

5-KEY TAKEAWAYS Plus Q&A

This welcome section is hugely important, it tells the story of how one woman suffered for years and triumphed through adversity. It's a very common story and there are many, many women who overcome these challenges. It's not unique. Women are very good at 'sucking it up'! So, what do we now know:

- Menopause is common but affects women differently
- Depression can be mis-diagnosed
- The effect of symptoms is random:
 - menstruation no longer works in a lunar cycle - they're all over the place!
 - concentration and memory can be affected
- Relationships can be affected
- Emotions are often brought to work

How do you apply this to the workplace, I hear you ask... This will all become clearer as we move through the course and it is important to say here that, together, we are opening up scope and opportunity with this fresh approach to menopause.

ModuleOne - Key Takeaways plus Q/A

Welcome & Introduction:

- Menopause is common but affects women differently
- Depression is often mis-diagnosed
- Symptom effect is random
 - No longer relates to lunar cycles
 - Can affect concentration
- Relationships can suffer
 - These emotions are brought to work



Q & A

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and Q/A Section

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