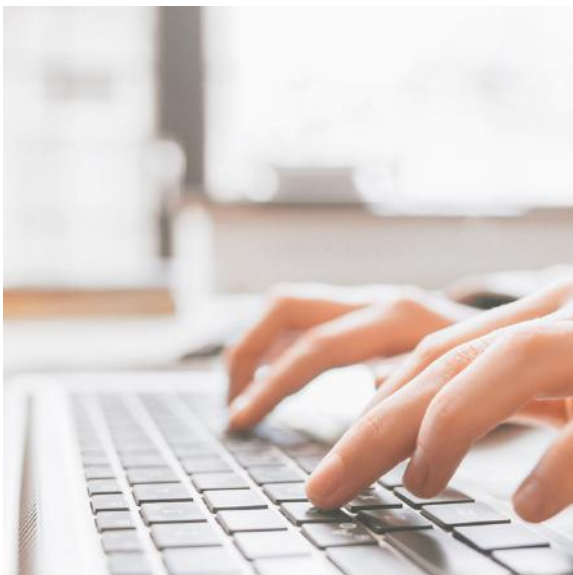




Take control of menopause

BECOME A MENOPAUSE FIRST AIDER





MENOPAUSE AT WORK

For the first time in history, women are likely to be menopausal or post-menopausal for longer than they were reproductive. And as women make up nearly half the UK workforce – and 45% of those are over the age of 50 – it is vital they receive the right support to manage their symptoms, so they continue to flourish at work.

As The CIPD recently stated, “It’s a key recruitment and retention issue; women experiencing menopause are often at the peak of their skills and experience and it doesn’t make sense for employers to miss out on this valuable female talent.”

We know that many people feel uncomfortable talking about menopause which means that some suffer in silence. This can impact their physical and mental health and wellbeing which can lead to people leaving their jobs.

Everyone should be able to talk openly about menopause, feel able to ask for help, know where to go for help, know how to support their colleagues and ultimately feel empowered to take control of their menopause. This benefits everyone, both at work and at home.

CIPD research (2019) found that 30% of those surveyed said they had been unable to go into work because of their menopause symptoms – but only one quarter of that group felt able to tell their manager the real reason for their absence.



BECOMING A MENOPAUSE FIRST AIDER

As a Menopause First Aider, you can champion menopause in your workplace and make a difference by empowering others to seek the help they need and take control of their menopause.

It will give you more confidence to have a supportive, non-judgemental conversation about menopause. And it will give you the knowledge and resources to guide others to the appropriate professional support if they require it.

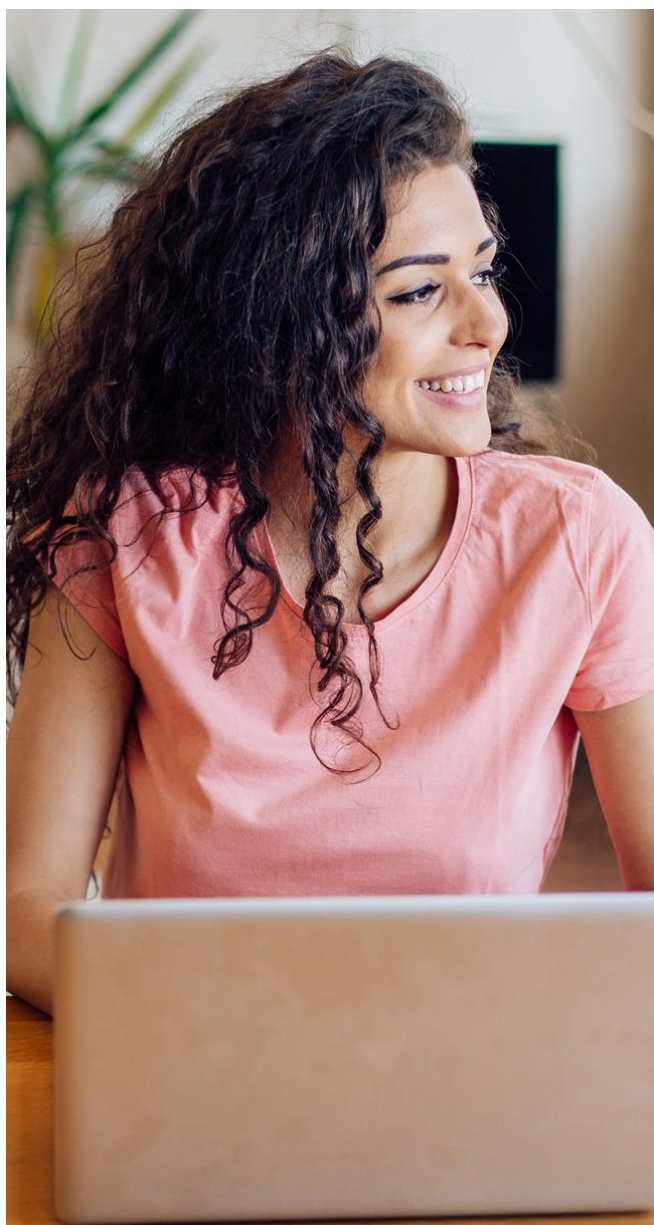
WHAT DOES THE TRAINING COVER?

The accredited Menopause First Aid CPD will help you to get a better understanding of the changes that occur during menopause, the impact and effect of menopause symptoms and how these can be managed. Your training will cover the following:

- To enhance your knowledge of menopause
- To enable you to offer support and reassurance to others experiencing menopause
- To enable you to actively listen to others experiencing menopause
- To enable you to feel confident to talk openly about menopause
- To improve knowledge of workplace adjustments
- To recognise your scope of practice and know when and where to signpost for further support and information

WHAT DOES THE TRAINING INVOLVE?

This training is an engaging eLearning course designed to improve knowledge, build confidence and encourage conversation. It requires approximately 6 guided learning hours with the tremendous advantage of self-paced learning, enabling learners to study at their own convenience.



WHAT DOES THE TRAINING COST?

It costs just £162.50 (exVAT) per person.

ARE THERE ANY PRE-REQUISITES?

There are no pre-requisites to do the Menopause First Aid CPD. However, you will need internet access for all the eLearning resources.

HOW DO I BOOK?

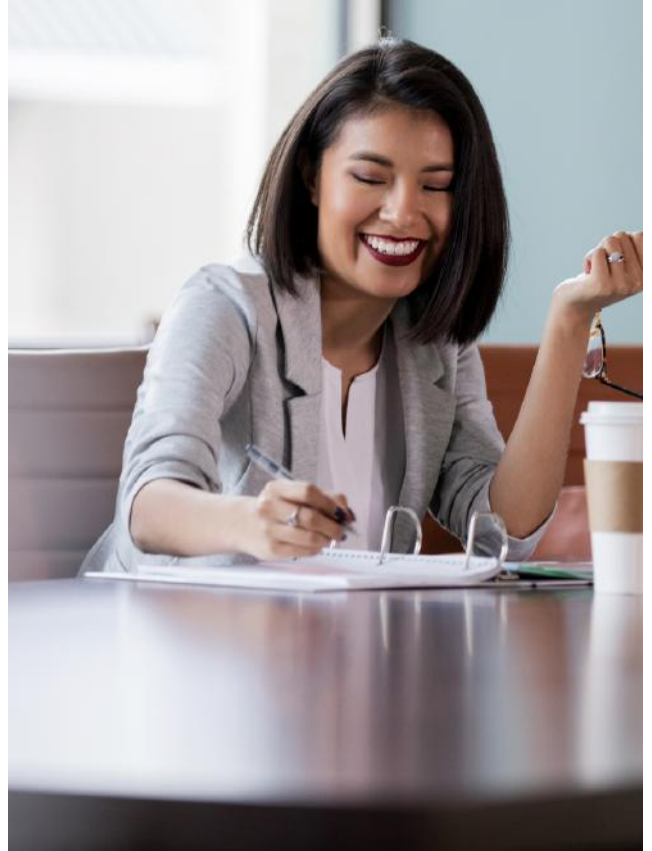
You can book your e-learning course [here](#). Alternatively, if you'd like to purchase multiple licences for your organisation, you can [email us](#) and an invoice can be raised and the courses will be assigned by our team.

HOW LONG DO I HAVE TO COMPLETE THE COURSE?

You have 12 months from enrolment to complete the CPD.

HOW AM I ASSESSED?

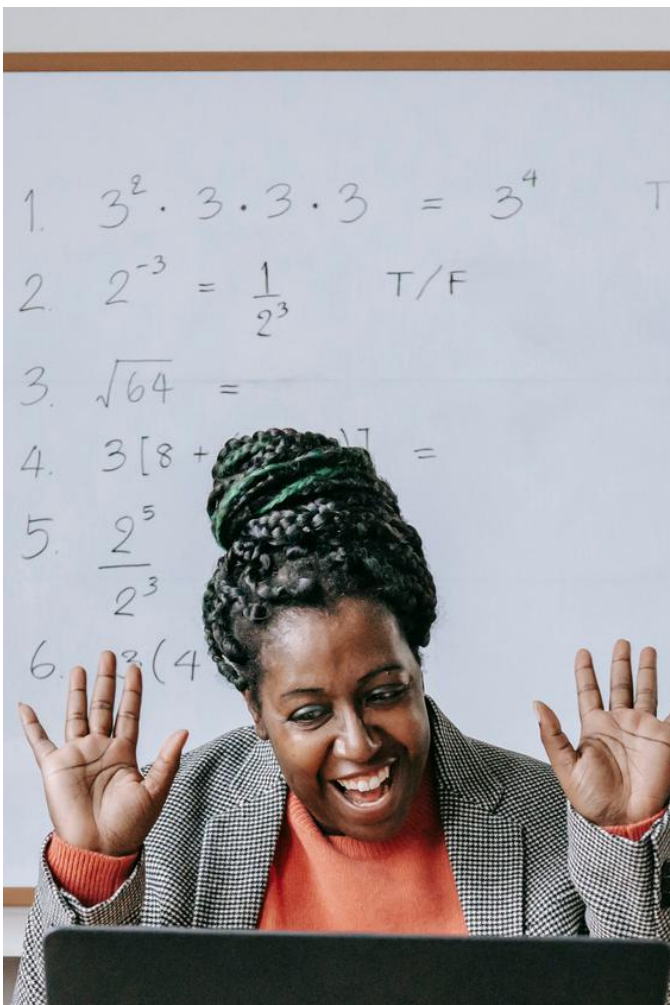
You will be asked a series of questions at the end of each unit. You must attain a minimum of 85% to complete the CPD. You will be granted two opportunities to retake the questions at the end of each unit. There are no written assessments.



WHY BECOME A MENOPAUSE FIRST AIDER?

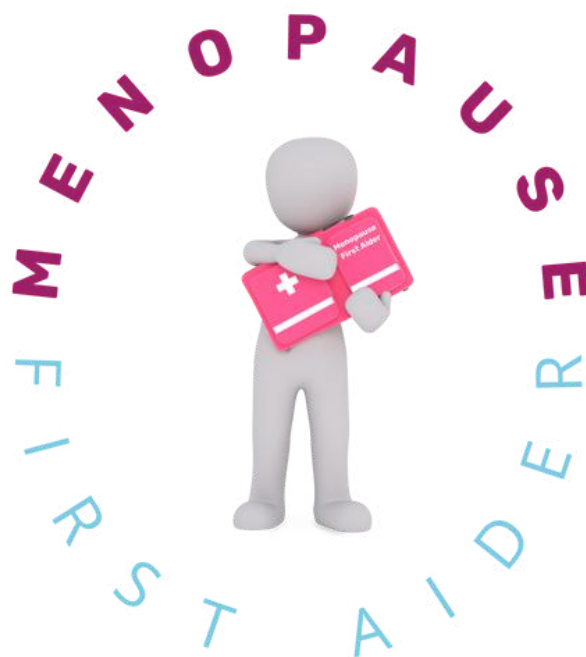
Menopause first aiders have the tools and resources they need to champion menopause in their workplace—empowering colleagues, improving health management at work, and breaking down stigma.

With our accredited training and resources, you'll be able to confidently use first aid actions toward colleagues with menopause challenges.



WHAT WILL I RECEIVE WHEN I COMPLETE THE CPD?

Once you've successfully completed your training, you will receive a certificate of completion which you'll instantly be able to download. You will also be able to download a copy of the theory training manual which covers everything you've learned during your training. As a qualified Menopause First Aider, you will receive a comprehensive



Menopause First Aider support pack, brimming with valuable resources to enhance your effectiveness in this role. Additionally, you'll be provided with a digital Menopause First Aider badge, enabling you to showcase your new position within your organisation.

By integrating Menopause First Aid training into your workplace, open conversations about menopause are encouraged, facilitating early intervention and fostering a culture of support for individuals navigating menopause.

WHAT OUR QUALIFIED MENOPAUSE FIRST AIDERS SAY:

"Every company should embrace Menopause First Aid Training and support their colleagues in every way they can. This will lead to all employees feeling heard and supported and feel that they work for a caring employer in a very challenging climate."

Elizabeth

"I've thoroughly enjoyed completing the training. My own experience of menopause encouraged me to explore what further support we can offer to our colleagues. Professionally, we've already seen a huge shift in our culture and have found individuals are much more forthcoming and managing their menopause more effectively. Personally, it has been fascinating to learn more about menopause and a privilege to know I'm making a genuine difference to the colleagues I'm supporting."

Eileen



BOOK MY TRAINING

As seen on





MenoHealth

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