CREATING HAPPIER, HEALTHIER WORKPLACES

WELLBEING THROUGH THE MENOPAUSE

LUMINATE

WELLBEING THROUGH THE MENOPAUSE

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SESSION 1 & 2

• Understanding Your Menopause
• Stress and Menopause

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SESSION 3 & 4

• Symptom Spotlight: Hot Flushes and Night Sweats
• Symptom Spotlight: Brain Fog, Memory and Concentration

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SESSION 5 & 6

• Symptom Spotlight: Sleep
• Boosting your Mental Resilience in Menopause

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OTHER MENOPAUSE-SPECIFIC SESSIONS

This six-part series equips individuals experiencing the menopause with the tools to support their wellbeing through symptom management tactics and self-compassion.

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 6-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 6-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 6-part series. Please enquire for pricing.

SESSION 1:

UNDERSTANDING YOUR MENOPAUSE

In this session, we cover:

- Menopause is more than simply biology
- Focus on your specific symptoms
- The importance of tracking symptoms
- Exploring our underlying thoughts and beliefs

SESSION 2:

STRESS & THE MENOPAUSE

In this session, we cover:

- The impact of stress on menopausal symptoms
- Different types of stress
- Identifying your unique stressors
- Managing stress and dampening the physiological system

SESSION 3:

SYMPTOM SPOTLIGHT: HOT FLUSHES AND NIGHT SWEATS

In this session, we cover:

- What are hot flushes and night sweats
- Specific triggers
- Lifestyle hacks to support triggers
- In the moment management

SESSION 4:

SYMPTOM SPOTLIGHT: BRAIN FOG, MEMORY & CONCENTRATION ISSUES

In this session, we cover:

- Why menopause impacts brain health
- Lifestyle hacks for brain health
- Managing negative thoughts around poor brain health and impacts at work
- Practical tips to manage brain related symptoms

SESSION 5:

SYMPTOM SPOTLIGHT: SLEEP

In this session, we cover:

- The impact of menopause on sleep
- Sleep hygiene and the bed-sleep connection
- Thoughts and anxieties that wake us in the night
- 3am sleep tips

SESSION 6:

BOOSTING YOUR MENTAL RESILIENCE IN MENOPAUSE

In this session, we cover:

- The impact of menopause on our mood
- Menopause, anxiety, depression and loss of confidence
- Menopausal thought challenging
- Tips to boost your mental resilience during menopause

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.

4-WEEK MENOPAUSE FOR MANAGERS & HR STAFF PROGRAM

A four-part series of sessions (available as stand-alone sessions too) for managers and HR staff on supporting menopausal wellbeing through improving knowledge, empathy, and developing policy.

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, and 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.

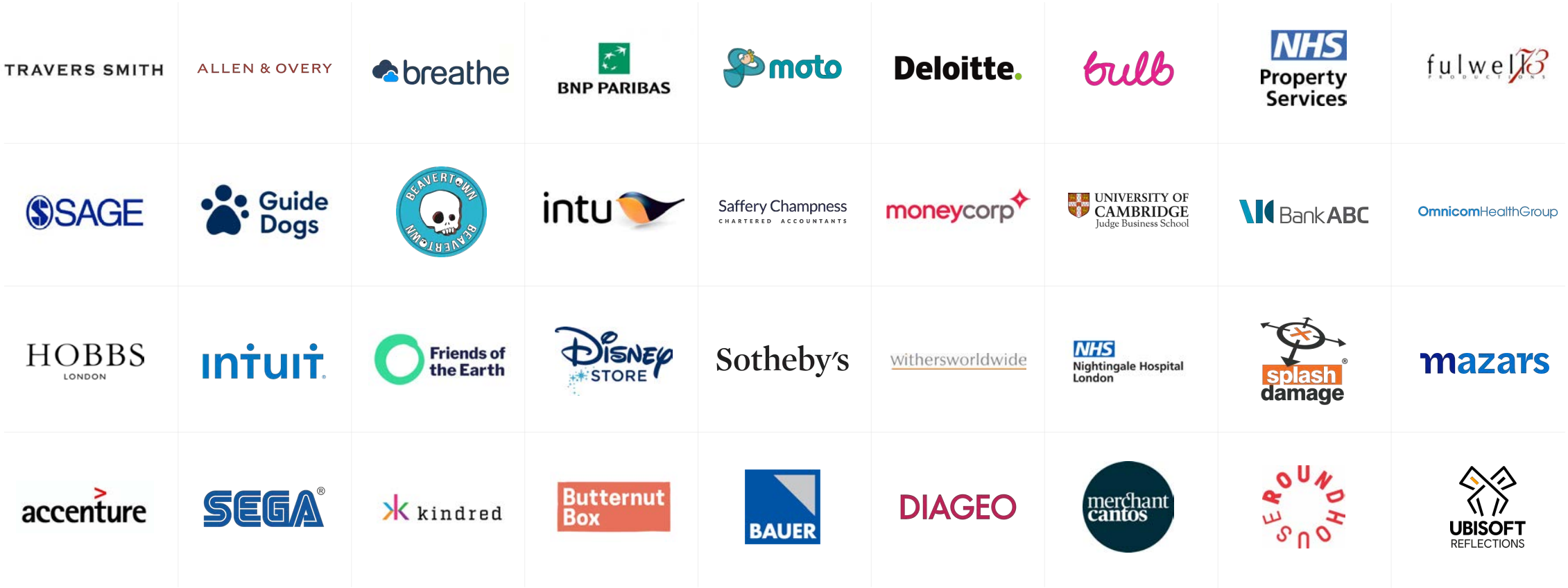
Available as a 60- or 90-minute session | Pricing on P2

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 1-hour session

ORGANISATIONS WE'VE WORKED WITH



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

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