

Press Release

Thursday 9th June 2022

Workplace Wellbeing – Lessons For Us All

After two years of Covid, debates about the upsides and downsides of working from home, returning to the office and hybrid working continue unabated. As part of these debates and, more generally, the importance of facilitating healthy workplace cultures, in which personal and organisational resilience are prioritised, cannot be rated too highly. This week sees the publication of a new e-book on *Workplace Wellbeing: 21 Lessons from the New World of Work*, which may help to shed light on achieving healthy workplace cultures in which peak performance can prosper, wherever the work is done.

Commissioned by the International Stress Management Association (ISMA^{UK}) and edited by Sally Sheen and Emma Hall, *Workplace Wellbeing* is a collection of specially commissioned articles focussing on the organisational and personal aspects of stress and wellbeing. Written by experts in their fields who are members of the ISMA^{UK} community, they provide insights, guidance and strategies on how to improve personal and organisational resilience in the post-pandemic era. The final chapter consists of twenty-one lessons drawn from each article to help enhance workplace wellbeing. The book is aimed at HR professionals, leaders and others wishing to maximise wellbeing in the workplace.

Professor Sir Cary Cooper CBE, 50th Anniversary Professor of Organizational Psychology and Health at Manchester Business School, and an ISMA^{UK} Patron, has written a Preface. He comments, “Managing stress and improving wellbeing at work requires action at a leadership, organizational and personal level. This book provides insights from expert practitioners in all of these areas. A must-read for all those seeking to reduce stress and improve wellbeing at work”.

Co-editor Emma Hall said, “Resilience and wellbeing are not fixed traits or given states of being. There are many positive actions to be taken around organisational culture and leadership that can impact on resilience and wellbeing, and we as individuals can also learn to be more resilient and develop strategies to support our health and wellbeing. But there is no one-size-fits-all. Hopefully this book will help people find a balance of approaches that work well for their situation”.

Co-editor Sally Sheen said, “Whether you approach this book from a leadership, organisational or personal perspective, we hope these articles will provide ideas, suggestions and guidance which offer food for thought, whether you are a leader, a manager, or anyone else seeking to reduce stressors and increase wellbeing”.

Carole Spiers, Chair of ISMA^{UK} said, “We are delighted to be publishing this book at an opportune time. When employees are healthy and happy, organisations benefit from increased commitment and job satisfaction, staff retention, improved productivity and performance. Those organisations which develop a robust combination of leadership, workforce and organisational resilience will survive and thrive in an increasingly uncertain and complex world. Hopefully *Workplace Wellbeing* will help them achieve these goals”.

“This book is a must have. It is like being at a conference of renowned speakers but better. Here, you can dip in and out in your own time and find what is relevant to you. A perfect balance of theory and practical content pertinent to the new world of work, with an emphasis - quite rightly - on health and wellbeing whilst doing the job you love.”

Alexandra Freedman, Director, Skills4Success

“The twenty-nine expert practitioners who have given their experience and newly researched insights in this book are to be congratulated for laying out their findings in an easily accessible way, helping individuals, organisations, and business leaders navigate continuing adaptation in this new world of work. They validate changes born out of crisis, and suggest many practical ways to improve productivity, profit, and harmony in the new world of work. Recommended reading.” Chris Clark, Scarborough

All royalties from the sale of this book will go towards ISMA^{UK}'s work promoting sound knowledge in the prevention and reduction of stress and best practice in the field of stress management.

Notes for Editors

Workplace Wellbeing: 21 Lessons for the New World of Work is available as a Kindle e-book on Amazon from today, retailing at £6.95. Copies may be purchased by following [this link](#).

Sally Sheen MSc, FCIPD, MAC, MISMA, MPSA is an independent executive coach and organisational development consultant and trainer, specialising in leadership, culture change, and resilience. An award-winning HRD professional with extensive board-level leadership experience, Sally has successfully led business turnarounds and transformations in large organisations in the public and commercial sectors. She now runs her own coaching and consultancy business, Success Through Change. Sally is an ISMA^{UK} Trustee.

Emma Hall BSc, QCG, MSc, MISMA is a career coach qualified in occupational psychology. Emma has held various roles within the University of Hertfordshire Careers Service and Hertfordshire Business School, where she supports postgraduate and executive students with professional development and career plans. She is passionate about understanding the role stress and mental health play in our career choices and experiences in the workplace. Emma is an Ambassador for ISMA^{UK}.



About ISMA^{UK}

ISMA^{UK} is the leading professional body for workplace and personal stress management, wellbeing and performance, promoting sound knowledge and best practice in stress management, resilience, wellbeing and mental health for over 30 years. ISMA^{UK} practitioners and consultants provide stress management services, including flexible training courses and coaching to individuals and businesses in both the private and public sectors, assisting around 40,000 people who need professional help with stress-related issues every year. ISMA^{UK} endorses and uses the HSE guidelines for managing stress in the workplace. To find out more about ISMA^{UK}, visit www.isma.org.uk.

Press Interviews

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