



Menopause at work: What's changing and what this means for leaders

BESPOKE TIMINGS | UNLIMITED ATTENDEES

We support senior leaders to understand why menopause matters at an organisational level and the role leadership plays in creating a workplace where people can be at their best.

This session explores the changing workplace and employment law landscape, what organisations need to know and why taking a proactive approach to menopause is increasingly important. We'll look at the role of managers, why education and confidence are essential and share examples of how other organisations are approaching menopause support.

LEARNING OUTCOMES

Understanding: Build senior leaders' understanding of menopause, its potential impact at work and why it is an important workplace and business consideration.

Leadership: Understand the important role senior leaders play in setting expectations, creating the right culture and ensuring managers have the knowledge and confidence to support their teams.

Action: Explore what good practice looks like, what other organisations are doing and how a structured Menopause Friendly approach can support organisational priorities and progress.

Key for this group is ensuring that the delivery of training is quick, impactful in providing facts surrounding menopause at work and what the changes in legislation mean for organisations. This session can be a short 20 minutes as part of a board/exec meeting or can be a more in-depth 1 hour session. The content can include what you're doing to become Menopause Friendly and how this aligns with your organisation objectives.

"Thanks for this incredible session. I feel proud to work in a company that not only understands the importance of this topic but also takes action to help and support."