

COLLEAGUE SESSION: LET'S TALK ABOUT MENOPAUSE

**RECOMMENDED LENGTH:
1H30 ONLINE 2H IN PERSON**

WHO IS THIS COURSE FOR:

All colleagues: for those who are experiencing menopause themselves or providing support for a partner, family member, friend or colleague.

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 you to make informed choices or support someone experiencing menopause symptoms.

We want everyone to feel confident talking about it and thrive through menopause.

RESOURCES INCLUDED:

- Managing Your Menopause Information Pack for colleagues
- 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
- Recognising and understanding possible menopause symptoms and the impact they may have, especially at work
- Exploring different approaches to managing menopause and where to access/signpost factual information
- understanding how to get the support you need from: your GP/healthcare practitioner, your workplace, your friends and family
- Learning about specific support available through your organisation