

# MENSTRUATION AND MENSTRUAL HEALTH MASTERCLASSES

## MASTERCLASSES AVAILABLE 2025

**Henpicked Menstrual Health Awareness Masterclass Series** (these can be booked individually or as a series):

- **Endometriosis Awareness Masterclass:** what endometriosis is, how it affects people at work, and the importance of workplace support. 1 hour
- **Adenomyosis Awareness Masterclass:** what adenomyosis is, how it affects people at work, and the importance of workplace support. 1 hour
- **Fibroids Awareness Masterclass:** what fibroids are, how they can affect people at work, and the importance of workplace support. 1 hour
- **Polycystic Ovary Syndrome (PCOS) Awareness Masterclass:** what PCOS is, how it affects people at work, and the importance of workplace support. 1 hour
- **Premenstrual Dysphoric Disorder (PMDD) Awareness Masterclass:** what PMDD is, how it affects people at work, and the importance of workplace support. 1 hour

## Other Masterclasses

- **Menstruation, Menstrual Health and Mindset:** delivered by a Coaching and Training Specialist from Henpicked: Menopause in the Workplace. 1 hour 30 mins
- **Men Let's Talk about Menstruation and Menstrual Health - male allyship in action:** delivered by Matt Balfour, founder of Let's Go Wellbeing. 1 hour (can be combined with a session on menopause)
- **Lifestyle approach to managing your menstrual health:** delivered by a specialist from Henpicked: Menopause in the Workplace. 1 hour
- **Workplace Endometriosis Support:** delivered by Dr Vickie Williams, PhD in Endometriosis in the Workplace and Menstruation Friendly Independent Panel Member. 1 hour



# MENSTRUATION AND MENSTRUAL HEALTH MASTERCLASSES

## ENDOMETRIOSIS AWARENESS MASTERCLASS - 1H

It is estimated that 1 in 10 women and those assigned female at birth are currently living with endometriosis. Endometriosis can affect someone from puberty to menopause, although the impact may be felt for life. The aim of this session is to enable you to understand what endometriosis is and understand how this may affect people, symptoms that can be experienced and different ways to manage these. Learn how to manage your own experience or support others who are living with and working with this condition. We want everyone to feel confident talking about endometriosis.

Delivered by our Menstruation Friendly team this session covers:

- Endometriosis: the facts
- Symptoms and the impact these may have at work
- Diagnosis and gaining healthcare support for managing symptoms
- Approaches to managing symptoms
- How we can support people in the workplace

## ADENOMYOSIS AWARENESS MASTERCLASS - 1H

Adenomyosis is estimated to affect approximately 1 in 5 females and those assigned female at birth of reproductive age worldwide. Adenomyosis can have a significant impact on all aspects of life, including work. The aim of this session is to enable you to understand what adenomyosis is and understand how this may affect people, symptoms that can be experienced and different ways to manage these. Learn how to manage your own experience or support others who are living with and working with this condition. We want everyone to feel confident talking about adenomyosis.

Delivered by our Menstruation Friendly team this session covers:

- Adenomyosis: the facts
- Symptoms and the impact these may have at work
- Diagnosis and gaining healthcare support for managing symptoms
- Approaches to managing symptoms
- How we can support people in the workplace



# MENSTRUATION AND MENSTRUAL HEALTH MASTERCLASSES

## FIBROIDS AWARENESS MASTERCLASS - 1H

Fibroids are common, with around 2 in 3 of people of menstrual age developing at least one fibroid at some point in their life. Many are unaware they have fibroids because often they do not have any symptoms. Fibroids are non-cancerous growths that develop in or around the womb (uterus). Although many may be unaware, for some fibroids can create many challenging symptoms which can have an impact at work. The aim of this session is to enable you to understand what fibroids are and understand how they may affect people, symptoms that can be experienced and different ways to manage these. Learn how to manage your own experience or support others who are living with and working with fibroids.

Delivered by our Menstruation Friendly team this session covers:

- Fibroids: the facts
- Symptoms and the impact these may have at work
- Diagnosis and gaining healthcare support for managing symptoms
- Different treatment options for managing fibroids
- How we can support people in the workplace

## POLYCYSTIC OVARY SYNDROME (PCOS) AWARENESS MASTERCLASS - 1H

Polycystic ovary syndrome (PCOS) is also very common, affecting 5–10 per cent of women and those assigned female at birth. PCOS is a lifelong condition that can have a significant impact on all aspects of life, including work. The aim of this session is to enable you to understand what PCOS is and understand how this may affect people, symptoms that can be experienced and different ways to manage these. Learn how to manage your own experience or support others who are living with and working with this condition. We want everyone to feel confident talking about PCOS.

Delivered by our Menstruation Friendly team this session covers:

- PCOS: the facts
- Symptoms and the impact these may have at work
- Diagnosis and gaining healthcare support for managing symptoms
- Approaches to managing symptoms
- How we can support people in the workplace





# MENSTRUATION AND MENSTRUAL HEALTH MASTERCLASSES

## PREMENSTRUAL DYSPHORIC DISORDER AWARENESS (PMDD) MASTERCLASS - 1H

Premenstrual Dysphoric Disorder (PMDD) is a condition that affects some people who menstruate. It is a severe form of premenstrual syndrome (PMS) that causes significant physical, emotional, and psychological symptoms that can interfere with daily activities and relationships. The exact prevalence of PMDD is unclear, but it is estimated to affect around 5-8% of menstruating people. The aim of this session is to enable you to understand what PMDD is and understand how this may affect people, symptoms that can be experienced and different ways to manage these. Learn how to manage your own experience or support others who are living with and working with PMDD.

Delivered by our Menstruation Friendly team this session covers:

- PMDD: the facts
- Symptoms and the impact these may have at work
- Diagnosis and gaining healthcare support for managing symptoms
- Different treatment options for managing fibroids
- How we can support people in the workplace



# MENSTRUATION AND MENSTRUAL HEALTH AND MASTERCLASSES

## MENSTRUATION, MENSTRUAL HEALTH AND MINDSET - MASTERCLASS - 1H 30 MINS

Looking after our wellbeing when experiencing challenging symptoms relating to menstruation and menstrual health can be difficult. With so much stigma and taboo surrounding the topic, in particular at work, many people suffer in silence and just try to “get on with it”. This often means we place ourselves last, without time to explore the positive impact that mindset and self care can have. Having tools and approaches to help us understand and manage our mindset, in a way that is right for us, is a powerful tool.

This interactive session, delivered by Menstruation Friendly with Jo Lee-Morris, Head of Training and qualified coach and learning professional, offers time to reflect, understand and discover strategies for managing our mindset and practising self care that’s right for us as individuals, so that we can thrive.

In this session you will:

- Explore some of the mindset challenges we can experience when struggling with our menstrual health
- Discover where negative and intrusive thoughts come from and practical strategies to work with them
- Think about what we can and can’t control and reflect on how to use this to alleviate overwhelm
- Explore and define the self care that’s right for you
- Share with others and gain useful ideas and insights from them





# MENSTRUATION AND MENSTRUAL HEALTH MASTERCLASSES

## MEN LET'S TALK ABOUT MENSTRUATION AND MENSTRUAL HEALTH - MALE ALLYSHIP IN ACTION - MASTERCLASS - 1H

Menstruation and menstrual health is still very much a taboo subject, in particular at work. As we've seen the conversation around menopause expand, more people are starting to explore how we can support people at all stages of their menstrual life. What is important is that men are a part of that conversation, as it indirectly impacts them as partners, colleagues and friends. A little awareness goes a long way, and we will share why it's more important than ever as part of being a good leader, teammate and human to listen and make a difference for those experiencing symptoms relating to menstruation or menstrual health conditions.

Delivered by Menstruation Friendly and Matt Balfour, founder of Let's Go Wellbeing (Mental Health First Aid · Employee Engagement · Employee Wellness · Workplace Coaching).

This session covers:

- What do we mean by menstrual health?
- How can menstruation, menstrual health conditions and their symptoms have an impact, especially at work?
- What can we do as men to be better informed about the impact of the menstruation and menstrual health?
- How we encourage men to be true allies
- How to have supportive conversations about menstruation and menstrual health
- What support is available in and outside the workplace

## LIFESTYLE APPROACH TO MANAGING YOUR MENSTRUAL HEALTH MASTERCLASS - 1H

For those wanting to understand how looking after your body can support menstrual health and the huge impact this can have on managing symptoms, how someone feels and their long-term health.

Delivered by our Menstruation Friendly team, this masterclass offers practical advice and top tips on what can help ease symptoms and support your menstrual health.

This session covers:

- What can support your body?
- Things that may have a negative impact
- How different types of exercise can support different phases of your menstrual cycle
- The small changes you can make to start feeling better and improve symptoms
- Key considerations for your menstrual health



# MENSTRUATION AND MENSTRUAL HEALTH MASTERCLASSES

## WORKPLACE ENDOMETRIOSIS MASTERCLASS - 1H

In the UK, around 1.5 million women and those assigned female at birth are currently living with the condition, regardless of race or ethnicity. Endometriosis can affect you from puberty to menopause, although the impact may be felt for life.

Delivered by our Menstruation Friendly team and Dr Vickie Williams. Vickie's PhD research and thesis explored the experience of endometriosis and employment as well as the influence of menstrual policy. She is passionate about helping employers understand the importance of supporting menstrual wellbeing and menstrual health conditions at work. She regularly speaks at events about endometriosis and making the workplace menstruation friendly as well as supporting government across many debates in these areas and is a member of the Menstruation Friendly Independent Panel.

This interactive session covers:

- What is endometriosis?
- How can this affect people, particularly at work?
- Sharing lived experience
- What research tells us about workplace experiences and what people need
- How can people be supported in the workplace?

