

HR WORKSHOP: MENOPAUSE IN THE WORKPLACE

RECOMMENDED LENGTH:
2H30 ONLINE OR 3H IN PERSON

WHO IS THIS COURSE FOR:

HR and Occupational Health teams, ensuring they have the knowledge, skills and confidence to support employees and managers around menopause.

The aim of this session is to enable you to understand about the menopause, what changes happen and its symptoms, understand about the different ways of managing them and signpost help and support to enable your employees and managers to make informed choices and know how to support someone experiencing menopause symptoms.

Taking learning beyond awareness to practical application, we also explore how menopause impacts on other policies and the important role HR and OH can play in supporting employees and managers.

RESOURCES INCLUDED:

- + Managing Your Menopause Information Pack for Employees.
- + Manager Information Pack.
- + Feedback/suggestions for support from your attendees.

LEARNER OUTCOMES:

- + Understanding the compelling reasons why organizations need to support menopause in the workplace.
- + Knowing what menopause is, why it happens and when it may happen.
- + Recognizing and understanding menopause symptoms and the impact they may have at work.
- + Understanding the different approaches to managing menopause and feeling confident sharing to credible resources.
- + Understanding the responsibilities in supporting menopause at work and what workplace accommodations might support someone experiencing symptoms.
- + Being confident in having supportive conversations with employees and managers around menopause.
- + Learning about specific support available through your organization.
- + A chance to practice conversations and explore different scenarios.