Liza Phillips

Menopause Action Plan Support

Practical consultancy support to help your organisation review current menopause provision, identify priorities and develop a **clear, workable action plan.**

Licensed Champion
Menopause Experts®
LIFETIME CHAMPION

WHAT IT IS

Bespoke support for organisations that want to strengthen menopause provision and prepare for wider workplace action-plan expectations.

Together, we review what is already in place, identify gaps and priorities, and turn those findings into a practical action plan with clear ownership, timescales and measures of progress.

WHAT YOUR ORGANISATION GAINS

- Clear understanding of what is already working
- Identification of gaps and priority areas
- A practical, realistic menopause action plan
- Greater clarity around ownership and accountability
- Stronger manager and employee confidence
- Evidence of a structured approach to menopause support

WHAT'S INCLUDED

- Initial discovery and scoping meeting
- Review of existing menopause policies, guidance and support
- Workplace menopause readiness review
- Gap analysis against key menopause support areas
- Prioritisation of actions and quick wins
- Tailored menopause action plan
- Clear actions, owners, timescales and success measures
- Draft supporting narrative for the organisation's action-plan process
- Implementation roadmap
- 60-minute implementation meeting
- One 8–12 week progress review

IMPORTANT TO KNOW

This is not a template-filling exercise.

The aim is to help your organisation understand its current position, choose meaningful actions and create a plan that can be implemented and reviewed.

Your organisation remains responsible for approving and submitting any formal statutory action plan.

DELIVERY

- 60-minute discovery meeting
- Document and policy review
- Workplace readiness assessment
- Prioritisation discussion
- Action plan development
- Implementation meeting
- 8–12 week progress review

Typical project duration: *around 6–10 weeks, depending on organisation size, available information and complexity.*

SUPPORTING RESOURCES

You'll receive:

- Menopause Workplace Readiness Review
- Gap analysis and findings summary
- Tailored Menopause Action Plan
- Implementation roadmap
- Action-tracking framework
- Review and progress template

IDEAL FOR ORGANISATIONS THAT WANT TO:

- Prepare for menopause action-plan expectations
- Review current workplace menopause support
- Turn existing activity into a structured plan
- Identify gaps before they become problems
- Improve consistency across managers and teams
- Demonstrate meaningful commitment and progress

INVESTMENT

£2,500

READY TO MOVE FROM INTENTION TO ACTION?

Let's build a menopause action plan that is practical, realistic and designed to work in your organisation.

Please get in touch — I'd be happy to discuss what support you need.

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MEG Licensed Champion Lifetime Menopause Experts®

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