

**“Let’s talk about the  
menopause”**

**TRAINING FOR  
MENOPAUSE  
CHAMPIONS**



**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**

- in person (recommended) or online
- 2 hours

**Facilitator** - Kirsten Trussell

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