

MENSTRUAL HEALTH CONDITIONS - MASTERCLASS SERIES

HENPICKED MENSTRUAL HEALTH CONDITIONS SERIES

- **Endometriosis Awareness Masterclass:** what endometriosis is, how it affects people at work, and the importance of workplace support. 1 hour
 - 18th March 2025 12pm-1pm
 - 9th October 2025 12pm-1pm
- **Adenomyosis Awareness Masterclass:** what adenomyosis is, how it affects people at work, and the importance of workplace support. 1 hour
 - 30th April 2025 12pm-1pm
 - 5th November 2025 12pm-1pm
- **Premenstrual Dysphoric Disorder (PMDD) Awareness Masterclass:** what PMDD is, how it affects people at work, and the importance of workplace support. 1 hour
 - 13th May 2025 12pm-1pm
 - 2nd December 2025 12pm-1pm
- **Fibroids Awareness Masterclass:** what fibroids are, how they can affect people at work, and the importance of workplace support. 1 hour
 - 11th June 2025 12pm-1pm
 - 27th January 2026 12pm-1pm
- **Polycystic Ovary Syndrome (PCOS) Awareness Masterclass:** what PCOS is, how it affects people at work, and the importance of workplace support. 1 hour
 - 30th September 2025 12pm-1pm
 - 10th February 2026 12pm-1pm

Our Masterclass series is scheduled as an ongoing rotation, meaning organisations joining part way through a cycle will be provided with the dates for the next rotation of sessions for any that have already taken place. Once booked you will be sent links and invitation wording for each session to share in your organisation. A link to recordings of the sessions will be made available for 30 days following each session for anyone who cannot attend live. A handout will also be provided summarising the key facts and further signposting from each event.



MENSTRUAL HEALTH CONDITIONS - MASTERCLASS SERIES

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

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 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

