

Menopause in the workplace

This course provides participants with the knowledge and understanding surrounding menopause challenges as well as ways an organisation can support staff members through these changes.

Course content

Throughout this course, you will learn about the symptoms, how it affects working lives, practical examples and reasonable adjustments.

- The facts
- Symptoms of the menopause
- How the menopause affects working lives
- Practical examples
- Supporting staff through the menopause
- The menopause quiz

Learning objectives

- Understand what menopause is and how it affects individuals.
- Identify symptoms and provide effective support to colleagues experiencing issues.
- Advocate for and apply workplace policies that promote menopause awareness and support.



Approximately 60 mins (self-paced)



For all staff



Enquire for prices



Optional extra: Enquire for prices

- Menopause toolkit