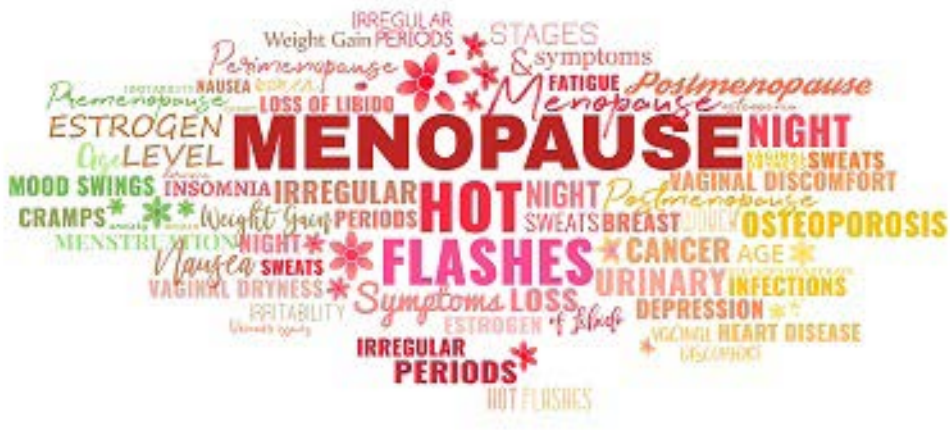
Menopause Awareness at Work



The 60-minute interactive awareness session will help enhance thinking and highlight some of the challenges faced by everyone during menopause.

This workshop will take a closer look at the facts, science, symptoms and their impact around Perimenopause and Menopause. It will educate and empower women to take control and make lifestyle changes. This workshop will also help managers, leaders, teams and individuals to understand the condition and how it can be supported.

Course Aims:

- Raise awareness among employees of all levels on the challenges faced by people during peri-menopause and menopause
- Discover ways to help manage peri-menopause and menopause in the workplace
- Learn ways to support women during peri-menopause and menopause

Learning Outcomes:

- Describe some of the variety of physical and emotional symptoms, both visible and invisible, of peri-menopause and menopause
- Promote a supportive working culture where the menopause is not a taboo subject, and colleagues feel comfortable to discuss their health if they want to
- Have greater insight into the challenges and provide practical solutions to menopause.
- Suggested ways to expand learning and a commitment to change

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How to Book

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