

Liza Phillips

Manager Confidence Training

Practical training for **confident, supportive managers** who know how to respond appropriately when menopause affects working life.



Menopause Experts Licensed Champion
Lifetime Champion



What it is

A practical, interactive training session for line managers and people managers. It builds confidence around menopause conversations at work and gives managers a clear, respectful framework for responding to employees.

Manager resources

- Practical manager takeaway guide
- Conversation prompts and supportive language examples
- Workplace adjustment ideas and signposting prompts

Delivery

- 90-minute interactive training session
- Designed for line managers and people managers
- Virtual delivery included
- In-person delivery available + travel expenses

What's included

- Understanding menopause and how symptoms may affect working life
- Recognising that experiences differ — and avoiding assumptions
- How to start and hold supportive, appropriate conversations
- Manager boundaries, confidentiality and respectful language
- Exploring practical workplace adjustments
- Knowing when and how to involve HR or People teams

What your organisation gains

- Managers who feel more confident handling menopause conversations
- More consistent and respectful support across teams
- Earlier conversations before issues escalate
- Clearer understanding of when HR involvement may be needed

Ideal for

- A stronger foundation for an inclusive workplace culture
- Line managers and team leaders
- People managers and supervisors
- Organisations strengthening menopause support
- Employers preparing managers for wider action-plan commitments

£

Investment

£950

Practical manager training that helps turn policy into confident, everyday support.



Ready to build manager confidence?
Get in touch to discuss your organisation's needs.

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