

Course Information Sheet

Menopause Life and Work



Gain valuable insights and practical strategies for supporting women experiencing menopause in the workplace and home.

Course Description:

This impactful Menopause Life and Work workshop equips you with the knowledge and tools to create a more supportive workplace environment for women transitioning through menopause. Explore the physical and emotional changes associated with menopause, and learn effective communication strategies to address challenges and promote well-being. Whether you're working in HR, managing a team, or simply want to be a supportive colleague, this workshop empowers you to make a positive difference. It will also help you if you are going through menopause or just want to understand more about it.

What will I learn?

The workshop is designed to provide a comprehensive overview of menopause and its impact in the workplace:

- **Understanding Menopause:** Explore the biology of menopause, common symptoms, and their potential impact on work performance and well-being.
- **Communication & Support Strategies:** Learn effective communication techniques to discuss menopause openly and respectfully with colleagues. Discover practical strategies for supporting women experiencing symptoms and creating a more inclusive workplace culture.
- **Legal & Ethical Considerations:** Gain insights into relevant workplace policies and legal considerations related to menopause.

How will I be assessed?

- **Formative assessment:** Active participation in group discussions, case studies, and role-playing scenarios will provide opportunities for learning and applying knowledge.

Who is this course for?

This course is designed for anyone interested in supporting women experiencing menopause in the workplace. This includes HR professionals, managers, team leaders, colleagues, volunteers working with women, and carers. Anyone with an interest in Menopause awareness.

Progression Opportunities:

This workshop is a springboard for further exploration of menopause and workplace wellbeing. Consider enrolling in online courses or workshops on specific topics like managing stress, promoting mental health awareness, or creating inclusive work environments. Explore resources from organisations like the Chartered Institute of Personnel and Development (CIPD) or the Equality and Human Rights Commission (EHRC) on menopause and workplace policies.

Career or Job Enhancement Pathways:

- Human Resources Professional (further qualifications required)
- Wellbeing Officer/Workplace Health Advocate
- Diversity & Inclusion Specialist
- Menopause Awareness Trainer/Speaker

How do I enrol?

The quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

