



MENOPAUSE AWARENESS FOR COLLEAGUES

1H30 ONLINE | 2H FACE-TO-FACE | UNLIMITED ATTENDEES

This awareness session aims to foster a supportive and inclusive workplace by raising awareness about menopause, creating understanding, and encouraging open conversations.

By addressing menopause openly, we can ensure that all employees feel valued and supported during this significant life stage.

LEARNING OUTCOMES

Understanding: Your colleagues will gain understanding about what menopause is, the possible symptoms of menopause and their impact, particularly in the workplace, as well as different approaches to managing and supporting menopause and where to access reliable information.

Awareness: Create true awareness across your organisation, highlighting the importance of discussing menopause in the workplace.

Encourage conversations: Promote open dialogue about menopause to reduce stigma and foster a supportive environment.

RESOURCES INCLUDED

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

“Really insightful, easy to understand advice. Felt a shift from feeling embarrassed, hushed and confused to being empowered and fabulous.”