



MENOPAUSE AWARENESS FOR HR AND PEOPLE TEAMS

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

The aim of this session is to provide HR teams with everything they need to understand about the menopause and how this may be affecting people at work; enabling HR teams to provide support for both colleagues and managers. Fostering a supportive and inclusive workplace by encouraging positive conversations about menopause.

LEARNING OUTCOMES

Education: Educate HR teams about what menopause is, why it happens, and when it typically occurs, highlighting the importance of understanding menopause to provide better support.

Awareness: Recognising and understanding possible menopause symptoms and the impact they may have. Exploring different approaches to managing menopause and where to signpost factual information.

Policies and practices: Your HR teams will understand the roles and responsibilities in supporting menopause at work and what workplace adjustments may be supportive.

RESOURCES INCLUDED

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

“Thank you so much for just how inclusive this was - it was so great to see how naturally trans & non-binary inclusion can be woven into this topic without taking away from any of the other points.”