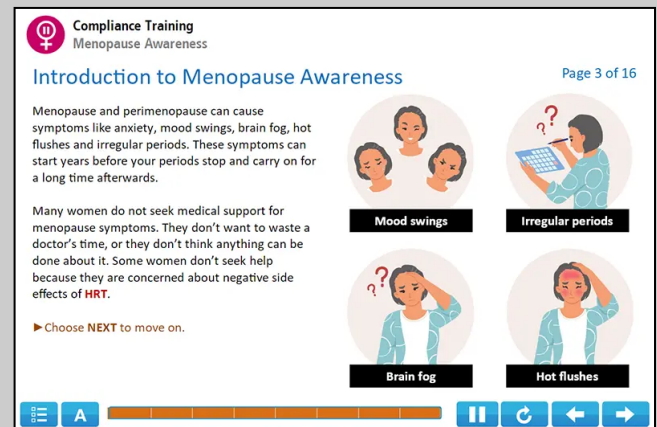
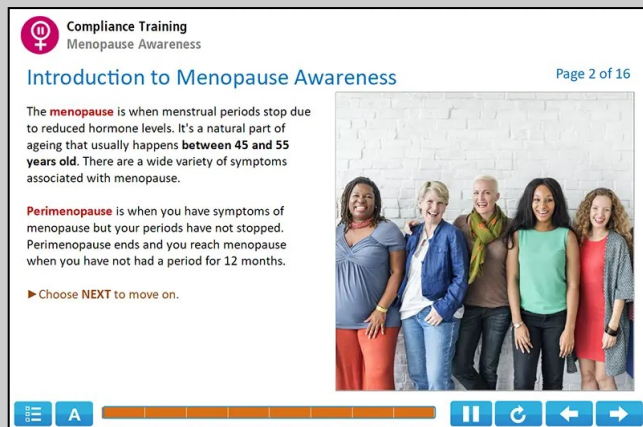


ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Menopause Awareness Training

£17.50 + VAT



- ✓ Certified by CPD
- ✓ Audio voiceover
- ✓ Downloadable certificate on completion
- ✓ 100% online training
- ✓ No time limits



This **Menopause Awareness** training course explains what the menopause is and what the signs and symptoms are. You'll learn about a range of treatments available and explore how an organisation can support staff who are experiencing menopause.

The information within this awareness course has been designed for all employees across all industry sectors, to help give a better understanding of menopause. It is a perfect resource to help if you are transitioning through the menopause, or looking for information to help you support a colleague.

The approximate duration of this training is 1 hour.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress.

Our training licences **don't expire** and are only assigned to a learner when they launch the training. Substantial discounts are available for bulk purchases.

Learners are able to download their certificate on successful completion of the online assessment.

0333 577 5016
info@i2comply.com

i2Comply

Menopause Awareness Training

1. INTRODUCTION TO MENOPAUSE ISSUES

- What menopause and perimenopause are
- Some symptoms of menopause
- How many people at work are affected
- The impact at work and the cost to businesses
- Types of treatment
- Legal issues
- Trans men and menopause
- Male menopause

2. TRIGGERS FOR MENOPAUSE

- The average age for menopause
- Early menopause
- Premature menopause
- Treatments that trigger menopause

3. MENOPAUSE SYMPTOMS

- Variability and duration of symptoms
- Common physical symptoms of menopause
- Cognitive and emotional symptoms of menopause

4. TREATMENT – HRT

- Health risks of the menopause that are reduced by HRT
- Types of HRT
- Side effects of HRT
- Risks of HRT

5. NATURAL TREATMENTS

- How diet can reduce menopause symptoms
- The impact of alcohol, caffeine and smoking
- The benefits of exercise and relaxation
- Herbal remedies and talking therapy

6. WORKPLACE ISSUES

- The business impact of not addressing the issue
- Who needs support
- Menopause policies and sickness policies
- Risk assessment and reasonable adjustments
- Menopause champions and training