"Let's talk about the menopause"

TRAINING FOR MENOPAUSE CHAMPIONS

KIRSTEN TRUSSELL
COACHING AND CONSULTANCY

A one-off group workshop to train a group of volunteer Menopause Champions

At the end of the session, the Menopause Champions will:

- know what menopause is, why it happens, when it might happen, symptoms and the potential impact they have in the workplace
- understand different approaches to managing menopause and where to signpost for trusted sources of information
- understand the importance of talking about the menopause in the workplace
- know how to have a supportive conversation
- know about the menopause support available within their workplace
- understand the role of the Menopause Champion and planned their next steps

Format

- 2 hours, interactive**,** in person or online via Zoom

Facilitator – Kirsten Trussell

Also available - termly one hour follow up support sessions or group coaching to help embed the Champions within the organisation