

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

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

WHO THIS COURSE IS FOR:

All managers and leaders, ensuring they have the knowledge, skills and confidence to support colleagues around menopause, menstruation and menstrual health.

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 managers and leaders with everything they need to know to support their teams.

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 manager responsibilities in supporting menopause and menstruation at work and workplace adjustments that might support someone experiencing symptoms
- Being confident in having supportive conversations with colleagues around menopause and menstrual health
- Learning about specific support available through your organisation
- A chance to practise conversations and explore different scenarios

