



# CPD certified Champion Training

## Menopause Champion Workshop



MENOPAUSE FRIENDLY AUSTRALIA

MEMBERSHIP ACCREDITATION TRAINING



# MENOPAUSE CHAMPIONS

## Champion Workshop

**RECOMMENDED LENGTH**  
**2.5 TO 3 HOURS**

### WHO THIS COURSE IS FOR

This interactive workshop provides confidence to menopause champions in performing their role.

The session focuses on the role of the Menopause Champion in supporting menopause at work.

This could be for Menopause Champions, Mental Health First Aiders, Wellbeing Champions, Workplace Health Safety Representatives or others in a similar role.

### INCLUDED

- Pre-session briefing to tailor material and signposting to your organisation
- "Managing Your Menopause" Digital Information Pack for colleagues
- Digital Manager Information Pack
- Interactive anonymous polls
- Post-event report including feedback/suggestions from your attendees

### DELIVERY OPTIONS

Online or in-person

### LEARNER OUTCOMES:

- Understanding the role and responsibilities of menopause champions
- Understanding the compelling reasons why organisations need to support menopause in the workplace
- Knowing what menopause is, why it happens and when it may happen
- Recognising and understanding menopause symptoms and the impact they may have at work
- Understanding the different approaches to managing menopause and feeling confident signposting to credible resources
- Understanding the responsibilities in supporting menopause at work and what workplace adjustments might support someone experiencing symptoms
- Being confident in having supportive conversations with colleagues around menopause
- How to promote menopause activity within your organisation and signpost resources when guidance is needed



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