

Liza Phillips

Menopause Action Plan Support

Practical support to help your organisation develop and implement a robust Menopause Action Plan that **meets requirements** and **drives real change**.



WHAT IT IS

Bespoke support to help you create, structure and implement your Menopause Action Plan.

It ensures your plan is meaningful, achievable and delivers measurable impact for your employees and organisation.



WHAT'S INCLUDED

- ✓ Review of current policies, data and workforce insights
- ✓ Stakeholder engagement to understand needs
- ✓ Development of a tailored Menopause Action Plan
- ✓ Clear **objectives, actions** and success measures
- ✓ Implementation guidance and timelines
- ✓ Advice on communication and engagement
- ✓ Support to embed actions into your culture
- ✓ Review and evaluation framework



SUPPORTING RESOURCES

You'll receive a Menopause Action Plan template, implementation guidance and a communications toolkit to support rollout across your organisation.



WHAT YOUR ORGANISATION GAINS

- ✓ Meets recommended Menopause Action Plan requirements
- ✓ A clear, practical plan with measurable outcomes
- ✓ Stronger evidence of commitment to women's health and inclusion
- ✓ Improved employee experience, retention and engagement
- ✓ Confident managers and more supportive culture
- ✓ Enhanced **wellbeing**, productivity and performance
- ✓ Demonstrates leadership and **strengthens** your employer brand



IMPORTANT TO KNOW

Action Plans are not just about compliance – they are an opportunity to create lasting cultural change and measurable business impact.



DELIVERY

- ✓ Kick-off meeting and data/policy review
- ✓ Stakeholder workshops or surveys (if required)
- ✓ Plan development with priorities and actions
- ✓ 90-minute Menopause Action Plan Readiness Workshop (virtual)
- ✓ Implementation roadmap and communication advice
- ✓ Final Menopause Action Plan document
- ✓ Review and evaluation support

Typically completed over 6–10 weeks depending on organisation size and complexity.



PERFECT FOR ORGANISATIONS THAT WANT TO:

- ✓ Build a meaningful Menopause Action Plan
- ✓ Meet expectations and requirements
- ✓ Embed menopause support into culture
- ✓ Improve outcomes for women
- ✓ Demonstrate real commitment and impact



INVESTMENT

FROM
£2,500

Price is based on organisation size and complexity of support required.



READY TO CREATE REAL CHANGE?

Let's build an Action Plan that makes a difference for your people and your organisation.

Please get in touch – I'd love to help.



Email: wellness_liza@outlook.com



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MEG Licensed Champion Lifetime
Menopause Experts Group (MEG)

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