

Menopause for Managers

Healthy Menopause at Work

The CiPD state the every manager regardless of age or gender should know what the menopause is and how it may affect the mental and physical wellbeing of staff at work.

Menopause shouldn't be a taboo subject, and everyone should feel they can have a conversation with their line manager, especially when they need guidance and advice.

Almost one million women have left their job because of menopausal symptoms such as hot flushes, night sweats and increased anxiety, while others are forced to take long-term absence from work to manage symptoms.

Agenda

1. Understanding Key Hormonal Changes For Menopause?

Menopause physiology in a nut-shell. What's going on?

2. Hot flushes / Night Sweats / Exhaustion

Top tips for a better nights sleep

3. Menopause & physical wellbeing

Tips to balance the body naturally

4. The menopause brain

Overcoming brain fog, poor memory and focus

5. Menopause & Mental Health

How to support the body's physiology to reduce anxiety and mood swings

6. You the manager - menopause and the law

How to identify appropriate workplace changes or adjustments to support team members and help them thrive at work

7. The inclusive workplace

How to foster an inclusive working environment in which everyone is treated fairly.

8. Successful frameworks and case studies

Learn from others to help staff maintain their full potential at work

Time: 0930-1600 **Presentation:** Online **Delegates:** Min 10 - Max 20 **Cost:** £225pp

This course brings together the science of wellbeing for the menopause, together with the latest information we have about how menopause affects some women at work. It provides straightforward suggestions about what employers.

Contact: support@nwemployers.org.uk