



MENOPAUSE WORKSHOP FOR HR AND PEOPLE TEAMS

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

As well as providing HR and people teams with everything they need to understand about the menopause and how this may be affecting people at work, this workshop dives deeper, allowing HR teams to explore real-life workplace scenarios and provides a safe space to practise supportive conversations with both colleagues and managers.

LEARNING OUTCOMES

Education: Educate HR teams about the key facts of menopause, highlighting the importance of this understanding 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 have the safe space to practise supportive conversations and explore real-life workplace scenarios as well as consider how support interacts with other policies and practices across your organisation.

RESOURCES INCLUDED

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

“What an excellent and knowledgeable facilitator. A really great session. All of the scenarios we brainstormed were very relevant.”