

# Menopause in the Workplace (For Employees)

 Duration: 90 minutes / half a day

## Course overview

This workshop will help to highlight some of the challenges that women and men face during the menopause. It looks at taking positive steps to help manage these challenges and provides practical solutions and techniques that can be applied in the workplace.

## Who would benefit from attending?

For all employees who want to learn more about the menopause and the impact it can have in the workplace.

## Core development objectives covered

- Understand how the menopause impacts on women
  - The main phases of menopause
  - The symptoms
  - Physiological changes
  - Psychological changes
- How might symptoms affect performance in the workplace?
  - Group exercise
- What help is available?
  - Natural remedies
  - Psychological therapies
  - Lifestyle changes
- Hormone replacement therapy
  - Different types
  - Advantages of HRT
  - Key considerations / risk of HRT
- Useful resources to have available

## Delivery methodology

Futureproof's training workshops require all delegates to take a full and active role throughout. Our mix of trainer led discussion, facilitation, coaching and skills practice ensures that all delegates enjoy an interactive and supportive learning experience.



Want to tailor the content of this workshop and incorporate internal procedures, competency framework, organisational values & work-related challenges?

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