



MENOPAUSE FRIENDLY



MENOPAUSE MASTERCLASSES



MENOPAUSE MASTERCLASSES

- **HRT and Medical Options for Managing Menopause** delivered by Specialist Menopause GPs from My Menopause Centre. 1 hour
- **Nutrition and Menopause** - lifestyle approach to managing menopause delivered by Nutritional Therapist Jackie Lynch from WellWellWell. 1 hour 15 mins
- **What's the Alternative?** - understanding additions and alternatives to HRT delivered by Specialist GPs from My Menopause Centre. 1 hour
- **POI/Early Menopause Masterclass** delivered by Specialist Menopause GPs from My Menopause Centre. 1 hour
- **(NEW) Andropause and Men's Midlife Health** delivered by Men's Health Specialist Dr Ed Rainbow from Centre for Men's Health. 1 hour
- **(NEW) Menopause and Mindset** delivered by a Coaching and Training Specialist from Henpicked: Menopause in the Workplace. 1 hour 30 mins
- **Menopause, Movement and Exercise** delivered by Exercise and Movement Trainer Sally Bolton from SB Wellbeing. 1 hour
- **How to boost your energy & stop feeling tired all the time** delivered by Nutritional Therapist Jackie Lynch from WellWellWell. 1 hour 15 mins
- **(NEW) Menopause and Cancer** delivered by Rachel Bowden, Director of Menopause and Cancer, this session explores the impact this can have on people at work and how people can gain the support they need. 1 hour
- **(NEW) Supporting Postmenopausal Health** delivered by our Menopause Friendly team following the groundbreaking research from our "Give Your Bones a Break" campaign covering all aspects of postmenopausal health. 1 hour

Menopause – time for an inclusive conversation series

- **Menopause and inclusion** - understanding the individual experiences of menopause delivered by Dr Tonye Wokoma from My Menopause Centre. 1 hour
- **Male allyship** - male allyship in action delivered by Matt Balfour, founder of Let's Go Wellbeing (can be combined with content on menstruation and menstrual health). 1 hour
- **(NEW) Understanding Neurodiversity** and the Impact of Menopause delivered by experts from The University of Bournemouth. 1 hour



MENOPAUSE MASTERCLASS

HRT (HORMONE REPLACEMENT THERAPY)

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

For those wanting to understand more about the medical approach to managing menopause.

Delivered by Henpicked: Menopause in the Workplace and a GP Menopause Specialist from My Menopause Centre this session focuses on debunking the myths, exploring the facts and the range of options available, both HRT and alternatives.

This session covers:

- HRT: the benefits and risks
- HRT: the facts and myths
- different types of HRT
- other alternatives
- top tips for talking to your GP
- questions and answers

“Very informative and insightful, covering a wide range of areas within the subject. The biggest takeaway for me was to be told that if something isn't working it is worth going back to the GP as there are other options available, and that everyone is different.”



MENOPAUSE MASTERCLASS

NUTRITION AND MENOPAUSE

1HR15 | WEBINAR ONLY | UNLIMITED ATTENDEES

For those wanting to understand how we fuel our bodies during menopause and the huge impact this can have on our symptoms, how we feel and our long-term health.

Delivered by Henpicked: Menopause in the Workplace and a Nutritional Therapist (Jackie Lynch - WellWellWell) specialising in menopause, this menopause and nutrition masterclass offers practical advice and top tips on what can help ease menopause symptoms and support long-term health.

This session covers:

- what can support your body
- things that may have a negative impact
- the small changes you can make to start feeling better and improve symptoms
- key considerations for your long-term health

“Lots of useful information. Really grateful that peri/menopause is being given this platform. It can be so isolating sometimes especially if you work in a male dominated environment.”

MENOPAUSE MASTERCLASS

HRT: WHAT'S THE ALTERNATIVE?

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

What happens if you can't or don't want to take HRT? That's a reality for lots of people because of their medical history, while others prefer a natural approach to managing their symptoms. Likewise, some who are on HRT want something to bolster their treatment.

The good news is there are a great many options whatever someone's personal menopause journey - from prescribable HRT alternatives to natural supplements.

Delivered by Henpicked: Menopause in the Workplace and a GP Menopause Specialist from My Menopause Centre, this session covers:

- recap on menopause by exploring transition stages and symptoms
- explore prescribable HRT alternatives that you can get from your GP and how they work
- explain how to navigate the often confusing world of herbal treatments and supplements
- discuss alternative options that work in conjunction with or without HRT - from herbal and non-herbal alternatives to CBT (Cognitive Behavioural Therapy) and acupuncture
- discuss the small changes to our lifestyle that can have a big, beneficial impact on our menopause health, in particular nutrition, exercise and sleep

MENOPAUSE MASTERCLASS

POI AND EARLY MENOPAUSE

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

Menopause usually happens between 45-55 years old but it can be much earlier. In fact 5% of us will experience menopause before the age of 45. Premature menopause, or premature ovarian insufficiency (POI) is defined as being menopause that happens before the age of 40.

In this interactive and informative workshop, we are joined by a Women's Health Specialist Doctor from My Menopause Centre.

This session covers:

- what premature menopause or POI is, and how many people experience it
- what causes POI?
- what the symptoms are and what it can mean for longer-term health
- how fertility can be affected
- what help and support is available

"It's so important that we recognise the different experiences of menopause and not assume what age people are. Thank you for this session and making me feel seen and heard."



MENOPAUSE MASTERCLASS

ANDROPAUSE AND MEN'S MIDLIFE HEALTH

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

The conversation around menopause has prompted a conversation around male hormonal health, in particular the role of testosterone in men's health and the impact of its decline as people age.

In this interactive and informative workshop, we are joined by Men's Health Specialist Doctor Dr Ed Rainbow from the Centre for Men's Health.

This session covers:

- why the impact of hormone changes on life and work means it's time to kickstart this conversation
- the myths around the 'male-menopause' and explain testosterone deficiency syndrome and treatments
- share the latest thinking on how to prepare for and manage male hormonal health symptoms for personal and professional life
- Q&A exploring key issues people are experiencing

"Absolutely brilliant. There was so much I learnt from this that I can use to improve my general health and wellbeing. I consider myself to be quite knowledgeable in health but this has given me so much."



MENOPAUSE MASTERCLASS

MENOPAUSE AND MINDSET

1HR15 | WEBINAR ONLY | UNLIMITED ATTENDEES

Looking after our wellbeing during menopause can be challenging; we are likely to be experiencing busy periods in our lives, managing fluctuating hormones and caring for other people around us too. This often means we place ourselves last, without time to explore the positive impact that mindset and self-care can have. Having tools and approaches to help us understand and manage our mindset, in a way that is right for us, is a powerful tool.

This interactive session, delivered by Henpicked: Menopause in the Workplace with Jo Lee-Morris, Head of Training and qualified Coach and Learning Professional, offers time to reflect, understand and discover strategies for managing our mindset and practicing self-care that's right for us as individuals, so that we can thrive during menopause.

In this session you will:

- explore some of the mindset challenges we can experience during menopause
- discover where negative and intrusive thoughts come from and practical strategies to work with them
- think about what we can and can't control and reflect on how to use this to alleviate overwhelm
- explore and define the self-care that's right for you
- share with others and gain useful ideas and insights from them

This session is also available as a 2h30 workshop to allow more time for people to work in small groups, sharing experiences and practising techniques.



MENOPAUSE MASTERCLASS

MENOPAUSE, MOVEMENT AND EXERCISE

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

For those wanting to understand how movement and exercise during menopause can have a huge impact on managing symptoms, how someone feels during menopause as well as supporting their long-term health.

Delivered by Henpicked: Menopause in the Workplace and Exercise and Movement Trainer (Sally Bolton – SB Wellbeing) specialising in menopause, this menopause, movement and exercise masterclass offers practical advice and top tips on what can help ease menopause symptoms and support long-term health.

This session covers:

- overview on key facts about menopause - ages/stages/symptoms
- what's happening to the body physically during menopause
- the evidence around how exercise and movement can support menopause
- types of exercise and benefits of each during menopause
- exercise that will support you to prepare for menopause
- what gets in the way of exercising
- top tips for getting started

“Great session with great information not just for me personally but for me to feed back to my work colleagues, friends and family.”



MENOPAUSE MASTERCLASS

BOOST YOUR ENERGY, STOP FEELING TIRED

1HR15 | WEBINAR ONLY | UNLIMITED ATTENDEES

Have you lost your va va voom? If you feel tired all the time, you're not alone – 1 in 5 GP appointments are related to low energy and fatigue. It's common to assume this is due to your age or your life stage, but whether you're 29 or 69, simple changes to your diet and lifestyle can make a world of difference to how you feel.

Registered Nutritional Therapist, Jackie Lynch, leads this workshop for anyone who doesn't want to take their lack of energy lying down. She will help you to understand how your body produces energy; the diet and lifestyle factors that can disrupt the process; the role of hormones in energy; and what practical strategies you can put in place to help resolve your personal energy weak points.

The session includes:

- how the body produces energy and the role of nutrition in this process
- energy quizzes to help you identify the different types of fatigue
- an in-depth view of the key nutrients that support energy
- the biochemical, food and lifestyle factors that can impact energy
- how to create energy-boosting meals and snacks
- a brief overview of post-viral fatigue and 'long Covid'
- Q&A



MENOPAUSE MASTERCLASS

MENOPAUSE AND CANCER

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

With cancer treatment often triggering menopause, 40% of women under 40 and 70%-90% of women over 40 enter permanent menopause as a result of their treatment.

Many people say that navigating menopause after cancer feels harder than chemotherapy, radiotherapy, and surgery altogether.

Whether you are experiencing this yourself, supporting someone else going through treatment or wanting to learn more to support people across your organisation, this session is for you.

We are delighted to be joined by Rachel Bowman, Director of Menopause and Cancer, to talk about the impact this could be having for people in your organisation and how people can best be supported.

The session includes:

- why do we need to understand about menopause and cancer?
- key facts to understand
- the potential impact cancer treatment can have on menopause and why menopause after cancer is different/more complex and how these can recur in people who have had cancer
- the challenges people face in accessing support and treatment
- shared personal work experience of returning to a corporate leadership role after treatment and navigating a medical menopause
- what organisations can do to best support people
- Menopause and Cancer: our mission and how we can support you



MENOPAUSE MASTERCLASS

SUPPORTING POSTMENOPAUSAL HEALTH

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

This session focuses on the importance of supporting people's postmenopausal health and the proactive steps people can take to promote stronger bones and healthier lives.

Postmenopause is a significant phase in life, marked by the end of menstruation and in particular a decrease in oestrogen levels. This hormonal change can lead to various health concerns, including an increased risk of osteoporosis. With many people living and working for longer, more people than ever before will be spending many working years postmenopause.

Our "Give Your Bones a Break" research highlights the importance of maintaining strong bone health post menopause. The research outlines several key strategies to improve and sustain bone health, which can significantly reduce the risk of osteoporosis and related fractures.

This session covers:

- what is happening in the body post menopause
- key health considerations post menopause
- bone health - latest research and what people can do to keep their bones healthy
- cardiovascular health - key considerations for keeping our hearts healthy
- brain health - how we look after our brains and mental health post menopause
- how we can all support people to take care of their bodies post menopause

Together, we can promote stronger bones and healthier lives.



MENOPAUSE MASTERCLASS

TIME FOR AN INCLUSIVE CONVERSATION

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

Despite the increasing coverage of menopause across the media there is still a lack of understanding of the experience of certain communities: black and ethnic minorities, people with disabilities and members of the LGBTQ+ community in particular. The result? Too many people in these communities are suffering in silence while their symptoms impact all aspects of their lives – from relationships to home and work.

Delivered by Henpicked: Menopause in the Workplace and Dr Tonye Wokoma of My Menopause Centre, who will share her first-hand experience and expertise – brought to life with case studies - to help you understand:

- why it's so important to understand the individual, lived experience of people going through the menopause
- the drivers of health inequalities in different communities
- her top tips for what we can do to change this so that menopause care truly is inclusive

“Excellent to have these sessions and to know that our company takes inclusion seriously. The more we talk about it, the less vague it is for future generations. Good to have a caring community. Thank you for this space and valuable information.”



MENOPAUSE MASTERCLASS

MALE ALLYSHIP

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

The menopause is being talked about more than ever, gradually decreasing the stigma and highlighting that support is often vital for those whose symptoms are challenging. But what is also important is that men are a part of that conversation, as it indirectly impacts them as partners, colleagues and friends. A little awareness goes a long way, and we will share why it's more important than ever as part of being a good leader, teammate and human to listen and make a difference for those directly impacted by menopause.

Delivered by Henpicked: Menopause in the Workplace and Matt Balfour, founder of Let's Go Wellbeing (Mental Health First Aid · Employee Engagement · Employee Wellness · Workplace Coaching).

This session covers:

- what menopause is
- how menopause can have an impact, especially at work
- how the experience of the menopause can differ from one person to another
- what we can do as men to be better informed about the impact of the menopause
- how we encourage men to be true allies
- how to have supportive conversations about menopause
- what support is available in and outside the workplace



MENOPAUSE MASTERCLASS

NEURODIVERSITY AND MENOPAUSE

1HR | WEBINAR ONLY | UNLIMITED ATTENDEES

The impact of the menopause transition on neurodiverse women, in particular those with ADHD (Attention Deficit Hyperactivity Disorder) or autism is an important topic right now.

ADHD affects 3-4% of people, autism 1 in 100. Some people are diagnosed in childhood, others as adults.

Either way, going through menopause with ADHD or autism can be a perfect storm - symptoms can overlap and pre-existing symptoms can worsen, making for a challenging time. But, with the right support, it need not be this way.

In this interactive and informative workshop, we are joined by one of the Doctors supporting groundbreaking research on the impact of menopause and neurodiversity from the University of Bournemouth. They will ...

- recap on the menopause transition and how it can impact all aspects of life
- explore what neurodiversity is
- take a closer look at ADHD and autism, sharing for each:
 - what it is, causes, incidence and diagnosis
 - symptoms
 - how the menopause transition can impact these symptoms
- share the latest thinking on how to prepare for and manage menopause symptoms