

MENOPAUSE CHAMPION WORKSHOP

RECOMMENDED LENGTH:
2H30 ONLINE OR 3H IN PERSON

WHO IS THIS COURSE FOR:

This session focuses on the role of the Menopause Champion in supporting menopause at work. This could be for Menopause Champions, Mental Health First Aiders, Wellbeing Champions or others in a similar role.

The aim of this session is to enable you 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 employees experiencing menopause to make informed choices.

Participants will also gain practical skills in how to spot signs of someone struggling with menopause symptoms, the potential impact on their mental health and build confidence to have supportive conversations when needed.

RESOURCES INCLUDED:

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

LEARNER OUTCOMES:

- + 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.
- + Recognizing and understanding possible menopause symptoms.
- + Exploring different approaches to managing menopause and where to access/signpost factual information.
- + Understanding how to help someone get the support they need.
- + Gaining practical skills in how to spot signs of someone struggling with menopause symptoms and build confidence to have supportive conversations when needed.
- + Discussing how you can help open up the conversation around menopause within your workplace and how the organization can further support menopause.
- + Using skills and tools gained to support good conversations and support around menopause at work.