



# Wellbeing & Resilience at Work

TRAINING PROGRAMME

**Do you need to deliver an in-house Wellbeing and Resilience training course, but have no time to prepare?**

If you've answered 'yes' to this question, our new Wellbeing training programme is for you!

- Suitable for anyone who provides training
- Comprehensive off-the-shelf programme
- Adaptable and flexible training options
- Quality assured: ISMA<sup>UK</sup> recognised training programme
- Can be delivered live, via Zoom or Teams

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The programme has been developed for use by independent trainers, consultants, HR professionals and company line managers, to help participants identify their own levels of wellbeing and resilience, acquire tools and techniques to improve both, and set goals for wellbeing improvement.

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“ISMA<sup>UK</sup>'s new training pack **Wellbeing and Resilience at Work** will help people enhance their mental wellbeing and manage workplace stress. It combines very accessible, useful information with interactive sessions to help them identify their own issues and how to deal with them. It is a supportive guide and toolkit for individuals, HR and occupational health professionals.”

*Professor Sir Cary Cooper, University of Manchester, ISMA<sup>UK</sup> Patron*

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## What will the programme achieve?

- Help companies understand the effects of stress and achieve a more productive work environment
- Encourage enhanced performance based on wellbeing and personal resilience
- Help reduce or minimise stress-related health problems leading to presenteeism or absenteeism

**International Stress Management Association<sup>UK</sup>**

admin@isma.org.uk | www.isma.org.uk | + 44 (0) 7823 745056

## Option 1:

### Individual one-to-one and small group sessions

A session of 45-60 minutes, delivered by the trainer as –

- Individual one-to-one sessions
- Lunchtime power sessions
- Part of an in-house training programme
- Interactive small group sessions

## Option 2:

### An interactive workshop

- A half-day workshop of 3 – 3 ½ hours

Both options include -

- Complete set of notes for the trainer
- PowerPoint presentation for participants
- Handouts to support the training
- Pre-course questionnaires for the workshop

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## How to Buy

The pack contains everything needed for both Option 1 and Option 2

**TO BUY NOW  
CLICK HERE**

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**£175 per pack**  
ISMA<sup>UK</sup> members

**£225 per pack**  
Non-ISMA<sup>UK</sup> members

Get in Touch  
Today!

If you would like more information about this programme, or require any help with running or presenting it, then please **email Claire**, our **Administrator**, at **admin@isma.org.uk** or **call +44 7823 745056** during office hours.