

ADVOCATE/TRAIN THE TRAINER

Menstruation and Menstrual Health

**RECOMMENDED LENGTH:
2 X 3H SESSIONS ONLINE
OR 6H IN PERSON**

WHO IS THIS COURSE FOR:

Advocates and trainers who will be involved in rolling out a menstruation and menstrual health awareness programme.

The aim of this programme is to enable you to understand about menstruation and menstrual health, what challenges people may experience and think about the different ways of supporting people and signposting resources to enable colleagues to get the support they need and make informed choices about managing their own menstrual health.

Participants will also gain practical skills and resources in how to run workshops and support groups and provide peer support, along with planning for raising awareness across your organisation.

RESOURCES INCLUDED:

- Slide deck for a 30-minute colleague session
- Slide deck for a 30-minute line manager session
- 'Menstruation in Minutes' video
- Posters/leaflet samples
- Menstruation and Menstrual Health Information Pack for colleagues
- Manager Information Pack

THIS INTERACTIVE PROGRAMME COVERS:

Part 1 - Knowledge and information

- Why we're talking about menstruation and menstrual health at work
- How to get the right support
- The reasons why we need to support menstruation and menstrual health in the workplace, the key information managers need to understand, employment law and reasonable adjustments, and how to have a supportive conversation
- We will include interactive discussions on reasonable adjustments and supportive conversations
- We will share useful resources so that you leave this session feeling confident in your knowledge of menstruation and menstrual health

Part 2 - Putting it all together

- The key elements to consider in your role as an advocate
- The opportunity to apply your advocate skills to common workplace scenarios
- How to approach the delivery of a colleague and a line manager session using the Menstruation in Minutes video so you leave this session with confidence
- Planning how you will deliver content and cascade awareness in your organisation to take this forward

