

EMPOWER TEAMS AND LEADERS WITH MENOPAUSE EDUCATION



Understanding menopause is crucial not only for women experiencing it but also for their colleagues and family members. This comprehensive approach ensures that women leaders are equipped to support their teams effectively, and men gain essential insights to assist both their professional colleagues and partners at home.

MENOPAUSE EDUCATION IS ESSENTIAL FOR BOTH WOMEN AND MEN

Our menopause education program is uniquely designed to cater to everyone — women leaders, men in management, and team members alike.

- **For Women in Leadership:** Empower women of all ages to support their employees in menopause, and navigate their own menopause symptoms when the time comes.
- **For Men in Leadership:** Provide men with the understanding necessary to manage and empathize with menopausal women at work and at home.
- **For Everyone:** Foster a supportive and empathetic workplace culture that benefits all employees.

"The insights gained from our partnership with the Menopause Education Center have been invaluable for our team dynamics and personal relationships." - Cecilia S.

OUR TAILORED EDUCATIONAL PROGRAMS

Workshops for Leaders: designed to address the perspectives and needs of both women and men in leadership positions. Sessions facilitated by professionals with expertise in gender dynamics and menopause education.

Online Courses for All: a broad curriculum covering a range of topics from understanding menopause symptoms to effective communication strategies in the workplace.

"This program transformed how we address wellness and support in our organization." - Roger M.

FIND OUT MORE AT:

[MENOPAUSEINTHEOFFICE.COM](https://menopauseintheoffice.com) / 888.724.1241



SPECIAL OFFER
FOR ERGs

- **Exclusive Discounts:** Special pricing for ERG members on talks and course enrollments.
- **Customization Options:** Tailor content to suit the needs of your organization.
- **Additional Resources:** Access to a wealth of supplementary materials for continuous learning.