

MENOPAUSE ESSENTIALS

NEW ONLINE TRAINING



This is an e-learning course.
Registration on this course will last 12 months.

£17 + VAT per delegate

Brief Overview of Course

This course aims to help you become ‘**menopause aware**’ and overcome the stigma. It will help you recognize symptoms and understand the impact menopause can have on you and your workplace.

This course will increase your awareness of menopause and give practical advice on how you can support yourself and those around you.

- By the end of this course, you should be able to:
Recognize how menopause affects women in different ways.
- Take steps to create a more supportive workplace for those experiencing menopause.

This course takes 35 minutes to complete.

To Book: Complete the standard EALC booking form and send to **training@ealc.gov.uk** who will then register you with Nimble. Once processed you will receive joining instructions and your Council will then be issued with an invoice.