



MENOPAUSE FRIENDLY
AUSTRALIA



MENOPAUSE FRIENDLY TOOLKIT

All you need to get started



TOOLKIT INCLUDES

Strategy Resources



Menopause Friendly **self-assessment** & report

1 hour consultation with Menopause Friendly expert

Menopause Friendly Strategy **Workbook**

Guide to writing your **policy or guideline**

Policy template

Business Case: How menopause impacts your organisation

Sample questionnaire to complete an internal temperature check

Awareness Resources



Manager starter toolkit

Manager conversation guide

Talking to your manager conversation guide

Symptom tracker

How to be a menopause **ally factsheet**

Guide to running a **menopause support group**

Digital



Video: Why are we talking about menopause at work?

Video: Talking to your medical professional about menopause

\$899

excl GST

Offset against Level 2 membership*

[Click here for Menopause Training Information](#)

[Click here to get in touch](#)

*Cost of Toolkit will be deducted from Level 2 Membership fee if purchased within 6 months