

“Let’s talk about the  
menopause”

**MENOPAUSE  
TRAINING  
FOR MANAGERS**



KIRSTEN TRUSSELL  
COACHING AND CONSULTANCY



FEARLESS  
FACILITATOR

**A one-off group workshop for managers**

At the end of the session, managers will:

- know the importance of talking about the menopause and why now
- know the basic menopause facts including what it is; the stages; what causes it; the symptoms and where to go for reliable information
- understand the potential impact of the menopause on individuals in the workplace; how you can support them and the legal framework
- know the importance of a supportive conversation
- have learned about a psychological safety framework for use in conversations with staff so that individuals can speak up, be curious, share experiences and seek help about the menopause without fear of humiliation, mocking or disregard

**Target audience**

- Managers at all levels

**Format**

- in person (recommended) or online
- 2 hours

**Facilitators** - Kirsten Trussell and Rachel Cashman