
MENOPAUSE

1.0 AIMS & OBJECTIVES

This session aims to:

Explore:

- What is the menopause?
- When does it happen?
- What are the symptoms and who experiences them?
- Menopause in the workplace
- How can you manage the symptoms

2.0 BACKGROUND

- 3.5 million women aged 50 or over are currently in employment in the UK and half of these women report finding work difficult due to symptoms associated with the menopause.
- Psychological symptoms can affect work most – concentration, tiredness, poor memory, depression, feeling low, anxiety, reduced confidence & insomnia.
- Estimated that 10% women stop work altogether due severe symptoms.
- Appropriate management of symptoms can, therefore, hugely enhance wellbeing and increase productivity as a result thereof.

3.0 TARGET AUDIENCE & TIMING

- This session is suitable for all employees and managers hoping to increase their awareness about the menopause and how to manage symptoms.
- These sessions work best with 10 – 20 people as this allows for discussion and interaction.
- The sessions can be tailored to last for 60 – 90 minutes depending on the needs of your organisation. It is recommended, however, that 90 minutes is allocated for this to ensure that all information can be covered.

4.0 RESOURCES REQUIRED

- Power point projector (the trainer will bring along their laptop) for the presentation
- A training room suitable for learning
- A range of leaflets will be sent to the site contact prior to the visit, so these can be printed and distributed at the end of the session if required.