EQUALITY MATTERS

Focusing on Wellbeing in the Workplace

Wellbeing in colleges matters because staff and students who feel supported, healthy and valued are more likely to be engaged, achieve positive outcomes, and contribute to a thriving learning environment.

Your Professional Development Digest for September 2026
from:

College Development Network

WATCH

From TED Talks
Workplace Mental Health - all you need to know (for now)

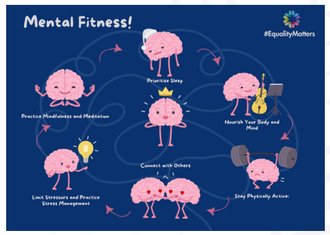
READ

From the National Wellbeing Hub:
Psychological safety in the workplace

LISTEN

From Feedspot Podcasts: 49 Best Workplace Mental Health Podcasts

FREE INFOGRAPHIC



LEARN

From the Scottish Government:
Mental Health Action Plan

PRACTICE

From Public Health Scotland:
Keeping your workplace safe

CONNECT

Professional Standards

Manage self, relationships and work demands to promote personal, emotional and physical well-being

UN Sustainability Goals

Ensure healthy lives and promote well-being for all at all ages

Inner Development Goals

Relating

Appreciation, connectedness, humility, empathy and compassion.