

## Press Release

Friday 1<sup>st</sup> October 2021

### Summit Focuses on Putting Health, Happiness and Wellbeing into the Heart of Business

The International Stress Management Association (ISMA<sup>UK</sup>), the leading professional body for workplace and personal stress management, wellbeing and performance, are staging their second Online Global Stress and Wellbeing Summit from 3<sup>rd</sup>-4<sup>th</sup> November, with the theme *Putting Health, Happiness and Wellbeing into the Heart of Business*. There are two days of inspirational keynotes, authoritative choose-an-expert sessions, and live interactive panel discussions on topics related to stress, mental and physical health, workplace wellbeing and developing resilience during changing times.

The Summit is the centrepiece of International Stress Awareness Week 1<sup>st</sup>-5<sup>th</sup> November, and features a prestigious line-up of over 25 world-class speakers including Professor Sir Cary Cooper CBE, a world-renowned expert on workplace wellbeing; Françoise Woolley, Head of Mental Health & Wellbeing at Acas; Dr Michael Mosley, medical science presenter and author of bestselling diet books; Professor Diana Kloss MBE, Hon President & Chair of the Council for Work and Health; Lexie Sims, Director of Diversity, Equity and Inclusion Consulting; Professor Simon Wessely, a psychiatrist and epidemiologist who led the recent independent review into the Mental Health Act; and Dame Jane Roberts, Chair of Living Streets and a Research Fellow in Public Leadership.

There are also free-to-attend Energiser sessions on each day of the Summit, to help attendees (and anyone who is not a ticket-holder) relax. They are being held with Jamie Abrams, a certified Thai yoga masseur, and Prash Kotecha, an international wellbeing and mindset coach.

Professor Dr Andrew Sharman, a keynote speaker at the Summit and a global thought-leader in safety leadership and culture, said, “Never have the topics of stress and wellbeing been so resonant - and so important. As we battle our way through the challenges of the pandemic, now is the time to put our own personal resilience first - and the ISMA Summit guarantees to help us do exactly that. I cannot wait for this year’s event, which promises to be the very best one yet!”

Carole Spiers, Chair of ISMA<sup>UK</sup>, said, “The Summit covers a wide range of themes relating to the new world of work and wellbeing, from the health benefits of spending time outdoors, to discovering your personal brand and how technology supports our mental health. By attending, you will discover ways of dealing with current challenges, how to boost your resilience and motivation, and obtain guidance on creating a roadmap for the new world of work.” She continued, “The Summit will be widely promoted on social media using the

hashtag **#StressSummit2021** and we are keen to reach as many people as possible in the UK and internationally to put health, happiness and wellbeing back into the heart of business”.

To mark International Stress Awareness Week, a wellbeing competition entitled *Bringing Wellbeing Closer to You - Get the Most Out of Your Day* has been launched. Devised by Clare Concannon, an ISMA<sup>UK</sup> Ambassador, it is open for entries until Friday 22<sup>nd</sup> October. To enter, all you need to do is take a picture of a subject that depicts wellbeing, add a strapline that captures your wellbeing moment and a top wellbeing tip. The winner will be announced on Monday 1st November. Prizes include a certificate signed by ISMA<sup>UK</sup> Patron Professor Sir Cary Cooper CBE, a free copy of ISMA<sup>UK</sup>'s forthcoming e-book on *Workplace Wellbeing*, and free entry to next year's Summit.

## Notes for Editors

- The Summit is the centrepiece of **#InternationalStressAwarenessWeek**, **#StressAwarenessWeek**, created in 2018 to celebrate the 20<sup>th</sup> anniversary of **#NationalStressAwarenessDay**, established in 1998.
- Entry to the Summit is by ticket only. For more information about International Stress Awareness Week visit <https://isma.org.uk/isma-international-stress-awareness-week> and for details of the Online Global Stress and Wellbeing Summit and how to buy tickets, visit <https://isma.org.uk/isma-online-global-stress-and-wellbeing-summit>. Ticket-holders can view all sessions until Friday 13th November.
- For a list of speakers, go to <https://isma.org.uk/event-speakers-2021> and for details of the week's programme, go to <https://isma.org.uk/full-summit-event-programme/2021>.
- To find out more about ISMA<sup>UK</sup>'s wellbeing competition and how to enter, go to <https://isma.org.uk/enter-ismauks-wellbeing-competition-today>.
- For 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).
- 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.