

ADVOCATE/TRAIN THE TRAINER MENSTRUATION PROGRAMME

**RECOMMENDED LENGTH:
2 X 3H SESSIONS ONLINE
OR 6H IN PERSON**

WHO IS THIS COURSE FOR:

Advocates and trainers who will be involved in rolling out a menstruation awareness programme.

The aim of this programme is to enable you to understand about menstruation and menstrual health, understanding how this could be affecting someone, understanding different conditions and the different ways of managing them and signpost help and support to enable colleagues to make informed choices.

Participants will also gain practical skills and resources in how to run workshops and support groups and provide peer support, along with planning for raising awareness across your organisation.

RESOURCES INCLUDED:

- Slide deck for a 30-minute colleague session
- Slide deck for a 30-minute line manager session
- 'Menstruation in Minutes' video
- Posters and leaflet samples
- Menstruation and Menstrual Health Information Pack for colleagues
- Manager Information Pack

THIS INTERACTIVE PROGRAMME COVERS:

Part 1 - Colleagues

- how to run a colleague session and use the Menstruation in Minutes video so you leave this session feeling confident in your knowledge of menstruation and menstrual health
- what information you need to know and how to signpost the right support

Part 2 - Line Managers

- how to run a line manager session.
- the reasons why we need to support menstruation in the workplace, the key menstruation information managers need to understand, employment law and reasonable adjustments, and how to have a supportive conversation.
- we will include interactive discussions on reasonable adjustments and supportive conversations

Part 3 - Putting it all together

- The key elements to consider in becoming a menstruation friendly employer
- The resource pack in detail, discussing how you will be using this within your organisation
- Planning how you will take this forward in your organisation
- A chance to practise/discuss how you deliver content and cascade awareness across your organisation

