



MENOPAUSE WORKSHOP FOR PEOPLE MANAGERS

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

Providing managers and leaders with everything they need to understand about the menopause, so they can signpost information and know how to support someone experiencing menopause symptoms. This workshop dives deeper, allowing managers to explore real-life workplace scenarios and provides a safe space to practise supportive conversations.

LEARNING OUTCOMES

Education: Educate managers and leaders 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.

Building confidence: Your managers will have the safe space to practise supportive conversations and explore real-life workplace scenarios, building confidence in the important role they play.

RESOURCES INCLUDED

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

“As a man and a manager, I think every manager should attend this workshop. I now have the knowledge and confidence to know how to best support my team.”