



MENOPAUSE AWARENESS FOR PARTNERS

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

This session focuses on the important role a partner, family member, friend or colleague can play in supporting someone through menopause.

Enabling everyone to feel confident talking about it and supporting the people they care about through menopause.

LEARNING OUTCOMES

Education: Educate participants 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.

Support: Understanding how to help people get the support they need, the importance of being an ally and the key things that make a difference.

RESOURCES INCLUDED

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

“I loved the positive language associated with menopause, not just the negative, and it was helpful discussing how to support colleagues and family members and how to start the conversation.”