



Women in Business – Menopause Awareness & Support



Duration: Half / 1 Day



Ideal Group Size: 10 to 12 People

Course overview:

This workshop provides a safe, supportive space for delegates to explore how menopause symptoms can affect performance in the workplace. Delegates will learn how to manage symptoms, communicate needs confidently and influence understanding throughout the organisation.

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.

Who would benefit from attending:

This workshop is ideal for people who want to fully understand the menopause and also be able to offer the right support to their colleagues.

Core learning objectives covered:

- Understanding how the menopause journey impacts on women
- Understanding the key physical, psychological and cognitive symptoms
- How does menopause affect performance and presence?
- The impact menopause can have on career progression
- Communicating needs and challenging judgment
- Handling menopause related conversations
- Practical tips for managing symptoms and supporting colleagues
- Natural remedies & lifestyle changes
- Menopause, organisation culture and legal rights
- Reasonable workplace adjustments
- Raising awareness
- Useful resources to have available



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

Get in touch with one of our Learning & Development Managers – 01623 409 824 • info@futureproof-training.co.uk