

4-TRAINING OBJECTIVES – Four Steps to Making Sense of Menopause (transcript)

As you can see here, bullet points set out what we plan to achieve with each Step; the areas covered which all include a Q/A section and Key Takeaways to remind you of what we have covered in each section and how to implement this in your own work.

I'll briefly go through them all... (listen to audio)

Training Objectives

Foundation Module – General Overview
In five modules

Module 1 - What is Menopause?

- What is the menopause Timetable?
- How many symptoms?
- Menopause Traffic Lights
- Relationships
- Emotions at work
- Long Term Health
- Recap Q/A

Training Objectives

Foundation Module – General Overview

Module 2 - The Workplace

- Understanding the Knowledge
- Cost of Absenteeism
- Pressure on Budgets
- Productivity
- Re-cap Traffic Lights
- Recap Q/A

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Training Objectives

Foundation Module – General Overview

Module 3 – Research & Culture

- Research
- Workplace Culture
- Gender Differences
- GP's
- Recap Q/A

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Training Objectives

Foundation Module – General Overview

Module 4 - Solutions Applying the Knowledge

- A long term Policy
- Create your own Menopause Tool Box
- Final Recap Q/A

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And, now let's move on to the last part of this section, the Key Takeaways and Q/A link