Welcome

ISMAUK Wellbeing and Resilience at Work training programme

The International Stress Management Association (ISMAUK) is a registered charity and the lead professional body for workplace and personal stress management, promoting good mental health, wellbeing and performance.

We are delighted that you have purchased the ISMAUK Wellbeing and Resilience at Work training programme. It is an ISMAUK Recognised Course, providing a quality-assured framework for delivering this professional training.

Overview

1. Your pack contains the materials needed to run two adaptable and flexible training options:

- Session 1: Individuals and small groups
- Session 2: A half-day interactive workshop

2. Both sessions cover three core areas:

- Introduction to stress
- Wellbeing
- Resilience

3. Two core documents are used in both training options:

Together, they help participants understand how stress, wellbeing and resilience are interconnected and how they can influence health and performance both personally and at work.

- Part 1: Wellbeing Wheel
- Part 2: Resilience Wheel

In addition, Part 3 provides 'Top Tips to Help You Become Resilient'.

4. The training materials are designed to help participants understand:

- How lifestyle can influence wellbeing
- How resilience skills, attitudes and behaviours can help them manage stress more effectively, whether the source is at work or at home

5. Additional material for the half-day workshop

The workshop includes additional material to provide greater depth of knowledge and self-awareness. This includes two pre-course questionnaires, which are reviewed during the programme, together with problem-solving material and Top Tips. The workshop also provides opportunities for group discussion and interactive feedback.

Session 1: Individuals and small groups

This flexible session lasts approximately 45-60 minutes and can be used for:

- Individual one-to-one sessions, including wellbeing coaching and reviews
- A lunchtime power session
- An additional tool within an in-house modular training programme
- Interactive small-group sessions

You are provided with:

- A complete set of trainer notes
- A PowerPoint presentation for individuals or small groups
- A complete set of handouts to support the session

The objectives are to help participants review the basic areas of wellbeing needed for health to be in balance, and to identify how wellbeing and resilience can be linked to support improvements in overall wellbeing.

At the end of the session, participants will:

- Be able to differentiate between stress and pressure and understand how stress affects them
- Recognise signs of stress in themselves and others close to them, at work or at home
- Have been introduced to how personality traits can relate to stress
- Have a greater understanding of changes they may wish to make to improve their wellbeing and increase their resilience

Session 2: Half-day interactive workshop

This flexible workshop lasts approximately 3-3½ hours.

You are provided with:

- A complete set of trainer notes
- A PowerPoint presentation for participants
- A complete set of handouts to support the workshop
- Two questionnaires with score sheets, together with problem-solving information and Top Tips

The objectives are to help participants review the basic areas of health needed for wellbeing, review their personal resilience levels and capabilities, and identify how wellbeing and resilience can be linked to support improvements in overall wellbeing.

At the end of the workshop, participants will:

- Be able to differentiate between stress and pressure and understand how stress affects them
- Recognise signs of stress in themselves and others close to them, at work or at home
- Have been introduced to how personality traits can relate to stress
- Have identified their personal levels of wellbeing and resilience and considered changes that could improve both
- Be able to use their questionnaire results and the knowledge gained during the workshop to set personal action goals
- Be able to use the tools provided to review their progress at regular intervals

We hope you enjoy delivering either or both of these programmes and wish you every success with them.

For further free ISMAUK resources, visit: https://isma.org.uk/freedownloadableresources

If you have any questions about the programme or the materials, please contact ISMAUK:

- Web: https://isma.org.uk/contact
- Email: admin@isma.org.uk