

Menopause Awareness

Course Aim

To help delegates gain a better understanding of the sensitive subject of menopause while breaking down the stigmas around it. The menopause awareness training is also intended to help your business align with the Employment Rights Act 2025 and support the government's official Office for Equality and Opportunity guidelines.

Who Should Attend?

The training is designed for all employees, across any sector. It may be particularly relevant for:

- All staff members
- Line Managers and team leaders
- Those working in HR
- Mental Health First Aiders and Mental Health Advocates
- Senior leaders and HR directors

Course Duration

This is a half-day course

Agenda

Section 1: understanding menopause

- What is menopause?
- The menopause cycle
- The responsibility of employers
- Menopausal symptoms

Section 2: Taking action

- How organisations can take action to support menopausal employees

Learning Outcomes

- By the end of the course, successful delegates are expected to:
- Understand your organisations' duty of care for menopausal staff
- Know what adjustments can be made at work
- Know how to support staff and loved ones experiencing symptoms

Certification

Those who successfully complete the course will receive a digital CPD accredited Menopause Awareness Training certificate.