



MENOPAUSE AWARENESS FOR PEOPLE MANAGERS

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

The aim of this session is to provide managers and leaders with everything they need to understand about the menopause, what changes happen and symptoms that may be affecting people at work, so you can signpost information and know how to support someone experiencing menopause symptoms.

LEARNING OUTCOMES

Education: Educate managers and leaders 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.

Building confidence: Your managers will feel confident in the important role they play and feel enabled to have good, supportive conversations about menopause.

RESOURCES INCLUDED

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

“Thanks for this incredible session. I feel proud to work in a company that not only understands the importance of this topic but also takes action to help and support.”