

Module 5 - Step 4 - Toolbox Takeaways

First off, here's a reminder about what should be in your Menopause Tool Box

Step Four ~ RECAP Q/A Solutions and Results

- Your Menopause Tool Box – Use it!
- Communicate with male colleagues – how do they respond?
- Who else needs training?
- Thoughts on your own Menopause Policy?
- On completion of the final Q&A a CPD Certificate will be sent to you



Please click

1. The starter List of Symptoms
2. Menopause Traffic Lights - a reminder of vulnerable age groups
3. Further Resources: links to research, further reading and other interesting links including
 - Link to The British Menopause Society for medical questions - for Health Care Practitioners -Subscribe! you'll learn so much
 - Link to Women's Health Concern, the patient arm of the BMS where HCP's and anyone else, members of the public, staff, can get expert advice on medication, HRT or any menopause question.
 - Link to UK Menopause Clinics
4. MSK - Menopause Survival Kit - our list of recommended products and services, including HRT and bio-identical hormones
5. NICE Guidelines on Menopause
6. Top Tips to improve health!
7. Personal Action Plan
8. How to create a Win:Win Solution

What are the Key Takeaways for this, our final session □ Solutions and Results. It makes sense for some of these points to go in the Q&A so I've put them there.

- What are your thoughts on your own menopause policy? (see Q&A)
- Get to know your Menopause Tool Box intimately - it is full of resources
- Communicate with male colleagues about menopause - measure how they respond. Do they need training? (see Q&A)
- Please complete the final Q&A we really value your answers and feedback
- What do you think of our training style? (see Q&A)
- Once your final Q&A is complete we will be delighted to send out your CPD Accreditation Certificate!

That's it! Thank you so much for attending. You are my most valued attendees: Health Care Professionals, HR Professionals, Ambassadors and others - go forth and spread the word - provide support and advice about menopause.

Please feel free to email us: enquiries@simplyhormones.com with any queries you may have from time to time and if any members of staff, or you would like to set up a 1:1 personal telephone consultation with me.

All the best,

Kathryn x

Until the next time...