

What People Are Saying About

ISMA's Online Global Stress and Wellbeing Summit

3rd – 4th November 2021

"As someone who has been studying health and wellbeing for over 40 years, I know that how we feel at work and when we go home at night makes a huge difference to our happiness and motivation to do our jobs well. As the world of work is changing at such a rapid rate, the challenge is on for employers to raise their game. The initiative shown by ISMA in staging this Summit to debate many of these issues must be applauded and will help each of us to find resilience and, fundamentally, to remain socially connected at an incredibly difficult time." Professor Sir Cary Cooper CBE, Professor of Organisational Psychology and Health, Manchester Business School; President, the Chartered Institute of Personnel and Development

"I am delighted to support the ISMA^{UK} Online Stress and Wellbeing Summit and its noble mission to highlight these important and often neglected areas of significance in the workplace." Stephen Fry, Actor, Writer and Presenter

"Really looking forward to talking at the Global Stress & Wellbeing Summit on 4th November and sharing some of the latest science on stress reduction and ways to enhance your wellbeing. It has been a tough couple of years, making this Summit even more important and relevant than ever before." Dr Michael Mosley, Medical Science Presenter, Journalist and Bestselling Author

"Your health and wellbeing have always been important, but the pandemic has significantly emphasised this need. I encourage you and your organisations to register for the ISMA Global Online Stress & Wellbeing Summit." Keith Fraser, Chair, Youth Justice Board for England and Wales

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#stresssummit2021



“One of my main areas of research is into unexplained symptoms / syndromes and how people react to adversity. These are very much themes for our times, given the onset of the global pandemic and its adverse, sometimes destructive, effects on people’s lives. I am delighted to be taking part in ISMA’s Stress & Wellbeing Summit: levels of mental distress and disorder have increased during the crisis, and ISMA are to be praised for staging this event.” Professor Sir Simon Wessely, Regius Professor of Psychiatry, King’s College, London, author and broadcaster

“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!” Professor Dr Andrew Sharman, Consultant, Author, Speaker and Strategic Advisor to Senior Leaders

“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. 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”. Carole Spiers, Chair ISMA^{UK}, Founder International Stress Awareness Week

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