



MENOPAUSE MASTERCLASS

Cognitive Impact of Menopause

1HR | UNLIMITED ATTENDEES

Brain fog is one of the most common – and most frustrating – symptoms of perimenopause and menopause. It can affect memory, concentration, word-finding, decision-making and confidence, often at a time when those experiencing it are at the peak of their professional and personal responsibilities.

This masterclass provides a practical, evidence-based exploration of why brain fog occurs during perimenopause and menopause and crucially, what can be done to manage it effectively. Participants will gain reassurance, clarity and actionable strategies to support cognitive function, wellbeing and performance at work and beyond.

Delivered by Henpicked: Menopause in the Workplace this interactive and informative workshop will support participants to leave feeling informed, validated and empowered, with practical tools they can apply immediately. As well as confidence in knowing they are not alone – and that there are many effective ways to reduce brain fog and the cognitive impact of menopause.

This session will cover:

- why brain fog occurs during perimenopause and menopause and the hormones at play
- the impact on work, confidence and wellbeing
- practical lifestyle, workplace and mindset strategies to cope effectively
- signposting to access further support and resources

