



OBT

OBT Course Outline

SUPPORTING WOMEN IN THE WORKPLACE 24(b) MENOPAUSE AWARENESS AT WORK - EMPLOYEES

<i>Main Aims and Key Benefits:</i>	This interactive session, designed for all employees, will focus on raising awareness of menopause, generating engagement and supporting an open and inclusive culture.
<i>Course Content:</i>	<ul style="list-style-type: none">▪ Understanding Menopause & 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
<i>Training Methods:</i>	<ul style="list-style-type: none">▪ Presentation▪ Syndicate exercises▪ Group discussions
<i>Who will benefit:</i>	All employees
<i>Duration:</i>	1/2 day
<i>Certification:</i>	OBT and Progressive Training
<i>Training Provider:</i>	Progressive Training – Caroline Walters