

# MENOPAUSE 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 menopause.

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

## RESOURCES INCLUDED:

- Managing Your Menopause Information Pack for Colleagues.
- Managers Information Pack
- Feedback/suggestions for support from your attendees.

## THIS INTERACTIVE PROGRAMME COVERS:

- Understanding the compelling reasons why organisations need to support menopause in the workplace.
- Knowing what menopause is, why it happens and when it may happen.
- Recognising and understanding menopause symptoms and the impact they may have at work.
- Understanding the different approaches to managing menopause and feeling confident signposting to credible resources.
- Understanding the responsibilities in supporting menopause at work and what workplace adjustments might support someone experiencing symptoms.
- Building confidence in having supportive conversations with colleagues around menopause.



**MENOPAUSE**  
Workplace Training Network  
*by HENPICKED*

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