



Menopause Training for
Occupational Health

COLLEAGUE CONVERSATION GUIDE





CONVERSATION GUIDE FOR COLLEAGUES

There are more people experiencing menopause at work than ever before. Talking about how menopause is impacting you and what would be helpful at work, enables your manager to support you. This conversation guide is designed to make opening up the conversation at work easier.

This is how menopause is affecting me:

eg. I'm really struggling to recall information and feel like I keep forgetting things.

This is how it's affecting me at work:

eg. This is really hard when we catch up when I can't write things down, I worry about missing something but don't want to keep having to check back.





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This is what I'm doing to manage my symptoms:

eg. I have an appointment with my healthcare practitioner to discuss treatment options for managing symptoms.

This is what would help me:

eg. It would really help me if we could do our catch ups where I can write things down or if we can agree a summary of actions over email.

