

MENSTRUATION AWARENESS TRAINING FOR COLLEAGUES

**RECOMMENDED LENGTH:
2HRS - IN PERSON / ONLINE**

WHO IS THIS COURSE FOR?

All colleagues who are experiencing menstruation themselves or for anyone wanting to understand more about menstruation and menstrual health. Or who are providing invaluable support for a partner, family member or colleague.

It will help delegates understand some of the health conditions associated with menstruation and how to access help and support.

Delegates will also learn how to make informed choices when supporting someone experiencing menstruation symptoms or menstrual health conditions.

RESOURCES INCLUDED:

- Menstrual Health Information Pack.

THIS INTERACTIVE PROGRAMME COVERS:

- Understanding why we need to be talking about menstruation especially in the workplace.
- Knowing what menstruation is and what its associated health conditions are.
- Recognising and understanding a "typical" menstrual cycle, its associated symptoms and the impact they may have, especially at work.
- An awareness of the different hormonal conditions that could be impacting at work including endometriosis, adenomyosis, PCOS, fibroids and PMDD.
- Exploring different approaches to managing symptoms and where to access relevant information.
- Understanding how to get the support needed from a GP/healthcare practitioner, the workplace, friends and family.



MENOPAUSE
Workplace Training Network
by HENPICKED

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