

CHAMPION WORKSHOP: MENOPAUSE, MENSTRUATION AND MENSTRUAL HEALTH IN THE WORKPLACE

**RECOMMENDED LENGTH:
3H ONLINE OR IN PERSON**

WHO THIS COURSE IS FOR:

This session focuses on the role of the Menopause/Menstruation Champion in supporting menopause, menstruation and menstrual health at work. This could be for Hormone Health Champions, Mental Health First Aiders, Wellbeing Champions or others in a similar role.

Taking time to understand the key facts about menopause, menstruation and menstrual health, participants will also gain skills in how to spot signs of someone struggling with symptoms, understand the potential impact on their work and build confidence to have supportive conversations when needed.

Focusing first on menstruation and menstrual and leading into menopause, this session will equip champions with everything they need to know to support people in their workplace.

RESOURCES INCLUDED:

- Menstruation and Menstrual Health Information Pack
- Managing Your Menopause Pack
- Champion Information Pack
- Feedback/suggestions for support from your attendees

LEARNER OUTCOMES:

- Understanding why we need to be talking about menopause, menstruation and menstrual health, especially in the workplace
- Recognising and understanding a "typical" menstrual cycle, its associated symptoms and the impact they may have, especially at work
- An awareness of the different hormonal conditions that could be impacting at work including: endometriosis, adenomyosis, PCOS, fibroids and PMDD
- Knowing what menopause is, why it happens and when it may happen
- Recognising and understanding menopause symptoms and the impact they may have at work
- Exploring different approaches to managing symptoms and where to access relevant information
- Gaining practical skills in how to spot signs of someone struggling with symptoms and build confidence to have supportive conversations when needed.
- Discussing how you can help open up the conversation around menopause and menstrual health within your workplace and how the organisation can offer further support

