MENOPAUSE FRIENDLY AUSTRALIA

MEMBERSHIP · ACCREDITATION · TRAINING

MENOPAUSE MASTERCLASSES

Let's talk about menopause

Expert-led masterclasses on the topics that matter most, from hormone therapy and nutrition to leadership, mindset and allyship.



Hormone Therapy | Nutrition | Leadership | Mindset | Allyship

ONGOING EDUCATION

Menopause Masterclasses

Deepen knowledge with expert-led sessions on the topics that matter most, from hormone therapy and nutrition to leadership, mindset and allyship.

12 EXPERT TOPICS | UNLIMITED ATTENDEES



DURATION
1 to 1.25 hours

FORMAT
Live webinar

DELIVERED BY
Specialist GP and subject matter experts

01 **Menopause and Hormone Therapy** 03
The medical approach to managing menopause: the latest research, the myths and the options.

02 **Neurodiversity and Menopause** NEW 04
How menopause and neurodivergence connect, with a focus on ADHD.

03 **Nutrition and Menopause** 05
How we fuel our bodies during menopause, and the impact on symptoms and long-term health.

04 **Thriving in Leadership During Menopause** 06
Practical tools for women in leadership navigating perimenopause, menopause and beyond.

05 **Healthy Habits for Energy & Performance** 07
Simple, evidence-based daily habits to strengthen your personal energy foundations.

06 **Staying Strong Through Midlife** 08
Approach midlife health and positive ageing with confidence, knowledge and resilience.

07 **POI and Early Menopause** 09
Understanding premature ovarian insufficiency and menopause before 45.

08 **Menopause and Mindset** NEW 10
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How movement and exercise can ease symptoms and support long-term health.

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Supporting the people around us, while also caring for yourself.

11 **Time for an Inclusive Conversation** NEW 13
Understanding the individual experiences of menopause across our communities.

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Make a difference for those directly impacted by menopause.

Build your masterclass series

Choose one topic or a program across the year. Select any title above for full details.

Inquire now →

MENOPAUSE MASTERCLASS

Menopause and Hormone Therapy

The medical approach to managing menopause: the latest research, the myths and the options.

MENOPAUSE MASTERCLASS



DURATION
1 hour

FORMAT
Webinar

ATTENDEES
Unlimited

For those wanting to understand more about the medical approach to managing menopause.

Delivered by Menopause Friendly and a GP menopause expert, this practical session covers the latest research on hormone therapy, debunks the myths and explores the facts and the full range of options available, both MHT and alternatives.

DELIVERED BY
GP menopause expert with a Menopause Friendly trainer

This session covers

- Types of hormone therapy and how they work
- Hormonal and non-hormonal treatments for managing symptoms
- Pros and cons of treatment
- How to prepare for a GP consultation
- Complementary and lifestyle approaches
- Other key midlife health topics, such as bone, heart and mental health
- Q&A

> *Very informative and insightful, covering a wide range of areas within the subject. The biggest takeaway for me was to be told that if something is not working it is worth going back to the GP as there are other options available, and that everyone is different.*
>
> MASTERCLASS ATTENDEE

Bring this masterclass to your team

Get in touch with our friendly team to schedule your session.

Inquire now →

MENOPAUSE MASTERCLASS

Neurodiversity and Menopause

How menopause and neurodivergence connect, with a focus on ADHD.

NEW MENOPAUSE MASTERCLASS



DURATION
1 hour

FORMAT
Webinar

ATTENDEES
Unlimited

The impact of the menopause transition on neurodiverse women, in particular those with ADHD (Attention Deficit Hyperactivity Disorder) or autism, is an important topic right now.

Some people are diagnosed in childhood, others as adults. Either way, going through menopause with ADHD or autism can be a perfect storm: symptoms can overlap and pre-existing symptoms can worsen. With the right support, it need not be this way.

This session explores the connection between menopause and neurodivergence, with a focus on ADHD and how hormonal changes during perimenopause and menopause may affect attention, memory, emotional regulation, energy and coping strategies.

DELIVERED BY
Menopause GP specialising in Neurodiversity and a Menopause Friendly trainer

This session covers

- What neurodiversity is and an introduction to ADHD
- Why ADHD can be under-recognised in women
- The relationship between hormones, neurotransmitters and brain function
- How menopause can impact focus, memory, mood, sleep and emotional regulation
- The overlap between menopause symptoms and ADHD traits
- Strategies to support wellbeing and access appropriate support
- Creating more inclusive and supportive environments

> *This was so good and illuminating! My wife was recently diagnosed with ADHD and is going through perimenopause, so it is good to better understand what she is experiencing and how I can support her.*
>
> MASTERCLASS ATTENDEE

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MENOPAUSE MASTERCLASS

Nutrition and Menopause

How we fuel our bodies during menopause, and the impact on symptoms and long-term health.

MENOPAUSE MASTERCLASS



DURATION
1 hour 15 minutes

FORMAT
Webinar

ATTENDEES
Unlimited

For those wanting to understand how we fuel our bodies during menopause and the huge impact this can have on our symptoms, how we feel and our long-term health.

This masterclass offers practical advice and top tips on what can help ease menopause symptoms and support long-term health.

DELIVERED BY
Nutritional therapist specialising in menopause

This session covers

- What is actually happening in your body: hormonal, body composition and metabolic shifts across the transition
- Why the old playbook is failing: the physiology behind the frustration with traditional diets
- The midlife nutrition response: protein, fibre and fat targets, and the plate structure that protects metabolism
- Muscle, movement and metabolic health: the most powerful (and underused) lever available
- The often-missed levers: sleep and brain health, and what to ignore in the supplement and wellness space
- Where HRT/MHT sits in relation to body composition

Bring this masterclass to your team
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MENOPAUSE MASTERCLASS

Thriving in Leadership During Menopause

Practical tools for women in leadership navigating perimenopause, menopause and beyond.

MENOPAUSE MASTERCLASS



DURATION
1 hour

FORMAT
Webinar

ATTENDEES
Unlimited

Designed to empower women in leadership who are navigating perimenopause, menopause or post-menopause, and recommended for leaders seeking practical support to navigate this stage with confidence.

The session explores the unique challenges and opportunities this life stage presents, offering practical tools, strategies and inspiration to sustain confidence, wellbeing and effectiveness in senior roles.

DELIVERED BY
Menopause Friendly Trainer and Leadership Coach

This session covers

- How menopause can impact leadership presence, decision-making and confidence, and why silence is so costly for women and organisations
- A self-leadership toolkit to track symptoms, build resilience and communicate needs effectively
- Strategies to maintain visibility, influence and executive presence
- Practical guidance for leading teams with empathy and strength while managing personal challenges
- Confidence to seek support, role-model openness and advocate for cultural change
- Q&A: an open, supportive space to explore questions

Bring this masterclass to your team
Get in touch with our friendly team to schedule your session.

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MENOPAUSE MASTERCLASS

Healthy Habits for Energy & Performance

Simple, evidence-based daily habits to strengthen your personal energy foundations.

MENOPAUSE MASTERCLASS



DURATION
1 hour

FORMAT
Webinar

ATTENDEES
Unlimited

Many women experience changes in energy during menopause, and it is easy to assume this is simply due to age or life stage. Whether you are 39 or 59, simple, evidence-based adjustments to your daily habits can make a meaningful difference to how you feel.

We explore how hormonal changes influence energy, the routines and lifestyle factors that can disrupt it, and practical strategies to strengthen your personal energy foundations.

DELIVERED BY
Integrative health practitioner

This session covers

- How changing hormones influence energy, including sleep, metabolism, stress and cognitive function
- An energy check-in to help you identify your personal drivers of fatigue
- Daily lifestyle strategies that support energy: movement, sleep, recovery and simple nutrition principles
- How to build energy-boosting routines that stick
- When hormone therapy and supplements may help, and how to make informed decisions
- Q&A

Bring this masterclass to your team
Get in touch with our friendly team to schedule your session.

Inquire now →

MENOPAUSE MASTERCLASS

Staying Strong Through Midlife

Approach midlife health and positive ageing with confidence, knowledge and resilience.

MENOPAUSE MASTERCLASS



DURATION
1 hour

FORMAT
Webinar

ATTENDEES
Unlimited

This empowering session explores how we can approach midlife health and positive ageing with greater confidence, knowledge and resilience.

Discover practical strategies to support your wellbeing, build healthy habits and thrive through the changes and opportunities that midlife brings.

DELIVERED BY
Menopause Friendly exercise and movement trainer

This session covers

- The impact of menopause and midlife changes on long-term health and wellbeing
- Key areas of health, including heart health, bone strength, sleep, mental wellbeing and healthy ageing
- Practical strategies to improve energy, resilience, strength and longevity
- Sustainable approaches to movement, nutrition, sleep and stress management
- How workplaces can create supportive environments where women feel valued and empowered to keep thriving

Bring this masterclass to your team
Get in touch with our friendly team to schedule your session.

Inquire now →



MENOPAUSE MASTERCLASS

POI and Early Menopause

Understanding premature ovarian insufficiency and menopause before 45.

MENOPAUSE MASTERCLASS

DURATION
1 hour

FORMAT
Webinar

ATTENDEES
Unlimited

Menopause usually happens between 45 and 55 years of age, but it can be much earlier. In fact, 5% of us will experience menopause before the age of 45.

Premature menopause, or premature ovarian insufficiency (POI), is defined as menopause that happens before the age of 40. In this interactive and informative session, we are joined by a women's health specialist doctor.

DELIVERED BY
Women's health specialist doctor

This session covers

- What premature menopause or POI is, and how many people experience it
- What causes POI
- The symptoms, and what POI can mean for longer-term health
- How fertility can be affected
- What help and support is available

> *It is so important that we recognise the different experiences of menopause and not assume what age people are. Thank you for this session and making me feel seen and heard.*
>
> MASTERCLASS ATTENDEE

Bring this masterclass to your team

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Inquire now →

MENOPAUSE MASTERCLASS

Menopause and Mindset

Strategies for managing mindset and practising self-care that is right for you.

NEW MENOPAUSE MASTERCLASS



DURATION
1 hour 15 minutes

FORMAT
Webinar

ATTENDEES
Unlimited

Looking after our wellbeing during menopause can be challenging. We are often in busy periods of life, managing fluctuating hormones and caring for others, which means we place ourselves last.

This interactive session offers time to reflect, understand and discover strategies for managing our mindset and practising self-care that is right for us as individuals, so that we can thrive during menopause.

DELIVERED BY
Menopause Friendly mindset expert trainer

This session covers

- Explore some of the mindset challenges we can experience during menopause
- Discover where negative and intrusive thoughts come from, and practical strategies to work with them
- Consider what we can and cannot control, and how to use this to alleviate overwhelm
- Explore and define the self-care that is right for you
- Share with others and gain useful ideas and insights

Bring this masterclass to your team
Get in touch with our friendly team to schedule your session.

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MENOPAUSE MASTERCLASS

Menopause, Movement and Exercise

How movement and exercise can ease symptoms and support long-term health.

MENOPAUSE MASTERCLASS



DURATION
1 hour

FORMAT
Webinar

ATTENDEES
Unlimited

For those wanting to understand how movement and exercise during menopause can have a huge impact on managing symptoms, on how someone feels, and on their long-term health.

This masterclass offers practical advice and top tips on what can help ease menopause symptoms and support long-term health.

DELIVERED BY
Exercise and movement trainer specialising in menopause

This session covers

- Key facts about menopause: ages, stages and symptoms
- What is happening to the body physically during menopause
- The evidence on how exercise and movement can support menopause
- Types of exercise and the benefits of each
- Exercise that will help you prepare for menopause
- What gets in the way of exercising
- Top tips for getting started

> *Great session with great information, not just for me personally but for me to feed back to my work colleagues, friends and family.*
>
> MASTERCLASS ATTENDEE

Bring this masterclass to your team

Get in touch with our friendly team to schedule your session.

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MENOPAUSE MASTERCLASS

Menopause & Relationships

Supporting the people around us, while also caring for yourself.

NEW MENOPAUSE MASTERCLASS

DURATION
1 hour

FORMAT
Webinar or in person

ATTENDEES
Unlimited

For partners, spouses and significant others, menopause can affect daily life, communication and connection at home. With a little understanding, patience and practical support, you can make a real difference.

This session explores what menopause is, how it can affect people differently, and simple ways to respond with empathy and confidence, while caring for your own wellbeing too.

DELIVERED BY
Menopause Friendly expert trainer

This session covers

- What menopause is and how it may be experienced
- How it can affect mood, sleep, energy and confidence
- Why the experience can differ from person to person
- How to offer practical, supportive help
- How to have supportive conversations about menopause
- How to be better informed about the impact of menopause
- How to look after your own wellbeing while supporting others
- Where to find further support and information

Bring this masterclass to your team
Get in touch with our friendly team to schedule your session.

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MENOPAUSE MASTERCLASS

Time for an Inclusive Conversation

Understanding the individual experiences of menopause across our communities.

NEW MENOPAUSE MASTERCLASS



DURATION
1 hour

FORMAT
Webinar

ATTENDEES
Unlimited

Despite increasing media coverage of menopause, there is still a lack of understanding of the experience of certain communities: black and ethnic minorities, people with disabilities and members of the LGBTQIA+ community in particular. Too many people are suffering in silence while symptoms impact all aspects of their lives.

Our diversity expert shares her first-hand experience and expertise, brought to life with case studies.

DELIVERED BY
Diversity expert with lived experience

This session covers

- Why it is so important to understand the individual, lived experience of people going through menopause
- The drivers of health inequalities in different communities
- Top tips for what we can do so that menopause care is truly inclusive

> *Excellent to have these sessions and to know that our company takes inclusion seriously. The more we talk about it, the less vague it is for future generations. Good to have a caring community.*
>
> MASTERCLASS ATTENDEE

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MENOPAUSE MASTERCLASS

Allyship

Make a difference for those directly impacted by menopause.

MENOPAUSE MASTERCLASS



DURATION
1 hour

FORMAT
Webinar

ATTENDEES
Unlimited

Menopause is being talked about more than ever, reducing stigma and highlighting that support is often vital. It is also important that everyone is part of that conversation, as it affects all of us as partners, colleagues and friends.

A little awareness goes a long way. Being a good leader, teammate and human means listening and making a difference for those directly impacted by menopause.

DELIVERED BY
Menopause Friendly expert trainer

This session covers

- What menopause is
- How menopause can have an impact, especially at work
- How the experience of menopause can differ from one person to another
- What we can do as allies to be better informed
- Tried and tested allyship approaches
- How to have supportive conversations about menopause
- What support is available in and outside the workplace

Bring this masterclass to your team
Get in touch with our friendly team to schedule your session.

Inquire now →



GET IN TOUCH

Ready to start the conversation?

Tried, tested and trusted by leading employers. Talk to our friendly team about the right training program for your organisation.

1

Book a free consultation

A 30-minute chat with one of our expert consultants

2

We tailor your program

Language, signposting and content shaped to your organisation

3

Deliver and report

Engaging sessions, followed by a feedback report

Book a free 30-minute consultation →

Complete your Menopause Friendly workplace checklist →

hello@menopausefriendly.com.au

menopausefriendly.au

The industry recognised ***mark of excellence*** for menopause at work

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