

HR WORKSHOP SESSION: MENSTRUATION IN THE WORKPLACE

**RECOMMENDED LENGTH:
2H30 ONLINE 3H IN PERSON**

WHO THIS COURSE IS FOR:

HR and Occupational Health teams, ensuring they have the knowledge, skills and confidence to support colleagues around menstruation and menstrual health.

The aim of this session is to provide HR and OH teams with everything they need to know about menstruation and appreciate the associated health conditions and symptoms that may be affecting people at work.

Taking learning beyond awareness to practical application, we also explore how menopause impacts on other policies and the important role HR and OH can play in supporting colleagues and managers.

RESOURCES INCLUDED:

- Menstruation and Menstrual Health Information Pack
- Manager Information Pack

LEARNER OUTCOMES:

- Understanding the compelling reasons why organisations need to support menstruation in the workplace
- Understanding a "typical" menstrual cycle and associated symptoms
- Gaining an awareness of the different hormonal conditions that could be impacting at work including: endometriosis, adenomyosis, PCOS, fibroids and PMDD
- Appreciating that everyone's menstruation journey is unique
- Understanding your responsibilities in supporting both colleagues and managers around menstruation at work and workplace adjustments that might support someone experiencing symptoms
- Gaining knowledge of different period products and the importance of ensuring they are available everywhere
- Being confident in having supportive conversations with colleagues and managers around menstruation
- Learning about specific support available through your organisation
- A chance to practise conversations and explore different scenarios

