



OBT

OBT Course Outline

MENOPAUSE AWARENESS IN THE WORKPLACE (FOR ALL EMPLOYEES)

Main Aims and Key Benefits:	This interactive session helps employees understand menopause and how it can affect people at work. The aim is to increase awareness, reduce stigma and support a respectful and inclusive workplace culture. Participants will explore how menopause may impact colleagues, why some people may find it difficult to talk about, and how open, supportive conversations can make a positive difference. The session also provides guidance on available support and useful resources.
Course Content:	<ul style="list-style-type: none">▪ Understanding menopause and the symptoms▪ The impact of menopause in the workplace – who it affects▪ Is there a stigma and, if so, why?▪ Why colleagues may not reveal their symptoms▪ It's good to talk – having open and honest conversations▪ Signpost for support and resources
Training Methods:	<ul style="list-style-type: none">▪ Presentations▪ Syndicate exercises▪ Group discussions
Who will benefit:	All staff
Duration:	2 hours
Certification:	OBT and Progressive Training
Training Provider:	Progressive Training