

## Fact Sheet

# AWARENESS OF MENOPAUSE IN THE WORKPLACE



## Overview

Creating supportive workplaces begins with awareness. This micro-teach course introduces learners to the stages of menopause and how it can affect individuals at work. It provides practical insights to help recognise symptoms, understand their impact on performance, and promote open, respectful conversations. Suitable for employees, managers, and teams, this course offers a quick and accessible way to foster a healthy, inclusive, and understanding work environment for everyone.



**Duration:**  
20 Minutes



**Assessment:**  
Formative  
assessment



**Price:**  
£5.00



**Certificate:**  
Yes – Highfield  
Completion Certificate

## Areas covered

- The menopause and its symptoms
- The impact on work performance
- How to create a supportive work environment

## Who is it aimed at?

Employers and employees at all levels, in any sector, who want to deepen their understanding of menopause and learn how to support and raise awareness within the workplace.

