



Stress Management Society
from distress to de-stress



International
Wellbeing Insights
People, Culture & Wellbeing



*DESIGNING THE CULTURE OF
WELLBEING*

Diagnose • Develop • Thrive



OUR HISTORY



We have been dedicated to leading effective universal change with our passionate approach to recognising and reducing stress and promoting wellbeing since 2003.

Our vision is to create a *happier, healthier* and more *resilient* world. We believe that through being awarded the Healthy Workplace Charter, we can demonstrate to our employees and clients what we are doing to achieve our vision.



SEPTEMBER 2016



MAYOR OF LONDON

Awarded London Healthy Workplace Charter – Commitment Level

January 2017



Awarded Best Stress Management Specialist 2016

March 2017



MAYOR OF LONDON

Awarded London Healthy Workplace Charter – Achievement Level

OUR APPROACH TO WELLBEING

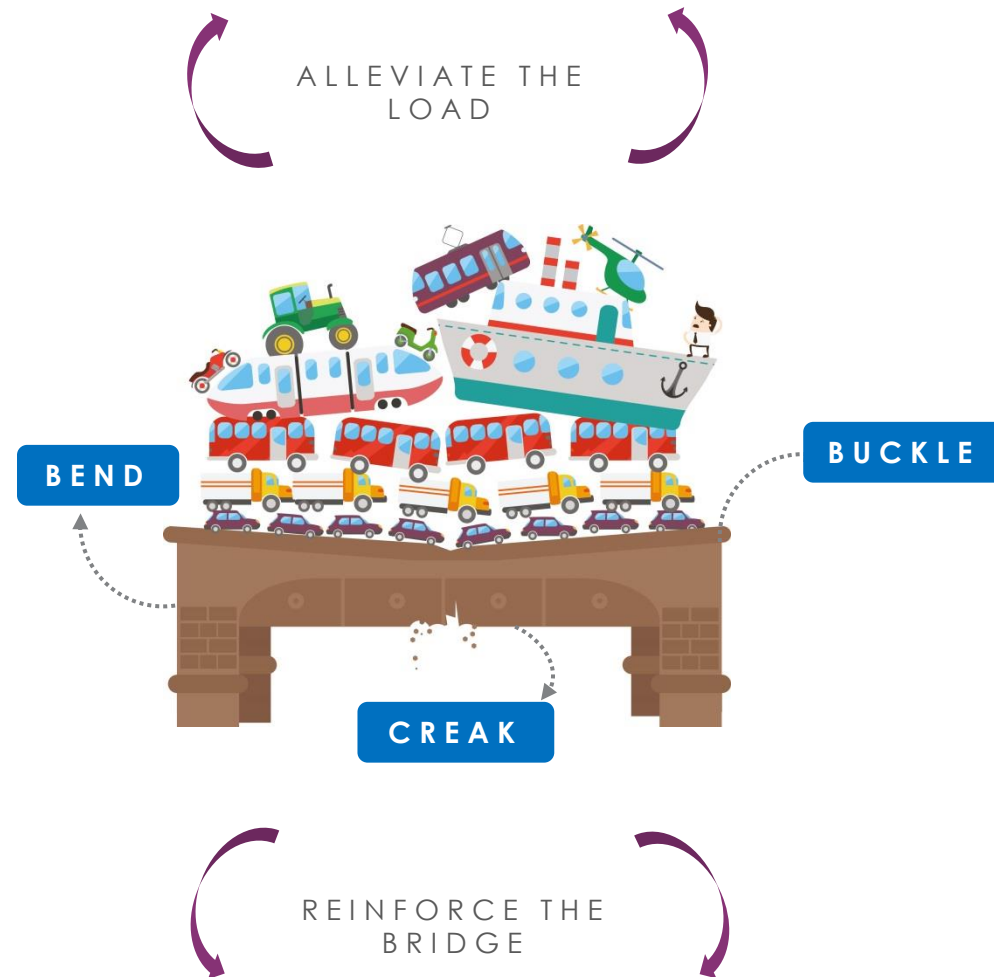
The Bridge Analogy

What will happen if we continue to add more and more load to the bridge?

It will bend, creak, buckle and show signs of being under stress. Eventually it will collapse. To prevent the collapse you have two choices, either alleviate the load or reinforce the bridge.

Stress is when the **DEMAND** made on an individual, a team or an organisation **EXCEEDS** their capacity or the **RESOURCES** they have to cope with the demand.

WHAT CAN
BE DONE?



PEOPLE, CULTURE & WELLBEING GPS



DIAGNOSE – DEVELOP - THRIVE

Wellbeing GPS Route Map:

A satnav can only work if it knows exactly where you are and a clear destination has been established in order to plot the optimal route to get there.

Without both current position and intended destination, the satnav cannot guide you – the same applies to a people, culture and wellbeing journey

ESTABLISH A CLEAR STARTING POSITION

(Where you are NOW)

Wellbeing Insights Audit, Qualitative Interviews, Site Visits, Business Data, Focus groups



DESTINATION

(Where you WANT to be)

Leadership Visioning Exercise, Goal Mapping, Performance Coaching, Mind mapping, Executive Leadership Programme



WELLBEING ROUTE MAP

(HOW you get there)

Line Manager Training, Staff Managing Stress Training, Excelling Under Pressure Workshops, Culture Change Programmes, Policy Development



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We look forward to supporting your wellbeing journey



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