



MENOPAUSE CHAMPION WORKSHOP

2H30 ONLINE | 3H FACE-TO-FACE | UP TO 30 DELEGATES

This workshop aims to train selected employees to become menopause champions. These champions are equipped with knowledge and skills to support colleagues experiencing menopause, promote awareness, and foster an inclusive workplace culture. The workshop helps create a network of support, ensuring employees feel understood and valued, while also contributing to overall employee well-being and productivity.

LEARNING OUTCOMES

Understanding: Your champions will gain an understanding of the importance of discussing menopause at work, the key facts of menopause and how this could have an impact at work.

Providing support: Exploring different approaches to managing menopause and where to signpost factual information. Helping someone get the support they need.

Practical skills: Champions explore together real-life workplace scenarios supporting both colleagues and managers around menopause at work.

RESOURCES INCLUDED

- Champion information pack
- Managing your menopause workbook
- Feedback/suggestions for support from your attendees

“Incredibly informative. Enjoyed the different format, breakouts, polls and Q&A. The workplace scenarios were excellent to discuss too.”