

Learning Well

TRAINING & WELLBEING CENTRE

Menopause in the workplace

Aims & Objectives

- Educate participants on the menopause, its symptoms, and effects, to enhance understanding of its impact on women at work and at home.
- Raise awareness of how colleagues and employers can support women going through menopause, ensuring a compassionate and informed workplace.
- Provide information on available support, including advice on natural remedies, to empower women and employers with practical solutions.

