



WOMEN'S HORMONES THROUGH LIFE

THIS ONLINE | UNLIMITED ATTENDEES

Hormonal and reproductive health can affect people at different points throughout their working lives – from menstruation and menstrual health through fertility, pregnancy and parenthood to perimenopause, menopause and beyond.

This awareness session explores some of these key moments, helping colleagues understand their potential impact at work and how greater awareness, empathy and supportive conversations can make a difference.

LEARNING OUTCOMES

Understanding: Your colleagues will gain an understanding of how hormones and reproductive health can change throughout working life. We take a high-level journey through menstruation and menstrual health, fertility, pregnancy and maternity, through to perimenopause, menopause and postmenopause.

Awareness: Build awareness of how these experiences can affect people physically and emotionally and how this may intersect with working life. Recognise that everyone's experience is different and that some stages or experiences may overlap or follow a very different path.

Encourage conversations: Help create a workplace where colleagues feel more confident talking about hormonal and reproductive health, know how to respond supportively and understand where to find further information and support.

RESOURCES INCLUDED

- Women's Hormones Through Life Information Pack
- Feedback/suggestions for support from your attendees

"I have been a woman for nearly 50 years, with over 35 years of personal period experience and I can't believe how much I didn't know before this session."