

Menopause Awareness in the Workplace

Open Programme

This course will be delivered virtually.
Cost - £245 plus vat, per person

Duration
3 hours

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.

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 around stress



For a booking form please contact kellyhatton@futureproof-training.co.uk