

## Press Release

19<sup>th</sup> October 2020

### Stress Summit Highlights Need to Adapt for Covid Survival

An expert on the future of work who is speaking at the Global Stress and Wellbeing Summit hosted by the International Stress Management Association (ISMA<sup>UK</sup>) on 2<sup>nd</sup> November will highlight the need to adapt and be responsive to change in order to survive the Covid crisis. Graeme Codrington, CEO of strategic insights firm Tomorrow Today Global, will say there can be no going back to normal after the disruption caused by Covid-19.

In his keynote address 'Same Planet, Different World' Mr Codrington will say that our attitude towards change will impact every part of our world, our workplaces and our lives. He recommends that each of us develops our ability to be adaptive and responsive to change so that we are more resilient to face the future. Traditional business structures in which the top bosses make the decisions must change to allow frontline people to be more actively involved, and we must be willing to experiment with new ideas. However, these changes will fail unless we can get rid of old habits and ways of doing things first, to make space for the new.

The Summit is the centrepiece of International Stress Awareness Week, being staged by ISMA<sup>UK</sup>, the leading professional body for workplace and personal stress management, wellbeing and performance. The Summit will feature a prestigious line-up of speakers headed by Lord Mark Price CVO, who will open the event.

Over 50 world-class speakers and experts will debate mental health, stress and wellbeing-related subjects, including Professor Sir Cary Cooper CBE, Dr Yvonne Thompson CBE, René Carayol MBE, Gina Carr MBA and many others. There are also daily opportunities for live interactive participation by international audiences, and free-to-attend lunchtime activities.

Carole Spiers, chair of ISMA<sup>UK</sup> commented, "Ending the stigma associated with stress and mental health and promoting wellbeing in the workplace are major goals for ISMA<sup>UK</sup>. We're focused on ensuring they remain high on the national agenda. As a hub for the latest thinking and guidance on these subjects, the Summit will play a huge role in helping us achieve these objectives."

ENDS

### Notes for Editors

Entry to the Summit is by ticket only. For more information about International Stress Awareness Week and the Online Global Stress and Wellbeing Summit between 2<sup>nd</sup>-6<sup>th</sup> November and to find out how to buy tickets, visit [www.isma.org.uk](http://www.isma.org.uk).

For a full list of speakers taking part in the Summit, go to <https://isma.org.uk/event-speakers> and for details of the complete week's programme, go to <https://isma.org.uk/full-summit-event-programme>. Each day will be defined by a theme: *Mental health and wellbeing today; Stress and organisational resilience; Leadership and corporate culture; Business tools for successful entrepreneurs; Tomorrow's world and the future of work.*



For press interviews, please contact Carole Spiers FISMA, FPSA, MIHPE, Chair, ISMA<sup>UK</sup> on 07768 878910 or email her at [chair@isma.org.uk](mailto:chair@isma.org.uk).

The Summit is the centrepiece of International Stress Awareness Week, held annually, but this year it is being held entirely online because of the Coronavirus restrictions. International Stress Awareness Week was created in 2018 to celebrate the 20<sup>th</sup> anniversary of National Stress Awareness Day, established in 1998.

As a registered charity and membership-based organisation for over 30 years, ISMA<sup>UK</sup> 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.