isma-global-online-stress-wellbeing-summit-2024-tickets-937845078877>. Ticket holders can view all sessions until Tuesday 31st December.
- The Summit is sponsored by PPWD, specialists in the facilitation of programmes that bridge non-technical skills from trauma management to investigations, learning reviews, fair culture, wellbeing, and leadership. Their multi-award-winning Compassionate Safety approach generates safe environments that accommodate humans for being human. For more information go to <https://www.ppwd-consulting.co.uk/about/>.
- For more information about ISMA^{UK}'s Stress Management Awards, go to <https://isma.org.uk/stress-management-awards>.
- For interviews, please contact Carole Spiers FISMA, FPSA, MIHPE, Chair, ISMA^{UK} on 07768 878910 or email her at chair@isma.org.uk.
- As a registered charity and membership-based organisation for 50 years in 2024, ISMA^{UK} exists to promote sound knowledge and best practice in stress management, both nationally and internationally, providing advice to a wide range of individuals, businesses and voluntary organisations, while supporting the Health & Safety Executive in delivering their requirements for Stress Risk Assessment.