

MENOPAUSE FRIENDLY

MENOPAUSE ACTION PLAN TOOLKIT

A PRACTICAL, CREDIBLE WAY TO PREPARE WITH CONFIDENCE

Organisations are now expected not just to support menopause at work, but to demonstrate clearly what they are doing, why it matters and how progress will be reviewed.

Our Menopause Action Plan Toolkit is designed to help you do exactly that — with clarity, credibility and confidence.

THE TOOLKIT INCLUDES

- Organisation guide to Action Plans
- An Action Plan Audit checklist
- A draft planning template for gathering evidence
- An example Menopause Action Plan
- Resources to help review or establish a training programme that works in your organisation
- Guidance on reviewing or creating a menopause policy or guidance
- Guide to workplace adjustments
- Risk Assessment example



This toolkit will be a “live” toolkit. As examples are shared and more guidance/insight is provided, these will be uploaded into the toolkit. This means you can be confident in always being up-to-date.

“It’s not about special treatment for women – it’s about giving women the support they need to continue thriving in their careers.”

Rt Hon Carolyn Harris MP