

MENSTRUATION CHAMPION WORKSHOP

**RECOMMENDED LENGTH:
2H30 ONLINE/IN PERSON**

WHO IS THIS COURSE FOR:

This session focuses on the role of the Menstruation Champion in supporting menstruation and menstrual health at work. This could be for Menstruation Champions, Mental Health First Aiders, Wellbeing Champions or others in a similar role.

The aim of this session 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 in how to spot signs of someone struggling with symptoms, the potential impact on their mental health and build confidence to have supportive conversations when needed.

RESOURCES INCLUDED:

- Menstruation and Menstrual Health Information Pack for colleagues
- Feedback/suggestions for support from your attendees

LEARNER OUTCOMES:

- Understanding why we need to be talking about menstruation and menstrual health, especially in the workplace
- Recognising and understanding a "typical" menstrual cycle, its associated symptoms and the impact they may have, especially at work
- An awareness of the different hormonal conditions that could be impacting at work including: endometriosis, adenomyosis, PCOS, fibroids and PMDD
- Exploring different approaches to managing symptoms and where to access relevant information
- Gaining practical skills in how to spot signs of someone struggling with symptoms and build confidence to have supportive conversations when needed.
- Discussing how you can help open up the conversation around menstruation within your workplace and how the organisation can offer further support
- For Mental Health First Aiders - using skills and tools gained i.e. ALGEE to support good conversations and support around menstruation and menstrual health at work

