

Press Release

9 June 2021

ISMA^{UK} releases new training programme on wellbeing and resilience at work

A new off-the-shelf training programme, *Wellbeing and Resilience at Work*, has just been released by the International Stress Management Association (ISMA^{UK}), containing all the materials necessary for trainers to run a variety of adaptable and flexible training sessions. As an ISMA^{UK} Recognised Course, the programme has the appropriate level of quality assurance to enable trainers to use all the materials with confidence.

Differentiating stress from pressure and setting goals for wellbeing improvement

The objectives of the programme are to enable participants to review the basic areas of health that are needed for health to be in balance, to help them review their own personal resilience levels and capabilities, and to assist them in identifying how to link health and resilience and generate improvements in their overall wellbeing. By the end of the training, participants will be able to differentiate between stress and pressure and how stress affects people, recognise the signs of stress in themselves and others close to them, and have gained an understanding of how personality traits relate to stress. They will also have identified their personal levels of wellbeing and resilience, acquired tools and techniques to improve both wellbeing and resilience, and set goals for wellbeing improvement.

Achieving a more productive work environment

Carole Spiers, Chair of ISMA^{UK}, said, “We have launched this new programme at a time when, due to the effects of the pandemic, wellbeing and resilience are at the top of company agendas. Much attention has been focused on the long-hours culture and blurring of boundaries, typically caused by home working, leading to increased levels of stress and burnout. Our *Wellbeing and Resilience at Work* programme is designed to help companies understand the effects of stress and achieve a more productive work environment in which values based on wellbeing and personal resilience lead to enhanced performance”.

Flexible options for in-house training

This new programme has been developed for use by line managers in companies, such as HR and people managers, as well as by independent trainers, consultants and health professionals. The programme materials, which provide flexible options for both individual, one-to-one and small group sessions as well as for an interactive workshop, are all suitable for anyone who provides in-house training at all levels of experience, or don't have the time or maybe knowledge to be able to put their own programmes together. Adopting this programme means that training can be rolled out to staff at convenient times that suit business commitments and schedules. The programme can either be delivered live or via Zoom or Microsoft Teams.

The HSE says, “Employers have a legal duty to protect their employees from stress at work by doing a risk assessment and acting on it”. Employers who use ISMA^{UK}'s Wellbeing and Resilience training

pack will be contributing towards their fulfilment of this duty, because they are demonstrating how they are looking after their employees' mental health and wellbeing, and consequently improving employees' resilience to stress. Healthy employees are the greatest asset of any organisation and, to help with any health-related measures, this training programme can easily be integrated into existing company programmes or be introduced as a standalone course.

ISMA^{UK} can also offer their expertise separately, provided by their membership and consultants, to discuss, update or help to develop a company stress and wellbeing policy. They can run the new training programme if an in-house trainer is not available or provide the upskilling in training and presentation skills for someone to manage the programme going forward in-house.

Notes for Editors

The ISMA^{UK} Course Recognised *Wellbeing and Resilience at Work* training programme comprises -

- Option 1: For individual one-to-one and small group training sessions of approximately 45-60 minutes, including one-to-one sessions, lunchtime power sessions, interactive small group sessions, and as an additional tool as part of in-house modular training programmes. Includes a complete set of notes for the trainer, PowerPoint presentation for individuals or small groups, and handouts to support the session.
- Option 2: For an interactive workshop of approximately 3 – 3 ½ hours. Includes a complete set of notes for the trainer, PowerPoint presentation for participants, pre-course questionnaires and assessment scores, as well as handouts to support the training.

The complete pack, comprising Option 1 and Option 2, is priced at £175.00 for ISMA^{UK} members, or £225.00 for non-members of ISMA^{UK} and available online from www.isma.org.uk

A *Wellbeing and Resilience at Work* summary slide pack is available on request to members of the press. Please contact admin@isma.org.uk to obtain your pack.

For more information about the *Wellbeing and Resilience at Work* training programme and how ISMA^{UK} members can help with training, presentation skills or developing stress policies, please contact Carole Spiers, Chair, at chair@isma.org.uk

As a registered charity and membership-based organisation for over 30 years, ISMA^{UK} continues to promote sound knowledge and best practice in stress management, resilience, wellbeing and mental health, both nationally and internationally, providing advice to a wide range of individuals, businesses and voluntary organisations. ISMA^{UK} also both endorses and uses the HSE guidelines for managing stress in the workplace, including the requirement for a stress risk assessment for those companies with more than five employees using The Management Standards approach.

To find out more about ISMA^{UK}, visit www.isma.org.uk