

# Menopause at work

**Develop the knowledge and confidence to support colleagues experiencing the menopause and menopausal symptoms.**

## Group booking options:

**Delivery:**

Face-to-face  
Remote

**Participants:**

Up to 12  
Up to 12

**Duration:**

Half day  
2.5 hours (over two sessions)

Be in a stronger position to support female employees as they experience menopause transition

Retain experienced and talented women in your business

Enable menopausal women to fully contribute to your organisation

*Almost half of women aged 40-65 have repeatedly experienced menopause symptoms in the workplace, but the subject is still somewhat taboo.*

*This course will give your managers the skills and knowledge to discuss the topic – and to offer the right support and adjustments to enable women to continue to perform at work, retaining their talent in your business.*

## What you'll learn

- What is the menopause and what symptoms might occur?
- The potential impact of menopause at work
- What your organisation can do
- The best approach to discussing menopause
- Workplace adjustments, support services and resources

\*Changes can be made to course content at additional cost

## Who this course is for

Managers or those in HR roles.



## Course summary

This course is designed to develop knowledge of the menopause and the impact it has on women in the workforce. It can equip your managers with the skills and confidence to discuss the topic and to offer the right support and adjustments to enable women to continue to perform at work - and to retain their talent in your business.

The course covers the social importance of the menopause, what it is and how it affects individuals. It goes on to look at what organisations can do to help menopausal employees, how to broach the topic at work and specific adjustments which might be made.

Each delegate will get a toolkit of knowledge and resources, an action plan to guide them following the course and access to relevant activities and resources.

Your organisation will get a summary of feedback to show the course's impact and to identify any further learning needs. It is also possible to incorporate organisation-specific details into the course.

## About us

We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to effectively support colleagues and individuals with a disability or health condition.

## Get in touch

To book, for more information or for a tailored quotation, contact us:



**0300 456 8113**



**training@healthmanltd.com**