

## Press Release

### ISMAUK Summit Offers Latest Thinking on Reducing Stress, Improving Mental Health, and Increasing Wellbeing

Thursday 19th September 2024

The International Stress Management Association (ISMAUK), the leading professional body for workplace and personal stress management, wellbeing and performance, are staging their fifth Online Global Stress & Wellbeing Summit on Stress Awareness Day, Wednesday 6th November. Positioned at the centre of International Stress Awareness Week 4th – 8th November, the Summit theme is *Campaigning to Reduce Stress and Improve Wellbeing*.

The Summit features a line-up of over 20 world-class speakers and live panel discussions on five highly topical themes:

- The role of leaders in relation to wellbeing in organisations and the future for global psychosocial risk management
- How organisations champion health, safety and wellbeing, taking a holistic approach
- How to build resilience through healthy eating, to strengthen the immune system, improve mental clarity, and boost energy levels
- Fostering a healthy workplace culture and creating a supportive environment in your workplace
- The business and societal implications of AI, how it will affect employees and organisations and how we can manage stress in a tech-driven world

The Summit is being sponsored by PPWD, specialists in facilitating programmes that bridge non-technical skills from trauma management to wellbeing and leadership. Paul Davison, CEO, said, “The decision to sponsor ISMAUK was straightforward due to the close alignment of our vision, mission and values. PPWD are focused on people being problem solvers, requiring environments that permit them to be their best self, in which learning and compassion are daily practices. The ISMAUK Charter commits to psychological safety, equality and diversity, which generates inclusive atmospheres for people to thrive and flourish. This is fundamental to both

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our organisations as we work to generate workplaces that are free from harm”.

This year sees ISMAUK commemorate their 50th anniversary, marking 50 years of dedication to reducing stress and advocating wellbeing. In this special year, they have launched the inaugural Stress Management Awards and businesses and organisations of all sizes that are dedicated to reducing stress in the workplace, improving mental health and enhancing employee wellbeing are invited to apply. The application deadline is Monday 30th September and there are three award categories. The winners and runners-up will be announced during the Global Stress & Wellbeing Summit on 6th November.

Professor Sir Cary Cooper CBE, a world-renowned expert on workplace wellbeing, Summit panellist and ISMAUK patron, commented, “Stress manifests itself in many facets of people’s lives, while stress and mental health-related issues still increase. We need to amplify our efforts to address these

issues, seeking to reduce their adverse effects and the stigma continuing to attach to them. ISMAUK’s Online Stress & Wellbeing Summit in their 50th Anniversary year will shine a spotlight on some of today’s key topics. Please support ISMAUK’s efforts by spreading the word and attending these helpful sessions”.

Carole Spiers, Chair of ISMAUK, said, “Our aim with this 50th Anniversary Summit is to find solutions aimed at improving mental health and increasing wellbeing, echoing our 2024 theme, *Campaigning to Reduce Stress and Improve Wellbeing*. Our expert panellists will give much-needed voice to important issues from fostering a healthy workplace culture to the effects of AI on business and society. These discussions are sure to be welcomed by our international audience of stress management professionals, HR managers, psychologists, therapists, business leaders, specialists in organisational change and anyone concerned about reducing stress. We would like to thank our sponsors PPWD for their generous support in ISMAUK’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>.

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#### Notes for Editors

- ISMAUK’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.
- 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

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<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 ISMAUK's Stress Management Awards, go to <https://isma.org.uk/stress-management-awards>.
- For interviews, please contact Carole Spiers FISMA, FPSA, MIHPE, Chair, ISMAUK on 07768 878910 or email her at [chair@isma.org.uk](mailto:chair@isma.org.uk).
- As a registered charity and membership-based organisation for 50 years in 2024, ISMAUK 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

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