ONLINE GLOBAL STRESS & WELLBEING SUMMIT 2026

Promoting Stress Prevention and Wellbeing

Shaping the Future of Stress and Wellbeing - Rehumanising the Workplace

WEDNESDAY 4 NOVEMBER 2026

NATIONAL STRESS AWARENESS DAY

09.15-09.25	**Introduction** Alastair Greener Alastair kicks off the day with energy and enthusiasm, welcoming delegates from around the world and introducing the line-up ahead. A motivational opening that sets the tone for a day of insight, connection and inspiration.
09.25-09.30	**Welcome** Carole Spiers MBE - Chair of ISMA^{UK}, Founder of Stress Awareness Day & International Stress Awareness Week, CEO, Carole Spiers Group Building on Alastair's introduction, Carole shares a warm personal welcome, reflecting on why Stress Awareness Day and this Summit matter more than ever, and inviting delegates to make the most of the day ahead.
09.30-10.30	**Session 1: Rehumanising the Workplace - A Strategic Framework for Action** **Chair:** Amy McKeown **In discussion with** Professor Sir Cary Cooper CBE and Sir Charlie Mayfield Rehumanising the workplace requires more than good intentions. It calls for a clear strategic approach, visible leadership and practical action. Drawing on the Keep Britain Working report, one year on, this session explores how organisations can embed wellbeing into business strategy, place people at the centre of decision-making, and create healthier workplace cultures that reduce stress and improve mental health and wellbeing. Delegates will leave with clear takeaways to help turn intention into action.
10.35-11.05	**Session 2: Morning Inspiration - Paralympic Champion Aaron Phipps MBE, "Blood, Sweat and Wheelchairs"** From losing his legs to meningitis at just 15, to standing on the podium as a Paralympic gold medallist, Aaron shares an honest perspective on stress, resilience and performance - how he manages pressure through adversity, balances elite sport with family life, and stays focused when it matters most. Practical insights on reframing stress and building mental strength, in sport and everyday life.
11.10-12.10	**Session 3: Bridging Generations at Work - Learning, Respect and Connection** **Chair:** Alastair Greener **Panellists:** Zavier Coyne, Avivah Wittenberg-Cox, Katriina Makinen, Lucy Walker Rehumanising work means recognising the value different generations bring to one another - lived experience and professional wisdom alongside fresh perspectives and digital confidence. By encouraging mutual respect, better communication and shared learning across age groups, organisations can build more inclusive, connected workplaces where people learn from each other rather than becoming disconnected.
12.10-12.20	**Screen Break** A short pause to step away from the screen - put the kettle on, stretch your legs, or simply take a few quiet minutes to relax before the afternoon sessions begin.

12.20-13.20	**Session 4: Lunch with Chef Sarmado Sibley - "Food as Medicine"** In many cultures, food and medicine are closely linked, with ingredients seen as affecting mental, physical, emotional and spiritual wellbeing. Sarmado explores a holistic approach to nutrition - how everyday ingredients affect the body and how better food choices build resilience, adaptability and psychological agility.
13.25-14.25	**Session 5: Technology, AI and the Future of Work - Change, Adaptation and Opportunity** **Chair:** Martin Blades **Panellists:** Charlotte Kemp, Jamie Claret, Susan Kabani As technology reshapes the workplace, this session explores the reality behind AI, automation and rapid digital change - what is already happening, what may lie ahead, and how prepared we really are. A practical look at how to embrace innovation without losing confidence, capability or the human side of work.
14.30-15.15	**Session 6: Afternoon Energiser - Sleep is Your Superpower with Joni Peddie CSP** A practical, engaging keynote on boosting mental clarity, emotional resilience and physical energy through better sleep habits. Grounded in neuroscience and behavioural science, exploring how quality sleep improves stress management, decision-making and performance, plus simple digital-detox and practical lifestyle strategies for sustainable high performance.
15.15-15.25	**Screen Break** A short pause to step away from the screen before the final sessions.
15.25-15.40	**ISMA^{UK} Special Recognition Certificate** **Led by:** Emma Pennycard Recognising contribution to stress management, workplace wellbeing and healthier working lives.
15.45-16.45	**Session 7: Connection and Conversation** **Led by:** Carole Spiers MBE A welcoming, interactive session giving delegates the opportunity to ask questions, hear more about the day, and explore how ISMA^{UK} can support you, your business and your organisation.
16.45-17.00	**Session 8: Looking Ahead - Final Reflections and Thanks** **Led by:** Alastair Greener A warm close to the day, drawing together key themes, final reflections and thanks to speakers, delegates and supporters.