



# Understanding Menopause

*Training course*

Since the beginning of the 20<sup>th</sup> century life expectancy has essentially doubled. This remarkable extension of our lifespans has significant implications:

We are living longer, working for more years, and feeling the repercussions of various life events on a broader scale. Menopause affects everyone irrespective of gender, although there is still a general focus on cis gender

women as a life event. Hormones wield tremendous influence over our bodies, and gaining a deeper understanding of their effects and learning how to effectively manage menopausal symptoms is valuable knowledge for all\*.

[View our training course](#)

**Aim: To build knowledge and understanding around the symptoms and treatments for menopause and how those experiencing symptoms directly and indirectly can be supported.**

## Delivery options

This training can be delivered **virtually** or **face to face**, as a **full day** or **half day** session.

## Outcomes for the recommended interactive session:

5-25 learners

Following attendance at this training you will:

- ✓ Gain insight into the concept of menopause and its evolving medical understanding over the years
- ✓ Identify and explore the 4 stages of menopause
- ✓ Understand the causes of menopause and influential factors- including a breakdown of the relevant hormones
- ✓ Identify common physical, emotional and psychological symptoms throughout menopause
- ✓ Explore HRT (Hormone Replacement Therapy) and alternative/complimentary treatment options and therapies
- ✓ Create a conducive environment for personal and professional reflection, enabling participants to delve into their own experiences with menopause, and how to navigate it within the workplace (*full day sessions only*)
- ✓ Understand the impact menopause has on personal relationships (*full day sessions only*) and professional relationships
- ✓ Identify how to support menopause in the workplace, gain awareness of recommended additional support options
- ✓ Identify key elements to be covered within a menopause policy and Menopause friendly conduct



**A certificate of completion is provided to all delegates** enrolling and fully attending any of the delivery options. The certificate provided can count towards CPD. Number of hours accrued towards CPD: 4 for half-day session, 8 for a full day. A post-session resource booklet will also be provided.

**Up to 8 CPD hours per delegate**



Contact our enquiry team on **0121 629 1165**  
or visit: **[www.bhsf.co.uk/mental-health-support-training](https://www.bhsf.co.uk/mental-health-support-training)**