



MENOPAUSE FRIENDLY

BEING A MENOPAUSE ALLY

Be present

Be present and part of the conversation. Being visible in conversations about menopause at work can encourage others to do the same.

Actively listen

Listen to people without judgement and without making assumptions. What does someone need from you in terms of support?

Be informed

The more we learn the more we can empathise. Take opportunities to learn the facts, listen to people's stories and unique experiences.

Acknowledge

Acknowledging the impact this could be having. Many people feel their experience is dismissed, acknowledge how this is showing up for someone.

Challenge

If you hear dismissive or disrespectful comments - challenge these. Use these as an opportunity to educate others on the impact of what they are saying.

Educate others

Use your influence to bring others into the conversation. The more informed everyone is the more allies we can create across an organisation.

Being an ally every day is important.