Workplace Menopause Awareness Session

Liza Phillips

Licensed Champion
Menopause Experts
Lifetime Champion

Helping employers build **menopause awareness**, **supportive conversations** & **more inclusive workplaces**

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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.

What's included

- Understanding perimenopause, menopause and postmenopause
- Common physical, cognitive and psychological symptoms
- How experiences can vary from person to person
- The impact of symptoms on working life
- Menopause myths and misconceptions
- Supportive language and workplace conversations
- Practical ways colleagues and workplaces can offer support
- Further support and trusted signposting
- Time for questions and discussion

Supporting resources

- Participant takeaway resource summarising key learning, practical support and trusted signposting
- Post-session feedback to identify useful themes, learning and possible next steps

Delivery

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

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

Investment

£550

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

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

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