

# Menopause Matters

## Workshops | Webinars | Coaching | Resources

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For women transitioning through the menopause a career is far more than just a salary, it can provide fulfilment, self-esteem, identity and social needs. However, often the symptoms of menopause can impact on the way women feel about their career and their future. The workshop is aimed at women going through menopause who want to re-evaluate their careers and find excitement and confidence in planning for the future. There is an option for coaching individuals or groups. Workshops and resources can also be offered to managers and leadership to ensure they are educated and equipped to help individuals who are transitioning through the menopause at work.

**Menopausal women are the fastest-growing demographic in the workplace and lack of support during this psychological and physiological change is the reason middle-aged women are leaving jobs at a high rate**

## Content

## Format

### Workshop:

- Life by design – finding the energy to plan!
- Re-finding purpose and meaning
- Sustainable long term career options
- Powerful goal setting
- Full time working or semi-retirement, deciding what works for you?
- Developing a growth mindset – identifying development needs

**Webinar:** Educational colleague webinar on menopause

### Resources

#### Videos:

- Supporting Colleagues through Menopause
- Managing through Menopause

### Employee Guides

- Identifying menopause in a team member
- Supporting a team member through the menopause

The workshops, webinars and coaching are facilitated by experts from our EDI team and can be delivered virtually or face to face. We can also offer workshops from experts on hormonal nutrition, weight loss through menopause and reducing symptoms

The workshops, webinars and resources can be tailored to your organisation based business specific requirements and company culture and any EDI diagnostics already carried out.

