



Still Showing Up - Menopause, Work and the Invisible Load

Still Showing Up is a one-off, interactive session designed for staff navigating the mental, physical, and emotional realities of menopause at work.

Whether they're dealing with brain fog, disrupted sleep, unpredictable emotions or reduced capacity, this session gives them space to reflect, feel seen, and explore how to support themselves in a way that's honest – without having to put on a brave face.

Why This Matters

- Menopause symptoms show up at work in ways most people don't talk about - lack of focus, lowered tolerance, emotional overload, self-doubt.
- These experiences are often internalised, hidden, or masked to maintain professionalism - but the cost is real.
- Without support, staff may disengage, withdraw, or leave - not because they're no longer capable, but because the environment doesn't feel safe enough to be honest.

Outcomes for Your Organisation

- Opens conversations around wellbeing and menopause without pressure or pretending everything is fine
- Builds trust and emotional safety at all levels
- Helps reduce silent disengagement and absenteeism
- Offers a starting point for wider culture and wellbeing shifts
- Supports retention by showing care where it's most often invisible

Session Format

- One 60-minute live session (online or in person)
- Facilitated by Kirsten Trussell
- Interactive session including practical tools, guided reflection, and non-pressured conversation

Who It's For

Any staff navigating menopause-related changes - regardless of role, level, or visibility in the organisation. This session is particularly supportive for anyone who's quietly struggling and hasn't had the language or space to name it

Cost of Investment

£425