Frequently Asked Questions

ISMAUK Wellbeing and Resilience at Work training programme

1. Who is the Wellbeing and Resilience at Work training programme designed for?

It has been created for trainers, practitioners, consultants, HR and people professionals, health professionals and line managers who would like to deliver a structured, quality-assured programme on stress, wellbeing and resilience.

2. Why is there a need for this programme?

Trainers are often asked to deliver training on stress, wellbeing and resilience but may not have the time or suitable materials to build a programme from scratch. This pack provides a ready-to-use, flexible programme that can be delivered face-to-face or online.

3. How can I order the training pack?

Visit the ISMAUK website: https://isma.org.uk/isma-workshop-wellbeing-and-resilience-at-work

4. Can I use the programme with my own corporate clients?

Yes. You may use the Training Pack to deliver the programme to your own corporate clients, either online or face-to-face.

5. Can I charge clients for delivering the programme?

Yes. Any fees you charge for running the programme are at the discretion of you or your organisation.

6. Can I purchase the pack and then copy or share it with colleagues?

No. The pack is supplied for the purchaser's use only. Please refer to the Terms of Use for the conditions that apply to the materials.

7. Can the pack be licensed for use by more than one trainer?

If you would like to discuss licensing or use by more than one trainer, please contact ISMAUK at admin@isma.org.uk before sharing or copying any of the materials.

8. Can I add my own branding?

You may add your own name and contact details where space is provided. You may also include your own introductory slide before the ISMAUK presentation begins. The ISMAUK programme itself, including its core content, sequence, handouts and branding, should remain unchanged.

9. Can I adapt the programme or use the learning in my own work?

The ISMAUK programme itself should remain unchanged. You are, however, free to use the learning from the programme to develop separate sessions or materials of your own around particular subjects, provided these are clearly separate from the ISMAUK programme and do not copy or alter ISMAUK materials.

10. How may I describe the programme?

You may say: “I deliver the ISMAUK Wellbeing and Resilience at Work programme.” You may also explain that ISMAUK is a registered international charity and the UK’s professional body for stress management, mental health and workplace wellbeing, and that ISMAUK has specifically developed this programme for trainers to use and deliver as part of their own range of training programmes. The PowerPoint describes it as an “ISMAUK Recognised Course Programme”, and that wording may remain.

11. How will I be guided to deliver the training?

The pack contains trainer guidance, PowerPoint presentations and participant handouts. The half-day workshop also includes questionnaires, score sheets and problem-solving material.

12. Can the training be delivered online?

Yes. The programme is designed to be flexible and can be delivered face-to-face or online.

13. Will participants receive handouts?

Yes. Participant handouts are included to support reflection, discussion and personal action planning. They should be printed from the PDFs supplied in the pack.

14. Are lifestyle factors such as diet, exercise, smoking, alcohol and caffeine covered?

These areas are referenced within the Wellbeing Wheel, which brings together some of the main factors that contribute to personal wellbeing and provides a basis for reflection and discussion.

15. Does ISMAUK provide other resources?

Yes. ISMAUK provides a range of free resources. Visit: https://isma.org.uk/freedownloadableresources

16. I would like to join ISMAUK. Where can I find information about membership?

Information about professional membership is available at: https://isma.org.uk/isma-professional-membership

For any other questions about the programme or its use, please contact ISMAUK at admin@isma.org.uk or visit https://isma.org.uk/contact.