

MENSTRUATION AWARENESS TRAINING FOR MANAGERS

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

WHO IS THIS COURSE FOR?

All managers and leaders, ensuring they have the knowledge, skills and confidence to support colleagues around menstruation and menstrual health.

Taking learning beyond awareness to practical application, participants will also gain an understanding of the potential impact of menstruation and menstrual health symptoms within the workplace and build confidence to have supportive conversations when needed.

RESOURCES INCLUDED:

- Menstruation and Menstrual Health Information Pack
- Manager Information Pack
- Feedback/suggestions for support from your attendees.

THIS INTERACTIVE PROGRAMME COVERS:

- Understanding the compelling reasons why organisations need to support menstruation in the workplace.
- Understanding a "typical" menstrual cycle and associated symptoms.
- Gaining an awareness of the different hormonal conditions that could be impacting at work including: endometriosis, adenomyosis, PCOS, fibroids and PMDD.
- Understanding manager responsibilities in supporting menstruation at work and workplace adjustments that might support someone experiencing symptoms.
- Building confidence in having supportive conversations with colleagues around menstruation.



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Workplace Training Network
by Htenpicked

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