

MENOPAUSE AWARENESS TRAINING FOR COLLEAGUES

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

WHO IS THIS COURSE FOR?

All colleagues: for those who are experiencing menopause themselves or providing support for a partner, family member or colleague.

The aim of this session is to enable individuals to understand about the menopause, what changes happen and its symptoms, think about the different ways of managing them and signpost help and support to enable them to make informed choices or support someone experiencing menopause symptoms.

RESOURCES INCLUDED:

- Managing Your Menopause Information Pack

THIS INTERACTIVE PROGRAMME COVERS:

- Understanding why we need to be talking about menopause, especially in the workplace.
- Knowing what menopause is, why it happens and when it may happen.
- Recognising and understanding possible menopause symptoms and the impact they have have, especially at work.
- Exploring different approaches to managing menopause and where to access/signpost factual 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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