

Menopause inclusivity: creating a menopause-savvy workplace

Here are a few things your organisation can do to help create a menopause-savvy (and supportive) workplace...

**Create a
menopause policy**

**Train Menopause
Champions**

**Set up a
menopause group**

**Sign the Menopause
Workplace Pledge**

Why bother?

- **Demonstrate an inclusive and supportive culture to your staff and clients.**
- **Recognise the value of all your employees, including the commercial value in retaining them.**

Talk openly, positively and respectfully about menopause – share stories, start discussions

**Provide training to all staff
and to line managers**

**Find advocates who will talk passionately
and engage**

**Make menopause resources available to
your staff, eg books, fans**