



# TRAIN THE TRAINER MENOPAUSE ADVOCATE PROGRAMME

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6H OR 2 X 3H | ONLINE OR FACE-TO-FACE | UP TO 20 DELEGATES

The menopause advocates/train the trainer programme is designed to empower individuals within an organisation to become knowledgeable and effective advocates for menopause awareness and support. The programme equips participants with the skills and resources needed to advocate for menopause awareness, run internal training sessions and provide support and resources around menopause.

## LEARNING OUTCOMES

- **Advocate for menopause awareness:** Participants learn to promote understanding and awareness of menopause across the organisation, playing an important role in creating a supportive and inclusive workplace culture.
- **Training:** The programme provides participants with the tools and confidence to run short, informative training sessions for colleagues and managers. These sessions aim to educate others about menopause, its symptoms, and effective management strategies.
- **Provide support:** Advocates are trained to offer practical support to employees experiencing menopause. They learn how to signpost relevant resources, facilitate open conversations, and help colleagues access the support they need.

**Single and multi-organisation options available.**



“By using Henpicked we were confident that our training was created by the industry leaders and was of the highest standard.”

**CAROLINE MILLIKEN, L&D PARTNER AND  
PROGRAMME MANAGER AT SPECSAVERS**



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## THIS INTERACTIVE PROGRAMME INCLUDES

- Why we're talking about menopause now, what it is, its symptoms and ways of managing them
- How to get the right support
- The key menopause information managers need to understand, employment law and reasonable adjustments, and how to have a supportive conversation
- The key elements to consider in your role as an advocate
- The opportunity to apply your advocate skills to common workplace scenarios
- How to approach the delivery of a colleague and a line manager session using the Menopause in Minutes video so you leave this session with confidence
- Planning how you will deliver content and cascade awareness in your organisation to take this forward

## RESOURCES INCLUDED

- Slide deck for a 30-minute colleague session
- Slide deck for a 30-minute line manager session
- 'Menopause in minutes' video
- Posters/leaflet samples
- Managing your menopause Information pack for colleagues
- Manager information pack

All available in your company branding

"This training was fantastic, and I feel prepared to deliver this content in my organisation. I'm looking forward to supporting my colleagues."