

Liza Phillips

Employee Group Coaching & Q&A

Practical, **supportive menopause conversations** for employees who want space to learn, ask questions and feel less alone.



Menopause Experts Licensed Champion
Lifetime Champion



1. What it is

A practical 60-minute small-group session for employees experiencing menopause. Designed to offer supportive discussion, useful guidance and space for questions in a respectful workplace setting.



2. What's included

- Guided discussion around common menopause symptoms
- The impact of menopause on daily life and working life
- Space to ask questions in a supportive setting
- Practical lifestyle strategies to support wellbeing
- Building confidence to seek support at work where needed
- Signposting to further sources of information and support
- Time for group Q&A



3. Supporting resources

- Participant takeaway resource summarising key points and practical suggestions
- Optional feedback themes to help the organisation understand common concerns and next-step support needs



4. What your organisation gains

- Practical support for employees beyond basic awareness training
- A safe, supportive space for conversation and learning
- Employees who feel better informed and less isolated
- Greater confidence around asking for support when needed
- A visible commitment to employee wellbeing and inclusion



5. Delivery

- 60-minute interactive session
- Small-group format
- Confidential, respectful setting
- No pressure for anyone to disclose personal experiences
- Virtual delivery included
- In-person delivery available + travel expenses



6. Ideal for

- Organisations wanting practical follow-on support after awareness sessions
- Menopause wellbeing initiatives
- Employee groups who would benefit from a more conversational format



7. Investment

From
£450

A practical, supportive session for organisations that want to provide more targeted menopause support for employees.



Ready to discuss support for your workplace?

Please get in touch with *Liza Phillips*.



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