

## **CABA TAKES STRESS TRAINING PROGRAMME TO CYPRUS**

Following the successful running of CABA's Stress Management and Wellbeing Training programme in the UK, in July 2008, CABA's Chief Executive, David Barker and Head of Support and Development, Pamela Wood took their training programme to Cyprus. David and Pamela were accompanied by associate trainers Bev McKay and Jane Thomas.

The accounting profession is flourishing in Cyprus and ICAEW Members were invited to attend a number of open training sessions over a period of a week. In-house training was provided for staff of Deloitte's, KPMG, PWC and E&Y. ACA Students were also invited to take part. Training on the Risks to Organisations of Unmanaged Stress was offered to Senior Partners. The visit to Cyprus was a huge success and the programme was very well received by all delegates attending the seminars.

**“A very helpful session. The trainer was well prepared and created a positive atmosphere”**



**“The exercises were very effective and fun”**

Whilst in Cyprus, the CABA team met with the President of the Institute of Certified Public Accountants in Cyprus (ICPAC), Council Members, Beneficiaries and Volunteers. CABA staff have been asked to return to Cyprus in 2009.

Jane Thomas, Training Consultant, commented on the trip; *“Working for CABA in Cyprus was a fantastic experience - the CEO's and Senior Partners attended the Risk Assessment training openly encouraged their staff to attend the Stress Management course.”* Nicos Syrimis, Chairman of KPMG in Cyprus, attended a Stress Management and Wellbeing seminar and a Risk Assessment session. He wanted to look at the lessons learnt from the UK market to help prevent the stress sick note culture in Cyprus.

### **CABA OVERSEAS**

Eligibility for support is the same for current and former ICAEW members, and their dependants, wherever they live in the world. The UK offers unusually high levels of state and medical support, which is not always available elsewhere. For some members, the support given by CABA is the only income available to them.

CABA is supported across the world by a network of volunteer visitors, known as Referees. 37 of these are based outside the UK. Referees visit Beneficiaries a couple of times a year, usually in their own home. This is particularly valuable when a Beneficiary lives outside the UK.