

FAQs - Wellbeing & Resilience Training Pack

1. Who is the Wellbeing & Resilience Training Pack designed for?

It has been created for trainers and presenters who are either practitioners, consultants or line managers in business organisations and who would like to deliver a recognised stress management training programme

2. Why is there a need for such a programme?

Trainers are often asked to deliver a stress management programme but don't necessarily have the time to undertake this and may not have suitable materials available. ISMAUK have created this programme which is designed to be tailor-made for trainers to present either face-to-face or online

3. The Training Pack sounds very comprehensive – how can I order one?

It's easy! Visit the ISMA Hub or use this link:

<https://isma.org.uk/isma-workshop-wellbeing-and-resilience-at-work>

4. Can I purchase the pack, and then copy and share it with my colleagues?

No, when you purchase the pack it is for your use only

5. Can the pack be licensed?

Not yet, ISMAUK will advise when this option is available

6. Can I add my corporate logo to the pack in any way?

Yes, the last slide has space for you to enter your contact details and company branding

7. How will I be guided to deliver the training in the correct format?

The Training Pack contains all the slides, speakers' notes and questionnaires required for your workshop

8. In these changing times, I would like to deliver this training online, will it work like that?

Yes, absolutely, the pack is designed to offer flexibility so it can be delivered either face-to-face or online

9. Will delegates receive handouts as part of the workshop?

Yes, there are handouts which will enable delegates to reflect on their issues whilst being open with others who may be facing similar problems

10. We know that stress and wellbeing are closely related to topics such as diet and nutrition, exercise, weight, smoking, alcohol, caffeine - are any of these topics covered in the Training Pack?

These topics are mentioned in the Wellbeing Wheel used to link together some of the main areas that contribute to creating wellbeing in individuals, and are a part of the self-assessment worksheet used for discussion in breakout groups during the workshop

11. It's great to have purchased an ISMA^{UK} endorsed Training Pack. Are ISMA^{UK} planning further Training Packs?

Not at this time, but we will advise if this changes! You may want to check out the ISMA^{UK} free downloads available on our website <https://isma.org.uk/>

12. I am so pleased with the Training Pack. I would now like to join ISMA^{UK}, but how can I find out if I qualify?

ISMA^{UK} welcomes new members; take a look at our professional membership criteria here: <https://isma.org.uk/isma-professional-membership>