

# MANAGER WORKSHOP: MENSTRUATION IN THE WORKPLACE

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

## WHO THIS COURSE IS FOR:

All managers and leaders, ensuring they have the knowledge, skills and confidence to support colleagues around menstruation and menstrual health.

Taking learning beyond awareness to practical application, participants will also gain skills in how to spot signs of someone struggling with symptoms, understand the potential impact on their work and build confidence to have supportive conversations when needed.

The aim of this session is to provide managers and leaders with everything they need to understand about the menstruation and menstrual health, what changes happen and symptoms that may be affecting people at work.

## RESOURCES INCLUDED:

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

## 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 manager responsibilities in supporting 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 around menstruation
- Learning about specific support available through your organisation
- A chance to practise conversations and explore different scenarios

