

COLLEAGUE SESSION: LET'S TALK ABOUT MENSTRUATION

RECOMMENDED LENGTH:
1H30 ONLINE 2H IN PERSON

WHO THIS COURSE IS FOR:

All colleagues who:

- are experiencing menstruation themselves, or for anyone wanting to understand more about menstruation and menstrual health.
- are providing invaluable support for a partner, family member or colleague.

The aim of this session is to enable you to understand menstruation and the associated menstrual health conditions. Appreciate a typical menstrual cycle, the symptoms that can be experienced and different ways to manage these.

It will help you understand some of the health conditions associated with menstruation and how to access help and support. Learn how to make informed choices when supporting someone experiencing menstruation symptoms or menstrual health conditions.

We want everyone to feel confident talking about menstruation.

RESOURCES INCLUDED:

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

LEARNER OUTCOMES:

- Understanding why we need to be talking about menstruation - especially in the workplace
- Knowing what menstruation is and what its associated health conditions are
- 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
- Understanding how to get the support you need from: your GP/healthcare practitioner, your workplace, your friends and family
- Awareness of different period products available
- Learning about specific support available through your organisation

