

# HR WORKSHOP: MENOPAUSE, MENSTRUATION AND MENSTRUAL HEALTH IN THE WORKPLACE

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

## **WHO THIS COURSE IS FOR:**

The aim of this workshop is to provide HR and OH teams with everything they need to know about menopause, menstruation and appreciate the associated health conditions and symptoms that may be affecting people at work.

Focusing first on menstruation and menstrual and leading into menopause, this session will provide HR and OH teams with everything they need to know about menopause, menstruation and appreciate the associated health conditions and symptoms that may be affecting people at work.

We also consider how this impacts on other policies and the important role HR and OH can play in supporting colleagues and managers.

## **RESOURCES INCLUDED:**

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

## **LEARNER OUTCOMES:**

- Understanding the compelling reasons why organisations need to support menopause and menstruation in the workplace
- Understanding a "typical" menstrual cycle and associated symptoms
- Gaining an awareness of the different menstrual health 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
- Understanding your responsibilities in supporting both colleagues and managers around menopause and menstruation at work and workplace adjustments that might support someone experiencing symptoms
- Being confident in having supportive conversations with colleagues and managers around menopause and menstrual health
- Learning about specific support available through your organisation
- A chance to practise conversations and explore different scenarios

