



# MENOPAUSE SUPPORT FOR CHAMPIONS OR ADVOCATES

1HR PER MONTH | WEBINAR | UP TO 30 DELEGATES

These sessions are for anyone who has attended the Menopause in the Workplace Advocate or Champion training with Henpicked. These sessions are an opportunity to build experience and confidence, allowing menopause advocates and champions to be effective in their roles, share best practice and support each other.

## LEARNING OUTCOMES

- Refreshed knowledge and up-to-date information around the menopause and how to support this as an Advocate/Champion.
- Story sharing to celebrate success and explore best practices
- Open forum to discuss challenges, raise issues and support each other to apply tried-and-tested solutions
- An opportunity to share and discuss frequently asked questions which will support implementation within organisations.
- Building confidence in having conversations with colleagues around menopause
- Reflecting on plans and information session delivery to ensure these are effective.

## RESOURCES INCLUDED

- Quarterly newsletter to share some of the tips and stories from the groups, to support the ongoing plans within organisations

**Single and multi-organisation options available.**

“I thought I knew a lot but my eyes have been opened in just how much more there was to know. It’s been great looking at the topic from different perspectives such as gender and culture. I am so excited to start working along side my new advocates to start to make true changes and open the hearts and minds of others.”