

# LEVEL 2 UNDERSTANDING MENOPAUSE IN THE WORKPLACE



Aged 19+ at the beginning of the academic year



Lived in the EU for 3 years



Course Price: £499

The menopause is having a huge impact on women in the working world - and it's something that half of the population will go through at some point in their lives. Recent research found that 30% of women surveyed had taken sick leave because of their menopause symptoms - but only a quarter felt they could talk to their manager about their absence. Whilst not all people going through the menopause have the same experiences, this qualification aims to increase knowledge and break the stigma associated with the menopause. The course covers key topics such as menopause policies, signposting to external support services, reasonable adjustments, health and safety and equality legislation.

## Benefits

- Achieve a nationally recognised Level 2 qualification
- Further your personal and professional development

## What you will learn

- Understanding menopause
- How to overcome the challenges of menopause in the workplace
- Symptom management and support around menopause