



OBT

OBT Course Outline

SUPPORTING WOMEN IN THE WORKPLACE

24(a) MENOPAUSE AWARENESS AT WORK (LINE MANAGERS)

Main Aims and Key Benefits:	<p>This interactive session with focus on raising awareness of menopause at work and provide an understanding of how Line Managers can take a confident, proactive and positive approach to supporting their team so that everyone can continue to perform at their best.</p> <p>The course aims to provide:</p> <ul style="list-style-type: none"> • an understanding of menopause and the impact it can have in the workplace. • an understanding of how to handle open, honest and sensitive conversations. • an awareness of the legal and health and safety context • an increased awareness of supporting their teams wellbeing.
Course Content:	<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. • Reasons to be menopause aware. • Why menopause is a workplace issue – recruitment, retention, EDI • The legal context – Equality Act 2010, Protected Characteristic, Health & Safety • How to create an open, inclusive and supportive culture • The role and responsibilities of the Line manager • How to approach a sensitive conversation • Workplace Adjustments • Signposting for support and resources
Training Methods:	<ul style="list-style-type: none"> • Group discussions • Case studies
Who will benefit:	Bursars, Managers and Supervisors, Heads of Departments, Line Managers, Team Leaders
Duration:	1 day
Certification:	OBT and Progressive Training
Training Provider:	Progressive Training – Caroline Walters