CREATING HAPPIER, HEALTHIER WORKPLACES

MENOPAUSE FOR MANGERS & HR STAFF

LUMINATE

MENOPAUSE FOR MANAGERS & HR STAFF

p3.
SESSION 1 & 2

- Menopause for Managers & HR Staff
- Developing a Menopause Policy

p4.
SESSION 3 & 4

- Menopause & Mental Health
- Supporting Conversations About Menopause at Work

p5.
OTHER MENOPAUSE-SPECIFIC SESSIONS

- 6-week Menopausal Wellbeing Programme
- Menopause in The Workplace
- Menopause for Line Managers
- Menopause for Men
- Menopause Hormone Hacks
- Menopause Meet-Up Sessions

This four-part series equips managers and HR teams with the tools they need to create supportive, inclusive environments for their menopausal colleagues.

Designed by psychologist and menopause specialist, Beverly Taylor, each session tackles a different subject supporting menopausal wellbeing through improving knowledge, empathy, and developing policy.

Delivered live and on-site or via video-conference, these sessions can be standalone or run as a 4-week programme. We include interactive elements in all sessions to help imbed learning and deliver maximum impact.

BITE-SIZED SEMINAR/WEBINAR (60 MINS)

- Engaging keynote delivery
- Incorporates interactive features and practical exercises
- Up to 100 attendees

INVESTMENT

Available as standalone sessions or as a 4-part series. Please enquire for pricing.

IN-DEPTH WORKSHOPS (90 MINS)

- Engaging keynote delivery
- Deep dive learning for smaller groups
- Case study exercises and group discussions
- Up to 16 attendees

INVESTMENT

Available as standalone sessions or as a 4-part series. Please enquire for pricing.

SESSION 1:

MENOPAUSE FOR MANAGERS & HR STAFF

In this session, we cover:

- Menopause is more than simply biology
- Typical symptoms impacting people at work
- Statistics around menopause at work
- Impacts of the working environment on symptoms

SESSION 2:

DEVELOPING A MENOPAUSE POLICY

In this session, we cover:

- What needs to be in a policy
- Utilising current working policies
- Matching symptoms to reasonable adjustments
- Launching your policy

SESSION 3:

SYMPTOM SPOTLIGHT: MENOPAUSE & MENTAL HEALTH

In this session, we cover:

- Menopausal anxiety, depression and loss of confidence
- Boosting mental resilience at work
- Supporting staff with menopausal mental health
- The impact of menopause on EDI policies

SESSION 4:

SUPPORTING CONVERSATIONS AROUND MENOPAUSE AT WORK

In this session, we cover:

- Starting conversations around menopause at work
- Using open conversation techniques
- On-going support
- Utilising menopause ally's

OTHER MENOPAUSE-SPECIFIC SESSIONS

Additional menopause-related sessions for a variety of different groups, designed to help support and empower people experiencing the menopause, inside and outside of the workplace.

6-WEEK WELLBEING THROUGH MENOPAUSE PROGRAM

A six-part series of sessions (available as stand-alone sessions too) designed to support those experiencing the menopause, through symptom management tactics and self-compassion.

Available as 60- or 90-minute sessions | Pricing on P2

MENOPAUSE IN THE WORKPLACE

A stand-alone session for all employees on what menopause is, common symptoms, impact at work, stats on those leaving work due to difficult symptoms, what we can do to support ourselves at work, etc.

Available as a 60- or 90-minute session | Pricing on P2

MENOPAUSE FOR LINE MANAGERS

A stand-alone session for people managers on what menopause is, spotting signs of difficult symptoms in others, starting conversations, and how to support those you manage with menopause at work.

Available as a 60- or 90-minute session | Pricing on P2

MENOPAUSE FOR MEN

A stand-alone session for men on myth busting, menopause symptoms, the impact of menopause at work, what to look out for as a male ally, and practical ways to support menopause at work.

Available as a 60- or 90-minute session | Pricing on P2

MENOPAUSE HORMONE HACKS

A stand-alone session for those experiencing menopause on on why during menopause we struggle more with stress and low mood and hacks to boost those feel-good hormones and reduce stress.

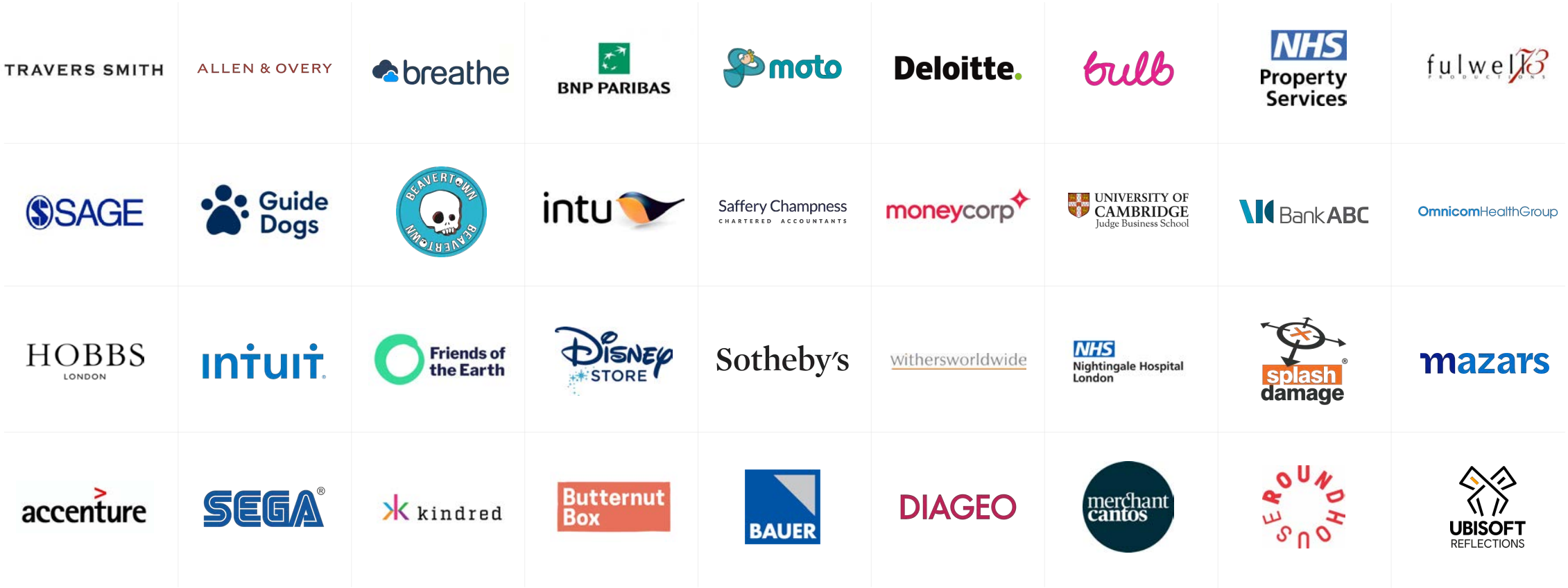
Available as a 60- or 90-minute session | Pricing on P2

MENOPAUSE MEET-UP SESSIONS

Hour-long online discussions facilitated by psychologist and menopause specialist, Beverly Taylor. Meet-ups provide a safe space where employees can meet, chat about menopause, and get support from each other.

Available as a one-off, monthly, quarterly or bi-annually | £650 + VAT for a 1-hour session

ORGANISATIONS WE'VE WORKED WITH



hello@weareluminate.co
+44 (0) 203 637 7417
weareluminate.co

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