

# Learning Well

TRAINING & WELLBEING CENTRE

## PCOS in the workplace

### Aims & Objectives

- Educate participants on PCOS symptoms and treatment options to better support affected colleagues.
- Raise awareness of the long-term health impacts of PCOS, including fertility and mental health, to foster a more supportive workplace.
- Equip participants with strategies to create a more inclusive and accommodating environment for women with PCOS.

