

Name:

Welcome to
growth
2019

ISMA UK
Promoting Stress Prevention and Wellbeing



resilience
the power to succeed!

**ANNUAL
CONFERENCE**

8th Nov 2019
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MESSAGE FROM THE CHAIR OF ISMA^{UK}

CAROLE SPIERS



Dear Delegate,

Welcome to this very special ISMA^{UK} conference which forms part of International Stress Awareness Week – the theme being ‘Resilience – the power to succeed’.

So today we arrive at the climax of the week, the annual conference complete with high calibre keynote speeches, debates, forums and workshops. I hope you will meet new people that you can speak to and then keep in touch with after the conference.

We are always delighted to welcome new members to ISMA^{UK}, and if you are not a member already, I invite you to consider joining us, whether that be as a full, associate or corporate member. To find out more, just go to the ISMA^{UK} stand where you will find all the information you need and any questions you have can be answered.

This year, we have built many new valuable relationships with corporate, public and charity sectors.

Our new membership forms make it all much easier for anyone interested to join on line now together with the addition of helpful membership guidelines and criteria to download. All to be found on the Join ISMA^{UK} section on the website.

I am also very excited to announce that we now have a new ISMA^{UK} course recognition option for our members that run courses. All the information for this is on the website, also on the Join ISMA^{UK} section.

I also want to offer my sincere thanks to all who have made this day possible, this includes our distinguished speakers from around the world, as well as MC Alastair Greener for keeping us in order, our valued Trustees and Clare Concannon who heads up our ISMA^{UK} Ambassadors who all give both their time and their expertise so generously, and of course all our exhibitors with their valued stress-related products and services on display.

This year, my thanks to Susan Kabani at Ugenie as we now have an ISMA^{UK} community App, so make the most of this way of connecting with the ISMA^{UK} family. Our social media has also been enhanced by Jo Bowler so grateful thanks go to her as well as Steve Greening who headed up our sponsorshop initiative.

Thank you also to Claire Parkinson for her enthusiastic service throughout the year and of course, all the delegates here today, without whom there would be no conference. And for me, a very special mention goes to Jenny Edwards, past ISMA^{UK} Chair who has been totally committed to supporting me throughout the year and has worked tirelessly to get ISMA^{UK} course recognition off the ground and upgrade the membership forms for an easy on-line application.

Have a great day and do let us have your feedback afterwards – you can do this via the App – we would love to hear from you.

Carole Spiers FISMA, FPSA, MIHPE
Chair, ISMA^{UK}, Founder International Stress Awareness Week



Managing mental health at work

One in four of us will experience mental ill health at some point in our lives

Many of the triggers for a downturn in mental health can be found at work – for example, increased workloads or poor working relationships. But who is responsible for looking after our mental health at work?

Acas believes that promoting positive mental health is a responsibility shared between employers, managers and individuals.

Our new [Acas framework for positive mental health](#) sets out what you can do to look after yourself and those around you.

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For more information

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10 WAYS

TO GET THE MOST FROM YOUR ISMA CONFERENCE

Conferences are busy and loud places and if you want to make the most of this brilliant opportunity to speak to speakers, get to know delegates and get to know more about ISMA, then take a look at our 10 ways to get the most out of your day.

- 1 Plan.** Look at the programme and see who you want to see, hear or meet. See which Expert session is best for you to attend and book it in advance.
- 2 Organise in advance.** Make contact with people who you would like to meet or speak to during the break. Book times to speak to them.
- 3 Arrive early.** Choose where you would like to sit. Near to the front, side or back.
- 4 Ask questions.** There will be plenty of time for questions during the morning session so plan what you want to say in advance. When you are given your opportunity to speak, make sure you say your name and who you are so people can speak to you afterwards. Make sure your questions are short and concise.
- 5 Newbies session.** If you are new to ISMA, then join our Newbies session at lunchtime. Find out how ISMA can benefit you and how you can become more involved with the ISMA community.
- 6 Handouts.** Take plenty of business cards with you. Give away copies of your book, leaflets. Anything that can encourage people to contact you afterwards.
- 7 Connections.** When you have people's business cards, make sure that you contact them after you get back to the office. Ideally, this should be done within one week of meeting the person – if not sooner. There is no point in having a bunch of business cards just sitting on your desk.
- 8** Carole will be joined by her buddy team, so just come over to us so that we steer you in any specific direction or help you in any way.
- 9 Feedback sheets.** We work very hard to make your day worthwhile and your feedback is really appreciated. We really look forward to hearing from you.
- 10** If you are not an ISMA member, then why not chat to our Administrator Claire Parkinson who will be pleased to talk to you about the benefits of membership.

MORNING PROGRAMME 09.00 - 13.00

08.15 – 09.00	Registration/networking/exhibition
09.00 – 09.10	Welcome from Alastair Greener - MC / TV Presenter
09.10 – 09.20	Introduction by Carole Spiers - ISMA ^{UK} Chair and Host
09.20 – 09.50	Opening Keynote Address Helen Ball - Assistant Commissioner Metropolitan Police THE FORTUNE-TELLING POWER OF THE MAGPIE
09.50 – 10.00	Q & A
10.00 – 10.35	ISMA Question Time Hosted by Geoff McDonald FROM STRESS MANAGEMENT TO WELLBEING Professor Sir Cary Cooper CBE <i>Professor of Organisational Psychology & Health</i> Professor Lennart Levi <i>Emeritus Professor of Psychosocial Medicine -</i>
10.35 – 11.00	Coffee / networking / exhibition
11.00 – 11.30	Heath & Wellbeing Case Study Alan Millbrow - Head of Wellbeing & Recognition, Three UK
11.35 – 12.05	In Conversation with Deep Rajah Dhir - Head of Current Affairs and presenter for Lyca Radio Ed Corbett, Abigail Hirshman, Geoff McDonald, Alan Millbrow
12.05 - 12.15	TAKING THE STIGMA OUT OF MENTAL HEALTH Rob Stephenson - Founder Inside-Out
12.20 – 12.55	Motivational Keynote Presentation WHAT DOES IT TAKE TO ROW AN OCEAN? Sally Kettle - Motivational Speaker,
12.55 – 13.00	Alastair Greener



LUNCH / EXHIBITION / NEW MEMBER'S SESSION 13.00 - 14.00

13.40 - 13.55 Lunchtime Lightning Sessions *[attendance optional]*

George Bell

Singing Workshop

Lotte Mikkelsen

Laughter Workshop

TALK TO ISMA INTERNATIONAL PRESIDENT

Professor Stephen Palmer and former
International President Professor Lennart Levi

Find out what is going on around the world from past and present Presidents.

A thank you to all our Exhibitors:

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Ugenie

360 Well-being



AFTERNOON SESSION MEET THE EXPERTS 14.00 - 15.00

SPEND AN HOUR WITH AN EXPERT OF YOUR CHOICE

Susan Scott

Expert Session 1:

HOW TO PREVENT BURNOUT AND REIGNITE YOUR LIFE AND CAREER

Professor Andrew Sharman and Hari Kalymnios

Expert Session 2:

7 SOLUTIONS FOR SUCCESSFUL SLUMBER

Michelle Mills-Porter

Expert Session 3:

THE TRUTH BEHIND TRUE MOTIVATION AND SUCCESSFUL COLLABORATION

15.05 – 15.45

Alastair Greener Meets the Experts

Andrew Sharman, Hari Kalymnios, Michelle Mills-Porter, Susan Scott

15.45– 16.00

Take 15 – Carole Spiers

16.00 – 16.15

Tea / Networking / Exhibition

16.30 – 17.15

ISMA^{UK} AGM

Members and non-members are invited to attend.



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STRONG

IS THE BELIEF YOU CAN REPRESENT OTHERS

Being a police officer is about being able to talk to people, and talk up for people who don't have a voice. Understanding what matters most to them, their communities. You can build trust and break down barriers.

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Promoting Stress Prevention and Wellbeing

INDIVIDUAL MEMBERSHIP

Associate: Open to anyone with a personal or professional interest in the field of Stress Management including students who are not yet qualified to apply for full membership

Professional Member: For people who have considerable experience in the field of stress management with two year's relevant experience and will be entitled to use MISMA after their name.

Fellow: For individuals who have been Professional ISMA^{UK} Members for 5 years or longer and also fulfil the qualifying criteria. They will be entitled to use FISMA after their name.

CORPORATE MEMBERSHIP

For businesses or organisations that comply with the ISMA^{UK} Charter

Micro:	2 – 5 employees
Small:	6 – 25 employees
Medium:	26 – 250 employees
Large:	251 – 500 employees
Enterprise:	500+ employees

NEW

COURSE RECOGNITION

The ISMA^{UK} Course Recognition confers recognition in the field of stress management, wellbeing and performance at work to offer a level of quality assurance for ISMA^{UK} members planning their courses.

To enhance your marketing opportunities, reassuring purchasers that your courses are of the highest standard and quality.

Increase your ability to offer CPD hours to students and delegates.

Applications are open to:
Professional Members of ISMA^{UK}
Fellows of ISMA^{UK}
Colleges and Training Schools that deliver appropriate courses

OTHER

Retired Member:

An ideal category for members who may be retired or no longer working and would still like to be part of ISMA^{UK} and receive all our benefits.

Friends of ISMA^{UK} :

Offered to individuals with a personal or professional interest in the field who like to be updated of events and current thinking in the field of stress management.

Professional Members, Fellows and Corporate members will receive their appropriate grade certificates and logos to use in their promotional material and websites. This will also include the Charter Certificate and logo.

Please go to the ISMA^{UK} website for full details and online applications.

www.isma.org.uk/join-isma or email admin@isma.org.uk

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We offer a full marketing service for sole practitioners, small businesses and charities.
We believe in honesty and transparency in everything we do, even in the small print.

Looking for some tangible actions that your leaders can sign up to?

The InsideOut Leadership Charter is a set of 7 principles that will help create mentally healthier workplaces. From appointing a Board level sponsor to reporting on the impact of mental health and wellbeing initiatives.

www.inside-out.org/charter



INSIDEOUT
MENTAL HEALTH
LEADERSHIP CHARTER



YOUR CHAIR AND HOST FOR THE DAY:

Carole Spiers FISMA, FPSA, MIHPE

Chair of ISMA^{UK} and founder of National Stress Awareness Day in 1998. Carole's credibility is based on twenty years spent as the CEO of a leading UK Stress Management and Wellbeing Consultancy, during which she has worked with equal success in the UK and in the Gulf.

She is a well-respected authority on corporate stress, a BBC guest broadcaster and best-selling author of *Show Stress Who's Boss* and *Tolley's Managing Stress in the Workplace*.

Carole is an international motivational speaker and regular newspaper columnist. She is regularly called upon by the press and media for comment on stress-related issues.

Carole is a past London President of the Professional Speaking Association and is proud to continue to lead ISMA^{UK} into the future.



YOUR MC FOR THE DAY

Alastair Greener

Alastair is an accomplished event host, master of ceremonies and moderator. He's hosted conferences, charity auctions, dinners and award ceremonies in the UK and Europe.

He has over 25 years of experience presenting on television, video, radio and stage. He also helps individuals and organizations communicate more effectively in a range of keynote speeches, and with his company *Present Yourself* he leads insightful and interactive communication skills workshops.

Alastair spent 16 years leading a team of over 100 professionals on cruise liners, including QE2 and Queen Mary 2, while being the face and voice of numerous training videos. As a TV presenter he has worked extensively on television in the UK and USA, appearing in documentaries, corporate videos and commercials. He is also currently the senior journalist for *Business Reporter*, where he has interviewed over 500 business leaders.

OPENING KEYNOTE ADDRESS



Helen Ball

Assistant Commissioner Helen Ball was appointed as Head of Professionalism for the Metropolitan Police Service in August 2017. This portfolio includes training, professional standards, rewards & recognition, crime prevention, equalities and organisational learning. Helen is also a Board member for Police Now.

Before taking up the Professionalism role, Helen worked at The College of Policing and as Senior National Coordinator for Counter Terrorism Policing, where she co-ordinated the policing response to threats arising from terrorism and domestic extremism nationally. Helen has extensive and broad policing experience, having worked in a range of roles, including neighbourhood policing, leading initial police training and crisis negotiating in two forces (Metropolitan and Thames Valley). Helen was awarded the Queen's Police Medal in 2014 for services to policing.

Before joining the police in 1987, Helen obtained a degree in English Language and Literature at Aberdeen University, trained as a teacher and worked in publishing.

ISMA QUESTION TIME PRESENTERS



Geoff McDonald

Leading campaigner for breaking the taboo about depression and anxiety at work. He also consults to organisations across all sectors globally. Mental health continues to attract stigma in the corporate world, and employees are reluctant to seek help. After being diagnosed with depression himself, Geoff appreciates how far this can affect team performance.

As Global Vice President HR at Unilever plc, Geoff was able to overview the problem from an authoritative vantage-point. Today he devotes himself full-time to his crusade for encouraging people to reach out and ask for help if suffering from depression, anxiety or maybe bi polar. That help can often be in the form of the specialist stress consultants and therapists who are trained to provide professional help for corporate employees.



Professor Sir Cary Cooper, CBE

50th Anniversary Professor of Organizational Psychology & Health, ALLIANCE Manchester Business School, University of Manchester. President of the CIPD, Immediate past President of the British Academy of Management, Immediate Past President of RELATE, President of the Institute of Welfare.

He is the author/editor of over 170 books (e.g. Wellbeing: Productivity and Happiness at Work, The Crisis Book, The Outstanding Middle Manager, Handbook of Stress and Health, and Editor of the six volume Wiley-Blackwell compendium Wellbeing), and 350 scholarly articles on organisational psychology and HR topics. He has seven Honorary doctorates and is Honorary Fellow of the Royal College of Physicians. He is the first port of call by the national and international media on workplace health and wellbeing. He received a CBE from the Queen in 2001 for his contribution to occupational health and was Knighted by the Queen in 2014 for his contribution to the social sciences.



Professor Lennart Levi, MD (1959), PhD (1972)

Professor of Psychosocial Medicine, 1978–95, and Emeritus Professor, 1995 - at Karolinska Institute, Stockholm, Sweden. Founder and Director of the Stress Research Institute (also designated WHO's first Collaborative Research and Training Centre on Psychosocial Factors and Health) at Karolinska Institute 1959-95 and of the National Swedish Institute for Psychosocial Medicine, 1980-95.

Professor Levi was a member of the WHO Expert Panel on Mental Health 1973-96, temporary advisor/consultant to WHO, ILO, and UNICEF 1972-2015, and to the European Commission, 1993-2015. Chair, World Psychiatric Association Section of Occupational Psychiatry 1983 – 2005. President, International Stress Management Association 2001 - 2014. Awarded the Royal Swedish Medal of Merit for "pioneering achievements in the area of stress research" 2001, Career Achievement Reward APA & NIOSH 2005, Patricia R. Barchas Award in Sociophysiology 2007, the Compostela Award 2014, and the Bramstorp Award 2015. Member of the Swedish Parliament 2006 - 2010, Adviser to the Swedish Cabinet Minister of Employment 2008 - 10.

HEALTH & WELLBEING CASE STUDY



Alan Millbrow

Head of Wellbeing & Recognition, Three UK. Alan has held positions within multinational organisations across the UK, Europe and Asia. Starting his career in commercial and operational functions he has first-hand experience of working in high pressure environments. Having always been fascinated by what motivates people to be their best he moved into a series of reward roles for one of the UK's largest retailers. All before joining Three to lead their Wellbeing and Recognition strategy, which has a huge focus on mental health and is at the heart of their culture. Now they are making the moves to promote the wellbeing of their customers and in the community.

IN CONVERSATION WITH DEEP RAJAH DHIR



As head of current affairs for Lyca Radio, Deep has his own talkback show, Let's Talk, one of London's leading talk shows. The show is aimed mainly at ethnic communities and his recent guests have included film stars, company CEOs and, very recently, Theresa May, the former Prime Minister.

His political experience gained while working as an intern led him to become a lobbyist for a breast cancer charity where he promoted awareness of breast cancer amongst ethnic communities in Britain and South East Asia. Deep has presented to the NHS and been invited to speak at health conferences and at the House of Lords. As head of current affairs for Lyca Radio, he also consults and produces pieces for Time FM Radio, a station in East London. Deep also produces 'Medical Monday' in conjunction with Lyca Health.

PANELS MEMBERS



Ed Corbett, CPsychol AFBPsS

Ed is a Chartered Occupational Psychologist and heads up the Health and Safety Executive's commercial Human Factors and Psychology teams. He initially started his career with a strong focus on occupational stress reduction / wellbeing improvement, and was part of the team that originally developed and launched the HSE Management Standards in 2005. As part of this work, Ed was involved in a range of research projects on stress, as well as implementing the Management Standards approach in organisations. He has also run training and workshops with industry and HSE inspectors on the Management Standards approach, including how to achieve both compliance and best practice



Abigail Hirshman

As Head of Mental Health and Wellbeing at ACAS, Abigail works with employers to develop pragmatic strategies to improve mental health and wellbeing in the workplace. With over 25 years' experience in mental health, Abigail brings a unique perspective combining insights from her early career as a psychotherapist with her current advisory role, working with global brands and key stakeholders. Before joining ACAS, Abigail worked as Research and Project Manager developing and delivering large scale health and wellbeing projects; prior to this Abigail managed the counselling and mental health service at Coventry University.



Geoff McDonald

See profile detailed previously.



Alan Millbrow

See profile detailed previously.

SPEAKING UP AND SPEAKING OUT



Rob Stephenson is a mental health influencer, campaigner, Board advisor and public speaker with the mission of inspiring the creation of mentally healthier workplaces. He personally experiences bipolar disorder. Rob is the founder of Inside-Out.org which publishes the InsideOut LeaderBoard, smashing the stigma of mental ill-health by showcasing senior leader role models with lived experience. Rob is also behind the InsideOut Leadership Charter, the InsideOut Mental Health Awards and is Chief Catalyst for BetterSpace, the "AirBnB of mental wellbeing resources".

MOTIVATIONAL SPEAKER



Sally Kettle

Adventurer, author, speaker and event host Sally is the first woman to row the Atlantic Ocean twice from East to West, and once with her mother! She has also taken part in the last leg of the World Clipper race and retraced WW2 heroine Nancy Wake's steps across the harsh Pyrenees with women from the Armed Forces. Sally is an Ambassador for the Girl Guides, Chair of the Trustees for The London Sports Trust and a huge supporter of Shelterbox, volunteering as part of the International Shelterbox Response Team. Her speeches are both hilarious and informative, and she has recently embarked on a new venture - a podcast called The Well-Beginners, where she attempts to improve the health and wellbeing of others.

LUNCHTIME LIGHTNING SESSION EXPERTS



George Bell

George Bell is co-founder of on:song, supporting wellbeing and mental health in organisations around the country. Onsong's transformational singing programs improve staff welfare, and increase engagement. A lifelong musician and social entrepreneur, George is on a mission to transform workplaces by promoting people focused change through music. www.onsong.co.uk



Lotte Mikkelsen

Laughter Yoga Master Trainer in the UK and Laughter Ambassador with a background in technology who has a great story to tell from a personal, professional and corporate perspective. Apart from teaching facilitators and teachers, she has created a strong brand in the market as a professional speaker, running workshops, seminars, energisers, and any event where Laughter Yoga and Laughter Therapy is required for groups and individuals.



Professor Stephen Palmer -

PhD CPsychol CSci CBiol CMIOSH FISMA (Hon)

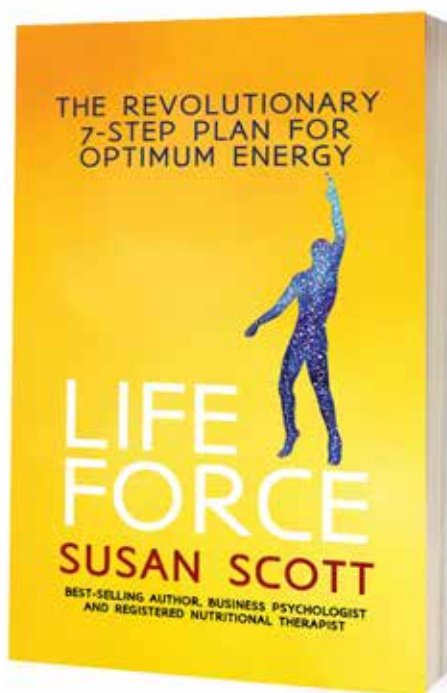
Professor Stephen Palmer is a President and Fellow of the International Stress Management Association. He is a Chartered Psychologist and Biologist with an expertise in stress management, resilience and wellbeing. His PhD thesis was entitled 'Stress: Theoretical and Applied Perspectives'. His academic posts include being Professor of Practice at the Wales Academy for Professional Practice and Applied Research, and Adjunct Professor of Coaching Psychology at Aalborg University, Denmark. Stephen is Founder Director of the Centre for Stress Management. He has written and edited over 50 books and 225 articles.



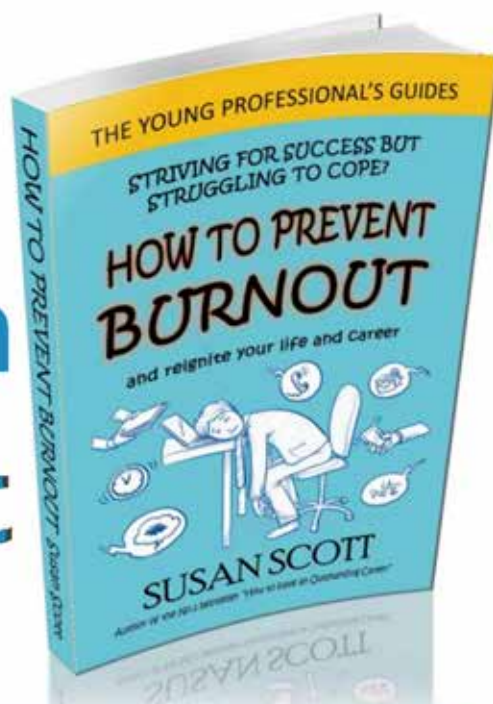
Professor Lennart Levi, MD (1959), PhD (1972)

See profile detailed previously.

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Susan Scott



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to see if this is right for your business

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MEET THE EXPERTS



Michelle Mills-Porter

Michelle is an expert in human behaviour and communication. She helps organisations to reach sky high performance by learning the truth behind personal motivation and successful collaboration. It was an unlikely classroom however, that gave the insight that she has developed. She was in the Boxing Day Tsunami and it was in the immediate aftermath that she discovered what she has distilled and shares. She is a multi-award-winning businesswoman, an author and speaker and one of the most recommended people on LinkedIn worldwide, having achieved Platinum status for more than 500 heartfelt, uncoerced written recommendations from her clients.



Susan Scott MSc, FCIPD, FISMA, MABP, MBANT

Susan Scott is passionate about spreading the word on workplace wellbeing, believing strongly that the workplace should be a place where people are able to thrive and succeed. She is a business psychologist and registered nutritionist experienced in corporate consulting, coaching and running nutrition clinics for people struggling to cope with their stressful lives.

Susan is a renowned mind and body expert on work performance, energy, resilience and the prevention of burnout. She is the author of four books including two Amazon best sellers, writes regularly for the media and is past Chair of The International Stress Management Association.



Professor Andrew Sharman

Consultant, speaker and coach based in Switzerland, working globally with Fortune 500 companies to improve their culture and enable excellence. Clients include the world's coolest tech company, the most sophisticated fashion brand, the fastest Formula One team and some of the largest organizations around the globe, and NGOs including the World Health Organization and the United Nations. Beyond his consulting, Andrew teaches leadership and safety culture at the European Centre for Executive Development (CEDEP) in France and at Caltech (The California Institute of Technology) in California. He leaps off mountains and swims with sharks for fun.



Hari Kalymnios

After being awarded a First-Class degree in Physics with Astrophysics, Hari went on to work for Accenture, Sainsbury's and The London Stock Exchange. Following a decade in the City, he forged a new path helping professionals improve their health, wellbeing and energy levels, after succeeding in transforming his own life. Hari specialises in mindset, resilience and wellbeing, is a prolific content creator and is sought-after by clients ranging from large multi-nationals to billionaire executives.

K O M A O



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Two-day & Three-day Courses

Stress Management*

2-3 Dec; 21-22 Jan; 26-27 Feb; 16-17 Apr; 2-3 Jun; 22-23 Jul

Assertion & Communication Skills Training 11-12 Mar; 15-16 Jul; 21-22 Oct

Cognitive Behavioural Therapy & Training 11-12 Feb; 5-6 Aug

CBT using the SPACE model for Assessment and Intervention 6-7 May

Problem Focused Counselling, Coaching & Training

12-13 Dec; 22-23 Apr; 5-6 Aug

Advanced Cognitive Behavioural Skills

TBA

Rational Emotive Behaviour Therapy

19-20 May

Health Coaching

5-6 Dec; 20-21 Apr; 3-4 Aug

Other Courses (modular)

Foundation Certificate in CBT and REBT (4 days)

Foundation Certificate in Cognitive Behavioural Therapies (4 days)

Certificate in Cognitive Behavioural Therapy (5-days)

Certificate in Stress Management (6 days)

Advanced Certificate in CBT & Stress Management (11-days) modular

Distance Learning Courses

Life Coaching: A cognitive behavioural approach

Stress Management

* International Stress Management Association (ISMA) Professional Level Membership Qualifying Criteria:

Successful completion of this course, two years' experience, ongoing CPD, complying with ISMA's code of conduct, two references and insurance. See: <https://isma.org.uk/guidelines-for-obtaining-foundation-practice-certificate>

All courses recognised by the International Society for Coaching Psychology

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Our courses are British Psychological Society Approved and are held at the BPS London, Edinburgh or in-house. We have trained 1000s of practitioners on our recognised modular courses since the 1980s. The Founder Director of the Centres and Academy is Prof Stephen Palmer PhD. Our experienced trainers have authored books and/or articles in their particular fields. They include Chartered Psychologists: Prof Stephen Palmer, Dr Siobhain O'Riordan, Nick Edgerton & Kasia Szymanska.

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The Well-Beginners



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They're on the Wellbeing Super Highway to Good Mental & Physical Health

Sally is an Inspirational Speaker and Jools is her guinea pig – what could possibly go wrong?

A Podcast for people who want to feel better for free!

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LEARNING FROM THE CONFERENCE:



NOTES & ACTIONS TO TAKE:

[illegible]

NOTES & ACTIONS TO TAKE:

[illegible]

ARE YOU WORKING WELL?

“It’s time we took ourselves - that is our minds and bodies - more seriously. **Working Well** asks us to do just that.

*I don’t think it’s about statistics or surveys: it’s personal. Very personal. It starts with you. Read this book, crease its pages, wear it out, share it and - most of all - take action: do something different. Start **Working Well** today.”*

PHIL JAMES, CHIEF EXECUTIVE, THE INSTITUTE OF LEADERSHIP & MANAGEMENT



As our lives get busier and busier, boundaries between work and leisure blur and we spend less time thinking about what we’re actually putting our bodies through.

Cardiovascular diseases, cancer, diabetes and chronic lung diseases are now the four main causes of non-communicable disease death, making up around 70% of all deaths (around 17 million) across the world each year. By the year 2030 the figure will top 24 million. The way we’re working clearly isn’t working.

In this new book, mixing cutting-edge science, global data and inspirational thinking - from the likes of Bruce Lee, Isaac Newton, George Bernard Shaw, Barack Obama and Yoko Ono - Professor Andrew Sharman & Hari Kalymnios serve up a hefty slice of practical guidance delivered through a straightforward five-step process they call S.O.N.A.R.

? Would you like a happier, healthier, longer life? Then it’s time that you were **Working Well**.

Get your copy of the book at www.FromAccidentsToZero.com and use the code **ISMA2019** to get a whopping **20% off** your order.

We also offer a two day **Working Well Leadership** program - delivered by Andrew & Hari or through our innovative **Train-the-Trainer** format. Email us for details.



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We hope you enjoy your day at the ISMA conference, part of International Stress Awareness Week 2019

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Your Opinion Could Change Things...

Your response to GROWTH 2019 can furnish us with important research about the event and also about ISMA^{UK} itself, helping to guide our future plans.

The more you tell us, the more we can do to improve our performance on your behalf.

So please take a few minutes to tell us about your responses to our conference by completing the feedback sheet on our ISMA^{UK} Community App.

Meanwhile, we hope to see you again at our future events and of course, our conference next year in 2020 with the theme of HEALTH, HAPPINESS AND WELLBEING.

Carole Spiers. Chair, ISMA^{UK}

Are You a Member Yet?

ISMA^{UK} membership adds unique kudos to your professional profile. It confirms your status as a full member of the stress management community, supported by a formal certificate and prestigious letters to use after your name.

ISMA^{UK} membership includes important benefits like free listings on our website, access to the specialist journal the International Journal of Stress Prevention and Wellbeing, and discounted entry to key events. ISMA^{UK} also offers an opportunity to interact with us on Facebook and be part of an on-line Mastermind group.

So why not take advantage of getting signed up as a member right here at the conference? If you sign up today, we would be delighted to offer you a 15% reduction off your first year's membership. Talk to our Administrator, Claire Parkinson, who will be pleased to meet you and process your application.

Or join by visiting our website www.isma.org.uk.
Or email us at admin@isma.org.uk.

NEW....

Course Recognition

The ISMA^{UK} course recognition is for our Professional Members that run courses. The assessment process confers recognition of the course in the field of stress management, wellbeing and performance at work, to offer a level of quality assurance for ISMA^{UK} members planning and implementing their training and education courses.

Future Events for your Diary 2020
International Stress Awareness
Week 2-6th November 2020.
Putting Health, Happiness and
Wellbeing at the Heart of Business.

Your opportunity to get involved and be part of this exciting international campaign.

