



Menopause Friendly

W O R K P L A C E T R A I N I N G
A N D A C C R E D I T A T I O N

MEMBERSHIP | ACCREDITATION | TRAINING



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ABOUT US



THE LEADING PROVIDERS OF MENOPAUSE WORKPLACE SERVICES

It all started in 2013. Deborah Garlick launched henpicked.net to give women a place to have their say, sparking discussion, promoting healthy debate and bring about positive change.

We see topics that are important to our subscribers. Starting in 2017 there was a lot of discussion about menopause. So we launched the [Henpicked Menopause Hub](#): a free resource for individuals.

We also partnered with thousands of organisations through [The Menopause Friendly Accreditation](#) to support them in becoming menopause friendly, so those experiencing menopause can continue to thrive at work.

Since then, hundreds of leading employers have taken action and the world has taken notice. In 2024, [The New York Times](#) cited UK best practice led by menopause friendly, and we've launched [Menopause Friendly Australia](#), [Menopause Friendly US](#), delivered training across the globe in several languages and launched [Menstruation Friendly](#).

“Once we started on this journey at [HSBC UK](#), we were overwhelmed by the speed we were able to move at to become a menopause friendly organisation and the impact this has had on so many lives.”

-ANN BELL- HSBC UK

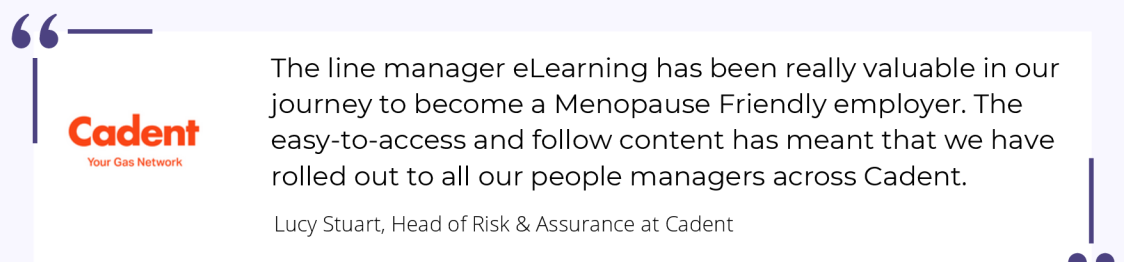
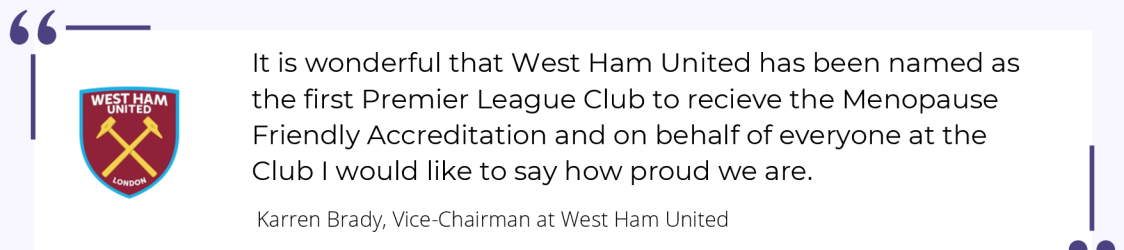
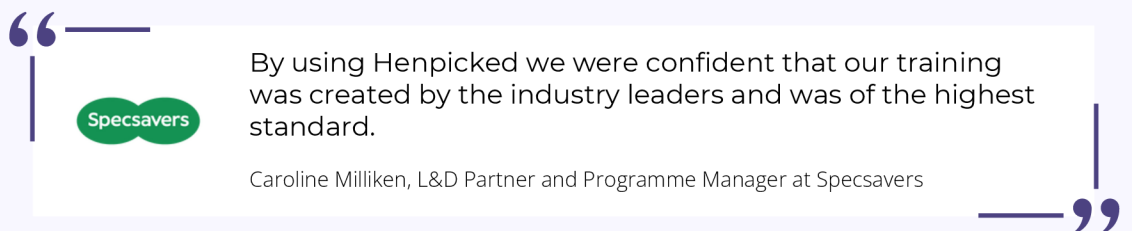
“I consider The Menopause Friendly Accreditation the mark of excellence for menopause at work”

The Rt Hon Caroline Nokes MP –
Chair of the Women and Equalities Committee



Tried, tested and *trusted*

providing menopause and menstruation workplace services to thousands of leading employers, including...





THE LEADING PROVIDERS OF MENOPAUSE WORKPLACE SERVICES, GLOBALLY

The UK has led the way in creating menopause friendly workplaces, and the world is taking notice.

Our CPD-accredited Menopause workplace training has been delivered across Europe, Asia, The US and Australia and is available in over X languages. Our industry-recognised Menopause Friendly Accreditation and Membership is available through:



**Menopause
Friendly UK >**



**Menopause
Friendly Australia >**



**Menopause
Friendly US >**

AS SEEN IN...



The New York Times

Daily Mail



The Guardian

The Telegraph

THE SUNDAY TIMES

HR

TRB
THE RETAIL BULLETIN

employee
benefits

Employer News

PM
People Management

HRD
theHRDIRECTOR

PRWeek



MENOPAUSE FRIENDLY | CUSTOMER BROCHURE 2025

www.menopausefriendly.co.uk | ©T4W Henpicked



CHARITY AND RESEARCH

We're passionate about changing the lived experience of those going through menopause: both in and out of work.

Through the annual **Menopause Friendly Employer Awards** and other initiatives, with thanks to our sponsors **we've raised over £150,000.**



MENOPAUSE AND AUTISM RESEARCH

We're fully funding a 3-year research project into menopause and autism. [Learn more >](#)



daisy network

SUPPORTING THOSE IMPACTED BY EARLY MENOPAUSE

Our donations to Daisy Network support those impacted by Early Menopause or POI (Premature Ovarian Insufficiency). [Learn more >](#)



MENOPAUSE AND CANCER

A £16,000 donation to Menopause and Cancer, uniting people needing help and support with a community of experts. [Learn more >](#)



MENOPAUSE AT WORK

KEY FACTS



75% experience symptoms.¹ For 25%, symptoms are severe ²



67 %

experience loss of confidence ³



18 %
of the average UK workforce
is menopausal ⁴



1 in 6

consider *leaving work* due to symptoms ⁵

46%

do not disclose symptoms due
to fear of negative perception ⁶

70%

experience stress as a result
of menopause ⁷



of workers say that wellbeing programmes are a must.⁸

There's a 147% increase in job posts mentioning
"wellbeing".⁹

SOURCES:

1, 2 - xxxxxxxxx, 3, 7 - Women and Equalities Committee, Fourth Special Report of Session (2021–22), 4 - UK Parliament House of Commons Library - Employment - National: Key economic indicators (2023): 33m/5.87m, 5 - Shattering the Silence about Menopause: 12-Month Progress Report (2024), 6 - Standard Chartered Menopause in the Workplace Impact report (2021), 8 - MetLife (2022), 9 - LinkedIn Talent Trends (2022),



MENOPAUSE AT WORK BUSINESS CASE

AT A GLANCE

Most employers start the journey to be menopause friendly because it helps them be a great place to work.

But in today's cost of living crisis, understanding how providing the right menopause awareness, education and support contributes to a financial business case, and the bottom line is important.

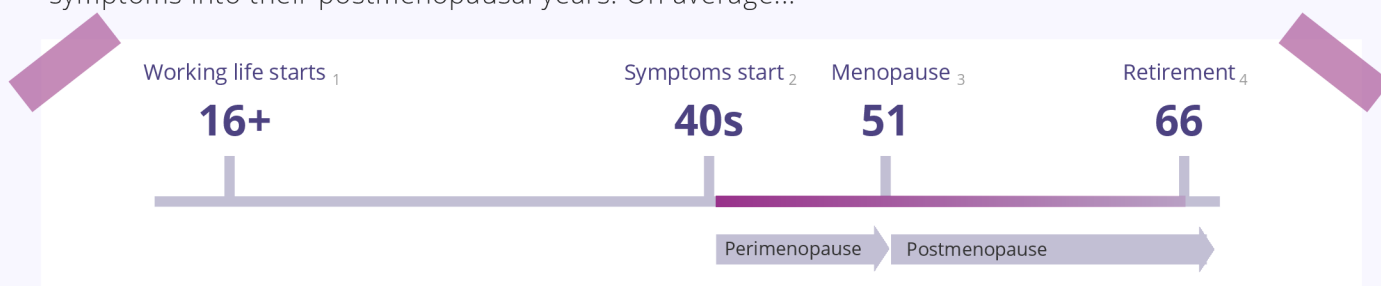
BENEFITS

- Increased employee retention
- Reduced absenteeism
- Improved productivity
- Gender equity
- Enhanced employee engagement
- Recruitment and retention
- Reduced legal risk

THE SCALE OF THE ISSUE

Everyone is unique

The length of time a person experiences symptoms varies between individuals, but some report symptoms into their postmenopausal years. On average...



MENOPAUSAL WOMEN ARE THE FASTEST-GROWING WORKPLACE DEMOGRAPHIC

18% of the average workforce is menopausal. In fact, those experiencing menopause are the fastest-growing working demographic.

This figure varies by industry and can be even more significant for workforces with a large female participation, including:

- Health and social work
- Wholesale and retail
- Education
- Professional, scientific and technical

33m⁵

people employed in the UK

5.87m⁶

of those are experiencing menopause

18%⁷

of the UK workforce is menopausal

Sources: **1.** Child employment - Gov.UK, **2.** MayoClinic- Perimenopause (2023), **3.** NHS Inform (2022), **4.** State Pension Review - Gov.UK (2023), **5.** UK Parliament House of Commons Library - Employment - National: Key economic indicators (2023), **6.** Office for National Statistics **7.** Calculation: 33m/5.87m, **8.** UK Parliament House of Commons Library - Women and the UK Economy (2023)

75%¹⁷
experience poor
concentration

70%¹⁸
experience
stress

67%¹⁹
experience loss of
confidence

IMPROVED PRODUCTIVITY

Give people the confidence to ask for the support they need

Menopause can cause psychological symptoms for many including poor concentration, stress, and loss of confidence.

Workplace support and accommodations like access to cool environments, flexible work hours and access to resources for managing symptoms, can mitigate these challenges, leading to improved productivity and performance.

But people need to feel confident to disclose their symptoms in order to ask for the support they need. Alarming, 46% of people do not disclose their symptoms because they're worried it will be perceived negatively:²⁰ 41% of people even worry their abilities will be called into question.²¹ Creating an environment free from taboo provides those experiencing menopause to speak up and ask for the support they need to be at their best.

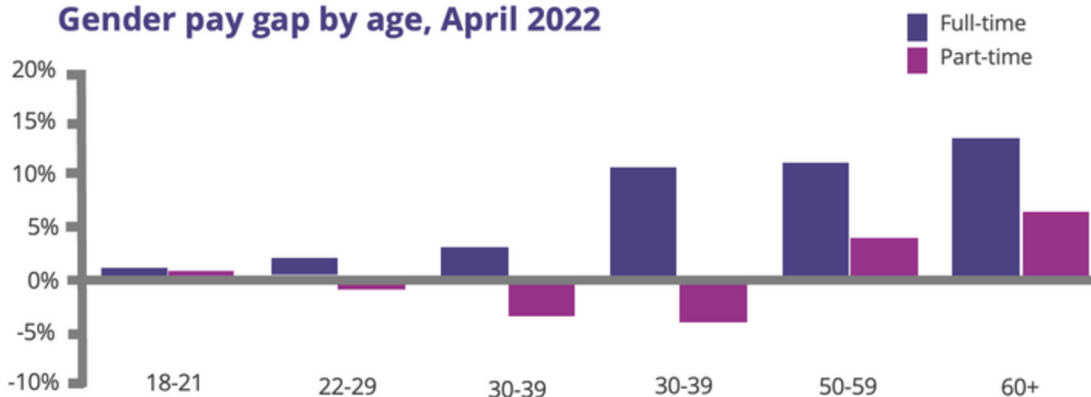
GENDER EQUITY

The gender pay gap widens with age

When you consider symptoms like loss of confidence and stress, it is not surprising to learn that 14% of people going through menopause go part-time²² and 8% do not apply for promotion.²³ This may contribute toward gender pay gap, which widens significantly with age.

Giving those experiencing menopause the confidence to speak up, and providing them support and adjustments they need helps women continue to thrive at work.

Gender pay gap by age, April 2022



Source: ONS, Annual Survey of Hours and Earnings (2021)

Sources: **17, 18, 19.** Women and Equalities Committee, Fourth Special Report of Session (2021–22) **20, 21.** Standard Chartered Menopause in the Workplace Impact report (2021), **22, 23.** Fawcett Society Report (2022) **23.** ONS, Annual Survey of Hours and Earnings (2021)



ENHANCED EMPLOYEE ENGAGEMENT

Menopause friendly practices fosters inclusivity

When employees feel valued and supported, they are more likely to be engaged and motivated in their work.

Menopause-friendly practices can contribute to a positive workplace culture and fosters inclusivity. Engaged employees tend to be more productive, innovative, and committed to their organisation's success.

“

As a man and a manager, menopause awareness should be mandatory for all people managers. I was completely uneducated before, now I have enough understanding to have conversations with my team

“

If it weren't for these sessions on menopause, **I'd have left my job**

“

This has made me feel quite emotional. There was so much going on both mentally and physically that made me feel like I was failing. **I feel so reassured.**

ATTRACTING EXPERIENCED TALENT

Wellbeing is at centre stage for workers

With today's labour shortages, retaining and attracting experienced talent is more important than ever before. 50% of employers have hard-to-fill vacancies and 36% of HR leaders say their sourcing strategies are insufficient for finding the skills they need.²⁵

In the wake of Covid-19, people have been re-evaluating what they want from work and their employers. There's been a huge increase in job postings mentioning wellbeing, and women are 41% more likely to engage with wellbeing posts.²⁸

Considering that menopausal women are the fastest-growing workplace demographic, menopause is an increasingly important pillar in an employer's wellbeing strategy as Gen X and even millennials reach this stage of life. We're already seeing examples of applicants choosing employers that are menopause friendly.

50%²⁵

of employers have hard-to-fill vacancies

52%²⁶

of workers say wellbeing programmes are a must-have

147%²⁷

increase in job posts mentioning wellbeing

CHECKLIST



How menopause friendly is your organisation?

There are more people experiencing menopause at work than ever before. It's important that all employers put the right awareness, education and support in place. This quick checklist highlights the best practice elements to think about:



Is it clear how your organisation supports menopause at work?	It's not law to have a menopause policy but it's best practice to have accessible and well publicised information:	
	Do you have either a menopause policy or guidance document, or is menopause included in another policy?	
	Have you reviewed your existing policies to ensure they include menopause e.g. flexible working, absence and sickness?	
Do you have a culture where menopause can be talked about openly?	Talking about menopause openly supports an inclusive, diverse culture focused on equality, health, safety and performance. Do you:	
	Have information about menopause on your intranet or other communications channels such as staff magazines?	
	Have colleague networks or a menopause network where employees can discuss menopause, either in person or online?	
	Promote menopause awareness in campaigns like National Women's Health Week (May) or World Menopause Day (Oct), or include menopause in your own wellbeing campaigns?	
	Have menopause awareness and education sessions for colleagues?	
Do your managers and support teams have the right knowledge and skills to talk about menopause?	It's important that managers, HR and Occupational Health teams know:	
	What menopause is, its symptoms and how they can affect someone at work.	
	What changes or reasonable adjustments help	
	Your organisation's approach to supporting menopause at work.	
	How to have a supportive conversation about menopause.	
Do you provide access to occupational health support?	Do your employees have access to occupational health support either directly or by referral?	
	Do you have an Employee Assistance Programme which supports menopause in the workplace?	
	Are they trained on menopause, how it can affect someone at work and how to help?	
Do your employees wear uniforms or have a dress code?	If a uniform or dress code is needed at work:	
	Can they be adapted to manage hot flushes or cold sweats e.g. layering?	
	Can extra garments be ordered if needed?	
	Do you think about the fabric and fit when redesigning or updating new uniforms?	
Do your workplace facilities support those experiencing menopause symptoms?	The work environment can sometimes make symptoms worse:	
	Is it possible to adjust workplace temperature or provide desk fans?	
	Is there access to cold drinking water, washroom facilities and toilets in all workplace situations, including off site?	
	Could those who need to stand for a long period of time or are customer facing take an extra break or sit down?	



THE MENOPAUSE FRIENDLY **ACCREDITATION**

Achieving The Menopause Friendly Accreditation demonstrates you're a great place to work for those experiencing menopause.

Menopause Friendly workplace standards are defined and governed by the **Independent Panel of experts** with the aim of sustainable and tangible change.

They review all applications for The Menopause Friendly Accreditation and provide detail feedback whatever the outcome.

Start your journey by joining Menopause Friendly membership.



The Menopause Friendly Accreditation is the industry-recognised **mark of excellence** for menopause at work.

HOW TO GET ACCREDITED

STEP 1: COMMIT

By joining the Menopause Friendly membership right for your organisation. Share your commitment internally and externally with your ready-made asset pack.

STEP 2: MAKE CHANGE

Make use of genuinely helpful resources including monthly webinars on accreditation pillars, masterclasses, engagement kits, policy libraries and more.

STEP 3: APPLY

When you're ready, apply for accreditation. The expert independent panel reviews all applications and provides detailed feedback whatever the outcome.

STEP 4: CELEBRATE

When you achieve accreditation you've a lot to celebrate. You're one of the leading employers changing the lived experience of those who menstruate now and for generations to come.

STEP 5: SUSTAIN

You'll need to re-apply every 3 years to maintain your accreditation. Your membership provides regular engagement kits to make it easy to keep the conversation going.



MENOPAUSE FRIENDLY MEMBERSHIP PACKAGES

Menopause Friendly Membership provides access to apply for The Menopause Friendly Accreditation and genuinely helpful resources to help you get there.

WHAT LEVEL OF SUPPORT DOES YOUR ORGANISATION REQUIRE?

RECOGNITION

Display your logo on our site alongside leading employers



Committed to being Menopause Friendly asset pack



Apply for The Menopause Friendly Accreditation



GUIDANCE AND SUPPORT

Guidance on what it means to be a menopause friendly employer



Step-by-step guidance and support



Monthly workshops on each accreditation pillar



Monthly specialist masterclasses



On demand videos on key subjects



Case studies to support sharing of best practice



RESOURCES

Ready-to-use engagement toolkits for key events like World Menopause Day, International Women's Day and Women's Health Week



Sample surveys, communications and training plans



Access to our unique library of policies and guidance documents



Resources to support your Menopause Champions



COMMUNITY AND EVENTS

Invitation to special events, including annual awards ceremony



Invitation to educational events



Invitation to our private LinkedIn community





MENOPAUSE FRIENDLY

MEMBERSHIP PRICING

Every organisation is different, so we offer a range of membership packages to suit the size of your business, and the level of support you require on your journey.

DISCOUNTED PRICES FOR SMALL ORGANISATIONS, NHS, CHARITIES AND PUBLIC SECTOR

It's our mission for **all** employers to be menopause friendly, so we offer discounted rates for small organisations, the NHS, charities and public sector.

WHEN YOU GAIN ACCREDITATION, YOUR MEMBERSHIP FEE REDUCES BY 50% OR MORE

Making it easy for you to sustain change with regular toolkits, events and more to keep the conversation going and maintain your Menopause Friendly employer status.

DISCOUNTS FOR DUAL MEMBERSHIP

Join leading employers working towards The Menstruation Friendly Accreditation. Support hormones through life in your workplace by committing to being menstruation friendly **and** menopause friendly.

You'll receive a discount of **up to 25%** by purchasing dual membership.

ALREADY A MENSTRUATION FRIENDLY MEMBER?

Please get in touch: to say thank you for the amazing things you're doing, we're offering **up to 50%** discount on Menopause Friendly membership for existing Menopause Friendly members.



MENOPAUSE FRIENDLY

WORKPLACE TRAINING

Our workplace training is tried, tested and trusted by thousands of leading organisations.

The leading provider of menopause workplace training, our training is CPD accredited meaning it's professionally designed to create the best outcomes for your business and your teams.

All training sessions are interactive and can be delivered face-to-face or in person to best suit the needs of your business.

Jump to...

FOR COLLEAGUES >

FOR PARTNERS >

FOR MANAGERS/LEADERS >

> FOR HR/ OCCUPATIONAL HEALTH >

FOR CHAMPIONS/ADVOCATES >

EXPERT MASTERCLASSES >

ELEARNING >

TRAINING VIDEOS >





MENOPAUSE ELEARNING

ELEARNING MODULES

eLearning is a great way to enable sustainable, on-demand learning for your workforce. The courses are interactive, with summary key messages and tests to check learning.

COLLEAGUE MODULE: 20-30 MIN INTERACTIVE COURSE

- **Module 1** - met, consectetur adipiscing elit, sed do laborum elit, sed do laborum
- **Module 2** - met, consectetur adipiscing elit, sed do laborum elit, sed do laborum
- **Module 3** - met, consectetur adipiscing elit, sed do laborum elit, sed do laborum

MANAGER MODULE: 20-30 MIN INTERACTIVE COURSE

- **Module 1** - met, consectetur adipiscing elit, sed do laborum elit, sed do laborum
- **Module 2** - met, consectetur adipiscing elit, sed do laborum elit, sed do laborum
- **Module 3** - met, consectetur adipiscing elit, sed do laborum elit, sed do laborum

Modules are available as LMS (Learning Management System) Ready or on link by license >



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NAME, TITLE AT COMPANY NAME

A photograph showing a group of people in an office environment. In the foreground, a person with curly hair and glasses is seated at a desk, looking at a computer monitor. Another person's arm is visible, also working at the desk. In the background, another person is partially visible. The office has a modern feel with white desks and various office supplies.

MENOPAUSE ELEARNING

LMS-READY

Licensed for unlimited usage within your organisation and supplied as SCORM 1.2 standard and tested on an external Moodle Learning Management System.

An existing Learning Management System is required for e-learning. Technical support prior to and during installation is available as standard practice.

BRANDING OPTIONS

- Henpicked off-the-shelf branding
- Henpicked off-the-shelf branding + 2 slides
- Your brand colours and logo
- Your brand colours, logo, text and images

BY LICENSE

Menopause eLearning accessed online with no LMS required: assign learning and report on progress, and award certificates with 1-year validity on successful completion.

LICENCE PACKAGES

- 5 licences
- 25 licences
- 50 licenses
- 50+ licences



MENOPAUSE ELEARNING

MENOPAUSE IN MINUTES VIDEO

6 MINUTE VIDEO | UNLIMITED USAGE WITHIN YOUR ORGANISATION

This is incredibly popular because it sits on intranets and can be used in ongoing training.

LEARNING OUTCOMES

- Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do laborum elit, sed do laborum
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BRANDING OPTIONS

- Henpicked off-the-shelf branding
- Your organisation logo and brand-colour surround

VOICE OPTIONS

- Mixed voices
- Female only voice
- Male only voice

This video includes subtitles. You can download as many size and format versions as you like.

These videos have rave reviews in organisations and actually went viral in one, making it their most popular post on their intranet for the year.

TRAINING FOR COLLEAGUES

MENOPAUSE AWARENESS

1 - 2HR | WEBINAR OR FACE TO FACE | UP TO 40 DELEGATES

Research suggests that less than half of women, and less than 30% of men, feel adequately informed about menopause and how to support their colleagues. This course is designed to educate employees, of all ages and genders, on menopause awareness and provide support both in and out of the office.

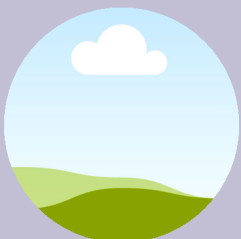
LEARNING OUTCOMES

Understanding: Your colleagues will gain a real understanding of menopause, recognising and understanding symptoms and ways of managing them or supporting people

Awareness: Create true awareness across your organisation


RESOURCES INCLUDED

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NAME, TITLE AT COMPANY NAME

A close-up photograph of a man with a beard and short dark hair, smiling warmly. He is wearing a light-colored shirt and a grey jacket. He is holding a white mug with both hands. A woman with blonde hair, wearing a blue blazer, is partially visible behind him, also smiling.

TRAINING FOR PARTNERS

MENOPAUSE AWARENESS

1 - 2HR | WEBINAR OR FACE TO FACE | UP TO 40 DELEGATES

E.G., ideal for PARTNERS OF THOSE supporting someone with menopause, male allyship, etc etc?

LEARNING OUTCOMES

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RESOURCES INCLUDED

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NAME, TITLE AT COMPANY NAME



TRAINING FOR MANAGERS AND LEADERS

MENOPAUSE AWARENESS

1 - 2HR | WEBINAR OR FACE TO FACE | UP TO 40 DELEGATES

E.G., ideal for starting the conversation about menstruation in your organisation.

LEARNING OUTCOMES

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RESOURCES INCLUDED

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NAME, TITLE AT COMPANY NAME



TRAINING FOR MANAGERS AND LEADERS

MENOPAUSE WORKSHOP

1 - 2HR | WEBINAR OR FACE TO FACE | UP TO 40 DELEGATES

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LEARNING OUTCOMES

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RESOURCES INCLUDED

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NAME, TITLE AT COMPANY NAME



TRAINING FOR HR AND
OCCUPATIONAL HEALTH

MENOPAUSE AWARENESS

1 - 2HR | WEBINAR OR FACE TO FACE | UP TO 40 DELEGATES

E.G., ideal for starting the conversation about menstruation in your organisation.

LEARNING OUTCOMES

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NAME, TITLE AT COMPANY NAME



TRAINING FOR HR AND
OCCUPATIONAL HEALTH

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E.g., more in depth than awareness session [focus on diff between this and awareness)

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RESOURCES INCLUDED

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NAME, TITLE AT COMPANY NAME

TRAINING FOR CHAMPIONS

MENOPAUSE CHAMPION SESSION

1 - 2HR | WEBINAR OR FACE TO FACE | UP TO 40 DELEGATES

E.G., ideal for starting the conversation about menstruation in your organisation.

LEARNING OUTCOMES

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RESOURCES INCLUDED

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NAME, TITLE AT COMPANY NAME

TRAINING FOR ADVOCATES

MENOPAUSE ADVOCATE PROGRAMME

1 - 2HR | WEBINAR OR FACE TO FACE | UP TO 40 DELEGATES

Ideal for XYZ. Available for just your organisation, with delegate top-up available or join a multi-org session if you've fewer delegates.

LEARNING OUTCOMES

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NAME, TITLE AT COMPANY NAME

TRAINING FOR ADVOCATES

MENOPAUSE SUPPORT GROUP

1 - 2HR | WEBINAR OR FACE TO FACE | UP TO 40 DELEGATES

E.G., ideal for advocate sessions, collection of x, y, z sessions to suit your needs. Great for keeping momentum and ongoing support for advocates.

LEARNING OUTCOMES

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

MENSTRUATION AND MENOPAUSE

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Detail on expert-led & who that is, opportunity for henpicked, opportunity for questions, deepen knowledge etc.

LEARNING OUTCOMES

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

A TO Zs: MENOPAUSE AND SLEEP

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

LEARNING OUTCOMES

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NAME, TITLE AT COMPANY NAME



MENOPAUSE MASTERCLASS

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1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

ANDROPAUSE AND MEN'S MIDLIFE HEALTH

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

LEARNING OUTCOMES

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NAME, TITLE AT COMPANY NAME



MENOPAUSE MASTERCLASS

BOOST YOUR ENERGY, STOP FEELING TIRED

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

LEARNING OUTCOMES

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NAME, TITLE AT COMPANY NAME



MENOPAUSE MASTERCLASS

HORMONES THROUGH MIDLIFE

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

HRT (HORMONE REPLACEMENT THERAPY)

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

MALE ALLYSHIP

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

MENOPAUSE, MOVEMENT AND EXERCISE

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

MENOPAUSE AND MINDSET

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

MENOPAUSE MINDSET WORKSHOP

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

NEURODIVERSITY AND MENOPAUSE

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

NUTRITION AND MENOPAUSE

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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NAME, TITLE AT COMPANY NAME

MENOPAUSE MASTERCLASS

POI AND EARLY MENOPAUSE

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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MENOPAUSE MASTERCLASS

TIME FOR AN INCLUSIVE CONVERSATION

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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MENOPAUSE MASTERCLASS

HRT: WHAT'S THE ALTERNATIVE?

1 - 2HR | WEBINAR ONLY | UP TO 40 DELEGATES

Stat about adenomyosis. detail on expert-led & who that is, opportunity for questions, deepen knowledge etc.

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MENSTRUATION FRIENDLY

In XXX, the CIPD estimated that 1 in X organisations had a menopause policy or guidance document in place. Today, this stands at XXXX.

"I don't talk as openly about periods as I do about the menopause, but people never talked about that much and as openly until a few years ago."

- [HENPICKED.NET SUBSCRIBER](#)

LET'S BREAK THE MENSTRUATION TABOO

It's time to open the conversation on menstruation and menstrual health, so everyone feels supported. and can contonute to thrive at work: now and for generations to come.



Join leading employers...

Learn more about Menstruation Friendly training and accreditation >

