

newsletter

Hi there,

May marks Mental Health Awareness Month – a timely reminder that employee wellbeing isn't a 'nice to have', it's essential to how organisations perform, retain talent and support their people day to day.

With stress continuing to be one of the leading causes of absence in UK workplaces, organisations are increasingly recognising the value of building supportive environments where people feel able to speak up, connect with others and manage pressure effectively.

Creating this kind of culture doesn't require a complete overhaul. Small, consistent actions – from encouraging open conversations to equipping teams with practical tools – can make a meaningful difference to both wellbeing and performance.

Course spotlight



Mental Health Awareness Certification

Build awareness of common mental health conditions, recognise warning signs and respond appropriately. Learn how to support colleagues and create a healthier workplace.

[Explore now](#)

Reader's corner



Building Workplace Resilience in Challenging Times

Explore practical ways to strengthen resilience across your organisation, helping teams adapt to pressure, manage change and maintain performance during challenging periods.

[Read more](#)

Sound Advice

Listen to Happiness at Work

[Sarah Metcalfe](#) – founder and Chief Happiness Officer at Happy Coffee Consulting and co-leader of Woohoo Unlimited – explains why happiness at work is a serious topic that underpins wellbeing, psychological safety and bringing your whole self to work.

[Listen for free](#)

Is your sexual harassment training legally defensible?

For L&D leaders, the risk isn't just whether training exists - it's whether their current programme would stand up to scrutiny from regulators, tribunals or senior leadership asking difficult questions.

We've created a [free, three-minute sexual harassment training audit](#) to help you understand whether your current approach would hold up - not just on paper, but in practice too.

[Take the audit](#)

EXCEPTIONAL



4.8 OUT OF 5

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