

Workplace Menopause Awareness Session

Liza Phillips



Helping employers create **practical menopause support**, confident managers & **healthier workplaces**



Menopause Experts Licensed Champion
| **Lifetime Champion**



What it is

A practical 60-minute workplace session designed to improve understanding of menopause, reduce stigma and help employees feel more confident talking about and supporting menopause at work.



Supporting resources

- Participant takeaway resource summarising key learning
- Post-session feedback to help identify useful themes and next steps



What your organisation gains

- Improved awareness across the workforce
- Reduced stigma and misunderstanding
- More confident, supportive conversations
- A practical foundation for wider menopause support
- Visible commitment to employee wellbeing and inclusion



What's included

- Understanding perimenopause, menopause and postmenopause
- Common physical, psychological and cognitive symptoms
- How menopause can affect people differently
- The impact of symptoms on working life
- Menopause myths and misconceptions
- Supportive language and workplace conversations
- Practical ways colleagues can offer support
- Further support and signposting
- Time for questions and discussion



Delivery

- 60-minute interactive session
- Delivered virtually or in person
- Suitable for employees across the organisation
- No one is expected to share personal experiences



Investment

£550

A practical starting point for organisations that want to raise awareness and begin meaningful menopause support.



To discuss this session or wider workplace menopause support, please get in touch with *Liza Phillips*.



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