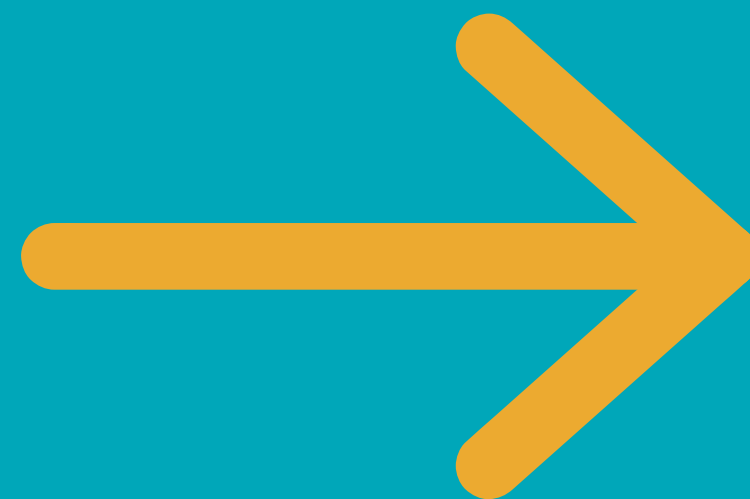


How to support

menopause in

the workplace

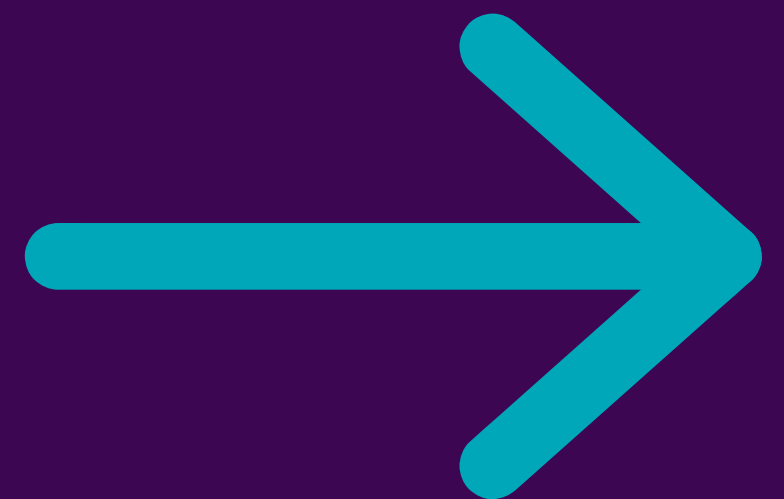
ew.



How to support menopause in the workplace

1.

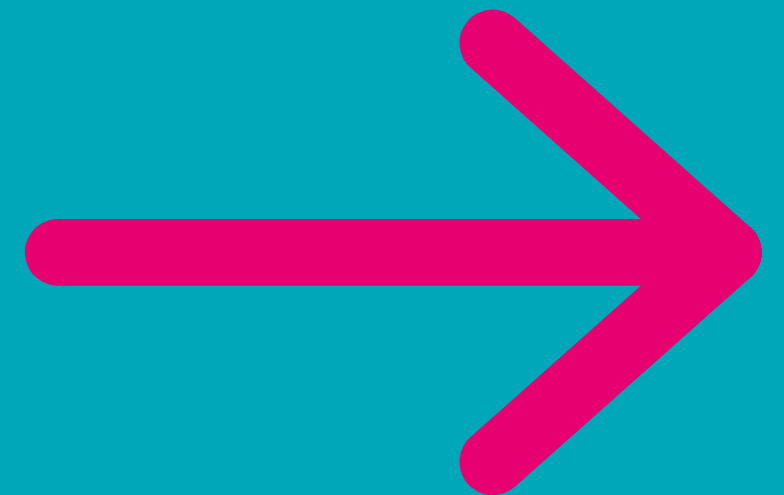
Consider flexible working models, such as hybrid working and allow time off for appointments.



How to support menopause in the workplace

2.

Ensure uniforms are comfortable and make reasonable adaptations.



How to support menopause in the workplace

3.

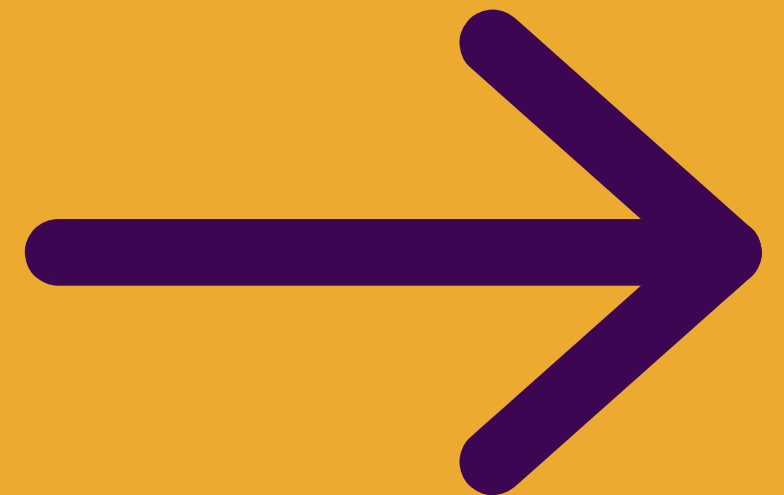
**Provide managers with
specific training and
development that takes
account of health
inequalities
and cultural nuance.**



How to support menopause
in the workplace

4.

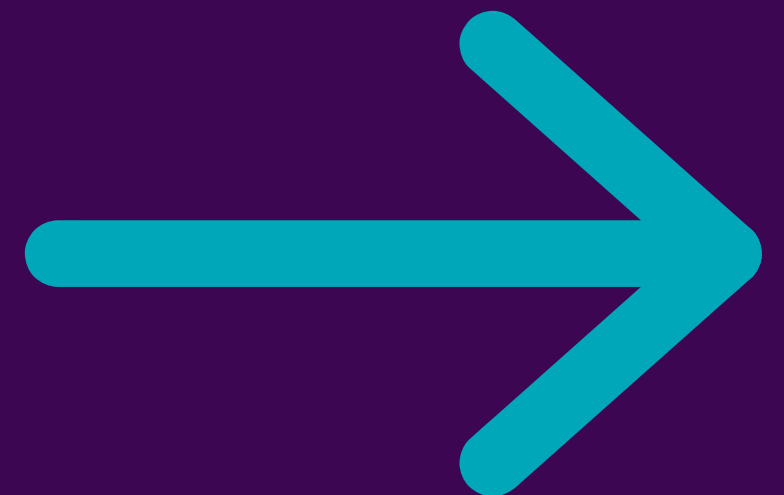
**Offer obligatory comfort
breaks.**



How to support menopause in the workplace

5.

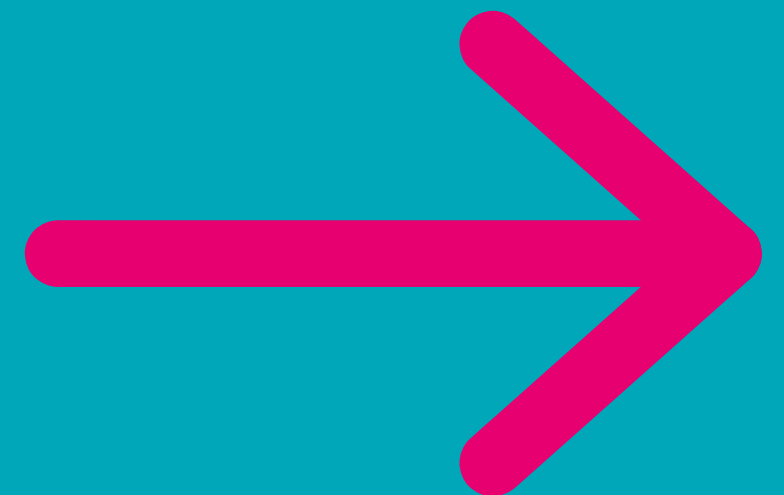
**Review workplace
temperature and provide
ventilation.**



How to support menopause in the workplace

6.

**Supply guidelines for
where women can source
specific healthcare
information.**



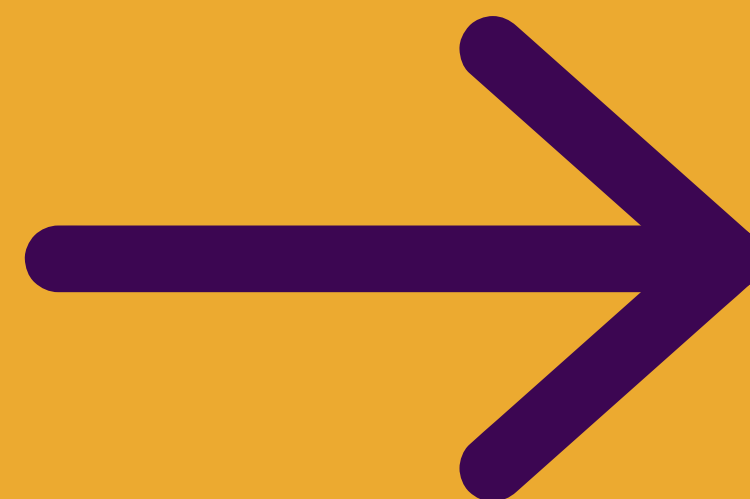
How to support menopause
in the workplace

7.

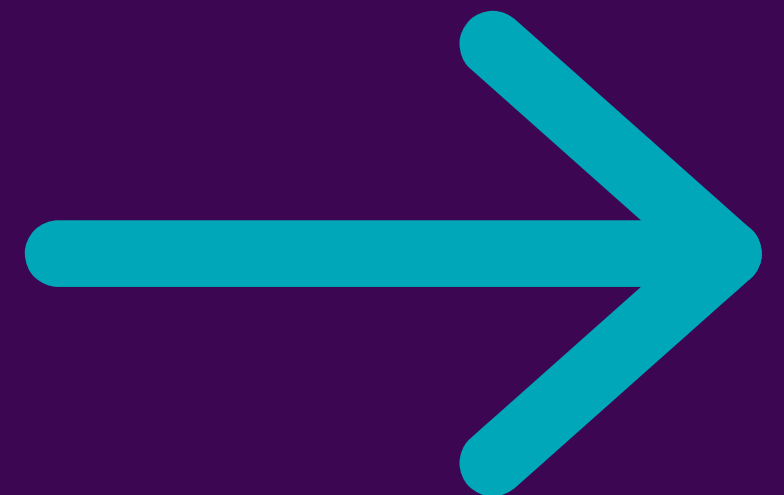
**Continuously facilitate a
supportive and open
dialogue.**



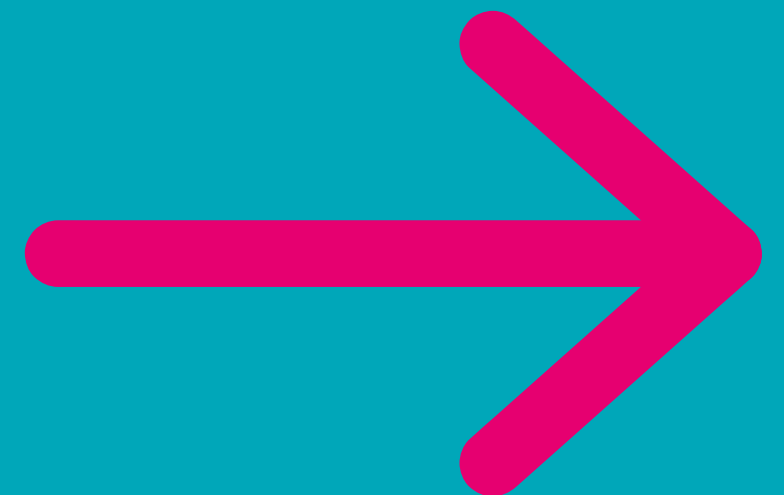
Review current policies (performance and wellbeing policies for example) and ask for feedback.



**Record menopause days
off separately from
other absences (sick
leave policy / procedure).**



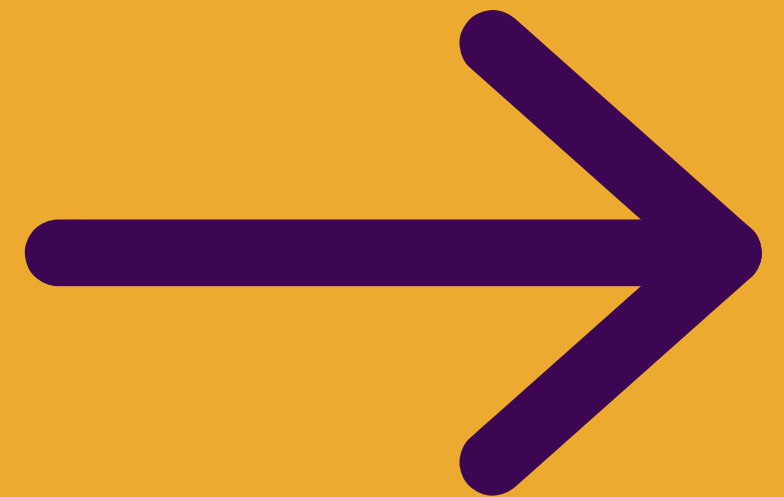
**Organise awareness
raising activities such as
menopause wellbeing
sessions.**



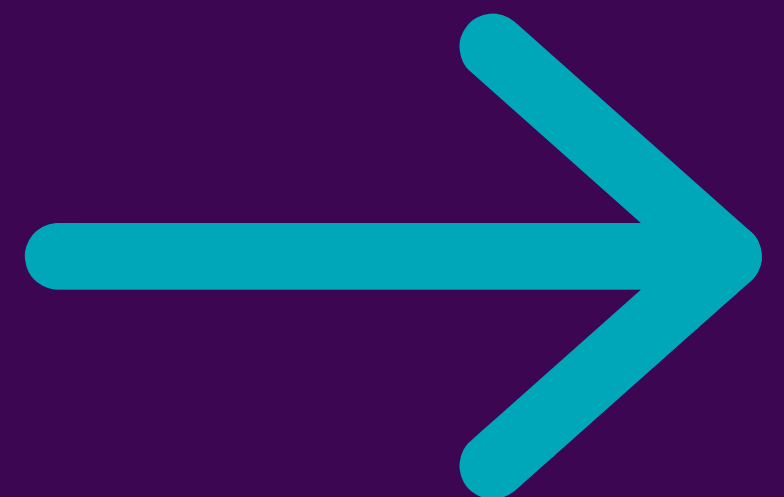
**Ensure staff have access
to information, resources
and helpful providers.**



**Check that your
workplace insurance
includes menopause.**



**Appoint and train
workplace ambassadors,
and include them in
performance discussions.**



Get in touch to

find out how we

can help you create

a menopause

friendly workplace.

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