

# MANAGER WORKSHOP: MENOPAUSE IN THE WORKPLACE

**RECOMMENDED LENGTH:**  
2H30 ONLINE OR 3H IN  
PERSON

## 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 skills in how to spot signs of someone struggling with menopause symptoms, understand the potential impact on their work and build confidence to have supportive conversations when needed.

The aim of this session is to provide managers and leaders with everything they need to understand about the menopause, what changes happen and symptoms that may be affecting people at work.

## 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 signposting 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 around menopause.
- + Learning about specific support available through your organization.
- + A chance to practise conversations and explore different scenarios.