Vitality40plus

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COURSE BREAKDOWN

01

Why Menopause Matters?

This presentation explains the importance of talking about menopause and how it can save Companies money by retaining their staff (30 minutes)

02

Signs Symptoms & Solutions

This workshop start at the beginning by understanding the Menopause and its various stages. We will then deep dive into the symptoms both physical and psychological and how these can effect women in the workplace. (60 minutes)

03

Menopause 4 Managers

This course is vital for ALL managers as it highlights the symptoms of the menopause, explains how to review business policy and ensures each manager has the skills for any sensitive conversations. (60 minutes)

04

Supporting Partners

Defining the menopause and understanding how symptons can affect relationship. This workshop will also cover learning skills to help support and have those conversations. (45 minutes)

05

HRT, Medical and Non-Hormonal Solutions

Understanding HRT and looking at the facts and myths that surround hormonal solutions. Understanding non hormonal alternatives as well as the importance of Lifestyle. (60 minutes)

06

Lifestyle Approach to Menopause

Understanding the importance of the four pillars of health. nutrition, fitness, wellbeing and sleep. (60 minutes)

07

Coping Mechanisms for Menopause

Understanding how to cope with stress and to avoid rumination and catastrophising. Improving emotional regulation, confidence and wellbeing. (45 minutes).

08

Menopause Champions

Understanding what it takes to be a Menopause Champion; learning to triage and signpost staff. Learning skills to help support women and the ability to have sensitive conversations (60 minutes).

09

What Men Need to know - and are afraid to Ask

Exploring the physical issues that may arise when a man hits middle-age. (45 minutes)

10

Lets talk about Mens Mental Health

An understanding of men's mental health issues including Dr Ed's personal journey through depression. (45 minutes)

11

Does the Male Menopause exist?

Understanding the role of testosterone and how it can impact men's lives. (45 minutes)

Menopause vs Andropause

A combined workshop to enhance your employees understanding of Menopause and Andropause. Featuring Dr. Ed Rainbow and Trudi Roscouet who will highlight the similarities and distinct differences between the two. (1.5 Hours)

12

Workplace Stress and Burnout

This course guides you by defining the meaning of stress and burnout and how to improve that work/life balance. (1 hour)

13

Understanding Stress

Our stress management course aims to help people understand what stress is, and to create an awareness of where stress originates, it also challenges people's relationship with stress, and gives attendees the tools to establish a new relationship with their own stress. (1.5 hours)

14

How to Prevent Burnout

This course discusses the ongoing relationship one has with their work and the mental health difficulties an unhealthy organisational culture can cause. (45 minutes)

15

Sales Teams and the Importance of Managing Stress

The objective of this course is to support people in stressful sales environments and look at all contributing factors around performance and how it affects their customer relationships. (2 hours)

16

17

Mental Health Awareness

This course is designed to create awareness, outline the definition of mental health and the difference between mental health problems and conditions. (1.5 hours).

18

Building Resilience

This course provides 10 tips on how to build your resilience! Learn how to be your best possible and most successful resilient self. (45 minutes)

19

Barriers to Well-being

This course discusses the barriers to well-being including managing people, how to set boundaries, imposter syndrome, emotional intelligence and gender bias. (2 hours)

LEVEL 3 First Aid for Mental Health

This 12-hour certified and accredited qualification provides learners with the knowledge to recognise a wide range of mental health conditions and learn about the support/therapy provided by professional healthcare providers. The qualification is assessed through two written assessment papers and the practical demonstration of the first aid action plan for mental health.

20

Workplace Wellbeing

Grant Henderson, chiropractor, demonstrates how to reduce discomfort at work and increase wellbeing and productivity. This workshop also provides takeaway messages on posture, breaks and desk exercises. (60 minutes)

21

The Principles of Nutrition

Trudi leads this workshop as a simple way of understanding everything there is to know about diet including calorie counting, metabolism and macro and micro nutrients. A course for everyone. (60 minutes)

22

Transitioning in the Workplace – A practical guide for People Professionals

The fundamentals of transitioning in the workplace and how best to support individuals and their line managers. This also includes input on creating policies and procedures. (2 Hours)

23

24

Transitioning in the Workplace –
A guide for smooth transition for managers
The fundamentals of how to support a team member transitioning in the workplace. (1.5 Hours)

25

LGBTQ+ Allyship – Making it work for everyone
An introduction to inclusive culture, networks, education, elevation, celebration. (1 Hour)

26

Challenging Bias Workshop
Unveil the impact of bias on behaviour and empower leaders to confidently challenge it for a thriving culture. (Half Day)

Living your Values to create an Inclusive Culture
Team Workshop - Contract behaviours aligned with your values. You'll all leave holding each other accountable for living your values everyday. (1 Day)

27

Psychological Safety – Setting Your Team Up For Success
Discover the secret sauce that is Psychological Safety and how to set the stage for a successful inclusive culture of engaged people. (1 Day)

28

THE PRESENTERS

Trudi Roscouet

Trudi is the founder of ***Vitality40Plus*** and specialises in female health, fitness and wellness. She is a qualified adult trainer as well as a wellbeing coach and now presents Menopause educational workshops in different jurisdictions.

Louise Dennison O'Shaughnessy

Louise is the Founder and principal of the Dennison Training Academy and was born and lives in south of Ireland. As a qualified advanced mental health instructor and registered EMT. Louise has significant experience working with individuals and companies to change beliefs and behaviours about mental health and wellbeing in the workplace.

Catherine Dennison

Catherine is a director of the Dennison Training Academy and has a diploma in applied psychology as well as being a qualified mental health and first aid instructor. Her passion is helping others develop their mental health and skills to facilitate mental fitness.

Dr. Ed Rainbow

Dr Ed is an experienced UK based GP and certified Lifestyle Medicine Practitioner, whose passion is to improve men's physical and mental health. Recognising the issues around men seeking help, and the need for a different approach, he has created a series of educational courses for the workplace.

Grant Henderson (DC)

Grant is a highly experienced Chiropractor, Acupuncturist and Office Ergonomic Consultant with over 30 years of experience in chiropractic and workplace ergonomics. He is passionate about improving workplace wellbeing and has provides support and assistance to many thousands of individuals and dozens of employers.

Michael Kirkwood

Michael is a Director of Lifeline Training. He underwent his First Response in Emergency & Urgent Care training in Cape Town, South Africa, and has been overseas twice to medical volunteer in India. In addition, Michael is a Mental Health First Aid instructor. He is incredibly passionate about making a difference in people's lives with their mental & physical health.

Sophie Wood

Sophie Wood is co-Founder of Belonging Base, a consultancy designed to support companies build diverse and inclusive cultures. As a Trans Woman, she brings a unique perspective to her work by having lived experience that has given her a deep understanding of the challenges faced by marginalised communities and the importance of creating authentically inclusive spaces. Sophie is an accredited Mental Health First Aid Instructor and has been delivering training for over 20 years.

Danielle Wood

Danielle Wood id the other half of Belonging Base. Their journey together was a key factor in establishing a consultancy to support companies to build inclusive cultures. She is a qualified HR/People professional and ICF accredited coach. This combination drives Danielle to design inputs that improve engagement and develop psychological safety in the workplace.

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